

Food for Thought

NUTRITION FOR BRAIN HEALTH

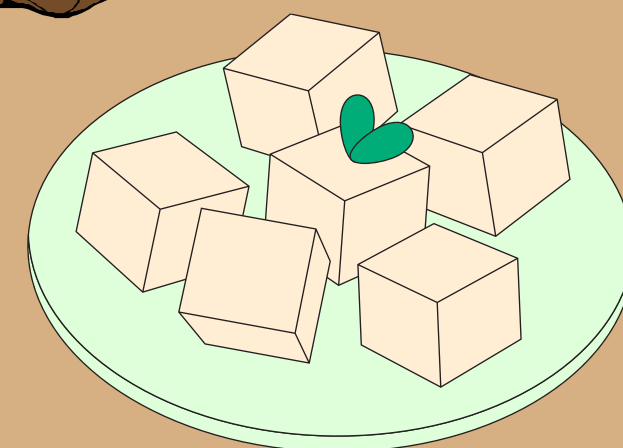
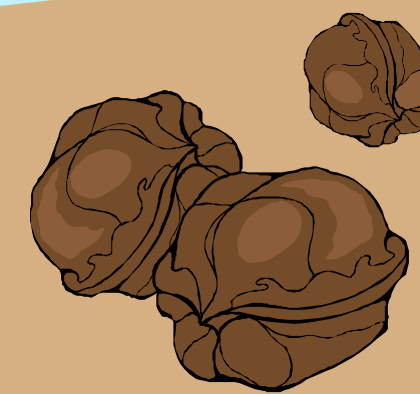
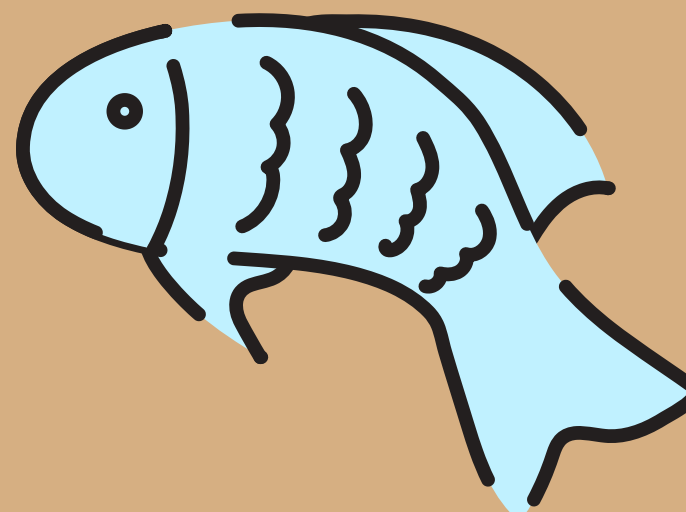


The mind-gut connection: What you eat plays an important role in how your brain functions. Proper nutrients can improve mood and memory, and slow brain aging. Maintaining good brain health may reduce the risk of Alzheimer's disease.

Omega-3's

Sharpen memory and improve mood.

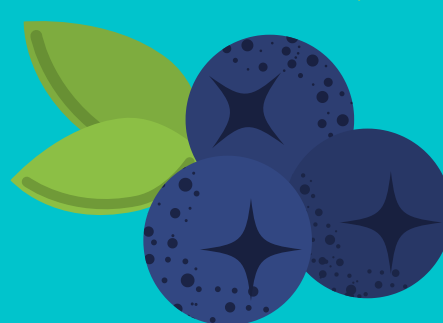
- Limit red meat, try fish instead, if fish isn't for you, try tofu or walnuts



Antioxidants

Slow brain aging.

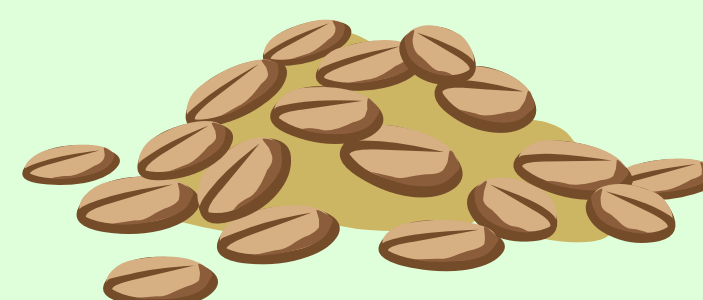
- Spinach, kale, broccoli, and other leafy greens
- Blueberries, blackberries, and raspberries
- Dark chocolate
- Turmeric, cinnamon, and ginger
- Black or green teas



B Vitamins

Reduce inflammation of the brain, improve memory.

- Whole grains- oats, quinoa, barley, brown rice, and corn



Recipe: Easy Canned Tuna Fish Tacos

[Click here](https://bit.ly/3sSFNgT) or visit <https://bit.ly/3sSFNgT>

For more tuna fish recipes [click here](#) or visit <https://bit.ly/2QZ3nLY>