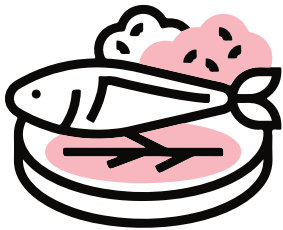


RESILIENCY

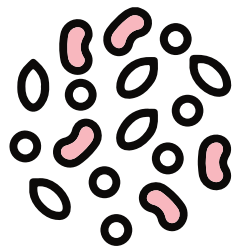
NUTRITION BRAIN BOOST

June is Alzheimer's and Brain Health Awareness Month.

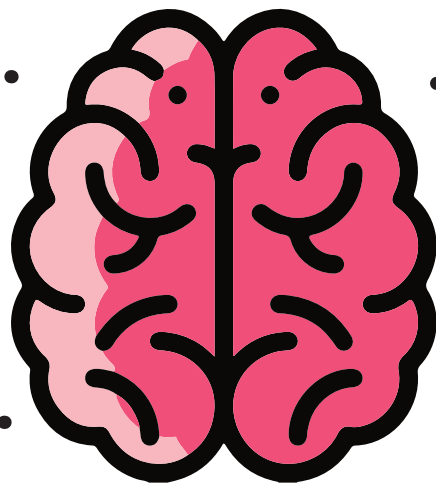
This month, and every month, add the foods below to your plate to support your brain.



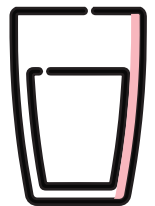
Docosahexaenoic acid, or DHA, is an omega-3 fatty acid that supports normal and effective brain function. Fatty fish such as **mackerel, salmon, tuna, trout** and **herring** are great options. For vegetarians, **algae** is a great source of DHA. **Walnuts, chia seeds, and ground flax seeds** are rich in omega-3 ALA, which the body converts to DHA.



Reach for complex carbohydrates such as **whole grains, beans, and pulses** to support stabilized blood sugar levels and provide steady energy to the brain.



Aim to stay hydrated by drinking plenty of **water** and adding colorful antioxidant-rich fruits and vegetables to your plate.



Colorful fruits and vegetables are packed with antioxidants that reduce inflammation. Aim for a variety of colors and types of produce in your meals.

