



Grains

- Improves memory function
- Provides steady release of glucose into the body for energy
- Supports a healthy nervous system

Recommended intake: 2 to 3 serving per day; at least 1/2 of all grains eaten should be whole grains

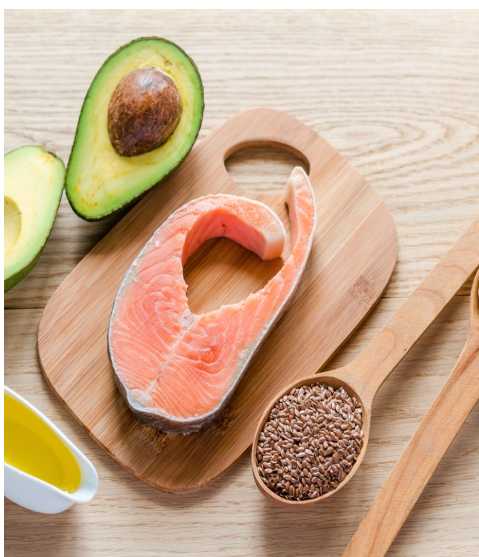
Dairy

- Improves working memory performance
- Improves cognitive function
- Aim for low-fat or non-fat dairy products

Recommended intake: 2 to 3 servings per day; 1 cup low-fat milk or yogurt is equal to one serving



Nutrition for the Brain



Omega-3 fatty acids

- Improves memory
- Boosts brain functions
- Promotes brain healing
- Improves mood
- Sources include: walnuts, soybeans, salmon and sardines, flaxseed, marine algae supplements, and canola oils

Recommended intake:

1 to 1.6 grams per day (6.8 g of Walnuts in 4 oz. serving)