

Help Feel Your Best With These Nutrition Tips

EAT A VARIETY OF FOODS

A diverse diet including protein, fruit, vegetables, whole grains and healthy fats contributes to a boost in brain health.



EAT REGULARLY

Eating every 3-4 hours can provide energy for your body and brain throughout the day.



STAY HYDRATED

It is important to drink at least 64oz of fluid each day for optimal brain health, energy and regular bowel function.



START BY MAKING SMALL CHANGES

Add a new fruit or vegetable to your meal, some nuts and seeds, or include a new healthy fat, such as avocado.

