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
- Eat more fish
- Not red meat
- Eat salad
- Not french fries
- Cook with olive oil
- Not butter

Brain-Food: GCBH Recommendations on Nourishing your Brain Health; GlobalCouncilonBrainHealth.org
Contact: GCBH@aarp.org + For more brain health tips see stayingsharp.org; DOI: https://doi.org/10.26419/pia.00019.002