



NUTRITION TIPS BY SARAH

Nutrients for Brain Health

Omega-3 Fatty Acids

- FATTY FISH SUCH AS SALMON OR TUNA
- WALNUTS OR AVOCADOS HELPS REDUCE INFLAMMATION & SUPPORT COGNITIVE FUNCTION

Green, Leafy Vegetables

- EXAMPLES: KALE, SPINACH, COLLARDS, & BROCCOLI IS RICH IN BRAIN NUTRIENTS LIKE VITAMIN K

Whole Grains

- PROVIDES A VARIETY OF VITAMIN B WHICH IS ESSENTIAL FOR BRAIN METABOLISM

Berries

- HELP WITH IMPROVING MEMORY & PROVIDES ANTIOXIDANTS TO PROTECT BRAIN CELLS FROM DAMAGING

Tea & Coffee

- LIMITED CONSUMPTION OF CAFFEINE HAS BEEN STUDIED TO LOWER THE RISK OF COGNITIVE ISSUES

