

# NUTRITION TO GO



## Boost Your Brain Power

The brain has many important jobs, including being able to learn, remember and communicate. Certain foods that we eat can help keep the brain healthy and slow down the brain's aging process. While there is not one single food that will prevent memory loss or decline, eating a diet with many vegetables, fruits, whole grains and lean protein can help support brain health.

### Brain Boosting Foods

**Fatty fish, such as salmon.** This type of fish has omega-3 "healthy" fat, which helps protect against brain damage. Try fresh or canned (in water, with no added salt) salmon, sardines, tuna and trout.

**Walnuts.** This nut is also high in omega-3 fat. No walnuts? Other types of nuts (such as almonds or cashews) and seeds also contain omega-3 fats.

**Berries.** Blue, purple and some red berries help improve memory. Try eating some blueberries, blackberries or raspberries for a memory-boosting snack.

**Green leafy vegetable.** Vegetables like spinach, kale, and broccoli are high in vitamins that support your brain.



### Brain Boosting Activities

**Challenge your brain.** Try reading, writing, playing cards, completing puzzles and other memory games to keep your brain sharp.

**Hydrate.** Drinking 6 to 8 glasses of water helps to keep you focused.

**Exercise your body.** Aim to be physically active at least 30 minutes most days of the week.

**Be social.** Spend time with others in person or on the phone to support your communication skills.

**Relax.** Take some time to reduce mental and physical stress. Try taking some deep breaths to help you relax.

**Sleep well.** Sleeping around 8 hours in a day can be helpful for keeping your brain healthy and your mind focused.

Tip: Fruits and vegetables that have deeper, darker colors often have more vitamins and minerals than fruits and vegetables lighter in color. For example, winter squash is a darker orange than summer squash, so it has more vitamins and minerals.

Puzzles are a great way to keep your brain sharp. Try the word search below to see if you can find all the words related to memory and brain health. After you complete the search, try the word scramble below to find more foods to eat for brain health.

## Brain Health Word Search

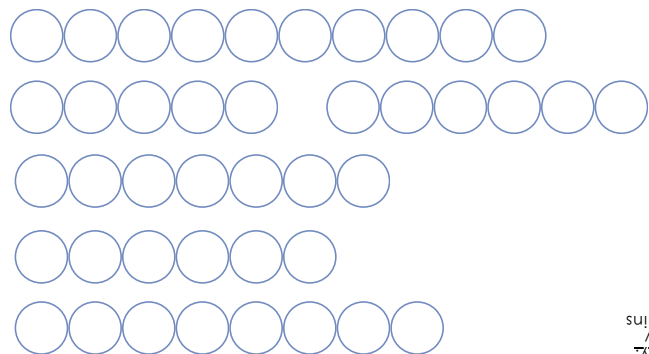
|             |            |
|-------------|------------|
| Brain       | Fruits     |
| Memory      | Vegetables |
| Communicate | Purple     |
| Recall      | Salmon     |
| Stimulate   | Kale       |
| Socialize   | Chard      |
| Relax       | Walnuts    |
| Hydrate     | Blueberry  |



P B P N Y W P V N M G P V N X N I E A Q  
 R D U B T S B F E Z J J E R A U D M C R  
 R E R C Z B C H A R D A G Z P R R E C D  
 K J P U R E C A L L A X E Z P S P M R W  
 A V L T H K T Q E H K J T T Q A M O C H  
 L J E Y W D G V Y D F F A E J L X R Z B  
 E O M H Y D R A T E U R B B S M Y Y L R  
 R V M B Q N L E O C D U L Y M O O W M E  
 G S O C I A L I Z E R I E D F N H H A L  
 Z O O N A N D Z B C Q T S O F P D F C A  
 F B R A I N T P U V C S C J W W C V I X  
 X S J E M H B B Z S H L U N J Z J M V Q  
 C K W S T I M U L A T E P L K P K C Y U  
 K I E Y D U S N E A X V O Y Z E F W S A  
 P R H M B B T N C O M M U N I C A T E F  
 M W B F S V N O X Q I K Q U R G F A R R  
 Q P D W P F O S T G O A E O F J W F R M  
 Q A Q W A L N U T S Y J N W H X X C O B  
 T B C S W A F D W X R A D F Y A N L T B  
 I N C E D F S M B L U E B E R R Y F S P

## Word Scramble

BARRETRYSW  
 OEWLH SGIRAN  
 PICSHNA  
 PCSENA  
 ROLBOCIC



Answer key:  
 Strawberry  
 Whole grains  
 Spinach  
 Pecans  
 Broccoli