

YOU ARE WHAT YOU EAT

- Studies show that our brain health is greatly affected by what we eat
- Eating right means our brains will be healthier and better protected

Effects of bad diet on the brain:

- Increased likelihood of Alzheimer's and dementia
- Damage and inflammation to blood vessels in the brain
- Reduction in growth of new neurons



Brain-healthy diet tips:

- Reduce sugar intake, especially from soda and processed foods
- Reduce alcohol intake
- Reduce carbohydrate intake
- Increase consumption of lean proteins, vegetables, nuts and fruits rich in antioxidants