

# 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

