

# NOURISH YOUR BRAIN

WITH A *HEALTHY DIET.*

**EATING RIGHT IS IMPORTANT FOR HEART HEALTH AND BRAIN HEALTH!**

Foods we eat are critical in maintaining our brain health. Learn how to eat smart below!

## HEALTH TIPS



Eat nutritious foods in sensible portion sizes



Add lemon, spices & herbs instead of salt



Seek out green leafy vegetables & berries



Rinse canned foods to remove excess salt & sugar



Cooking at home results in better diet quality



**+ DRINK MORE WATER**  
NOT SODA

**+ EAT TORTILLA CHIPS + SALSA**



NOT CHEESE DIP

**+ COOK WITH OLIVE OIL**



NOT BUTTER

**+ EAT SALAD**



NOT FRENCH FRIES

**+ EAT MORE FISH**  
NOT RED MEAT

