# 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!

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## 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

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