Did you know that the types of foods we eat can help our brain and memory? One of the many jobs of the brain includes the ability to learn, remember, and communicate. Eating a diet rich in fruits, vegetables, whole grains, and lean protein can help slow down the brain’s aging process and may help protect against illnesses related to memory loss.

**Eating to Remember**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Helps with….</th>
<th>Good Food Sources</th>
</tr>
</thead>
<tbody>
<tr>
<td>B Vitamins</td>
<td>• Short-term memory&lt;br&gt;• Problem solving skills&lt;br&gt;• Ability to learn</td>
<td>• Salmon&lt;br&gt;• Tuna&lt;br&gt;• Shellfish&lt;br&gt;• Green leafy vegetables&lt;br&gt;• Nuts and seeds</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>• Short-term memory&lt;br&gt;• Problem solving skills</td>
<td>• Berries&lt;br&gt;• Citrus&lt;br&gt;• Red and green peppers&lt;br&gt;• Melons&lt;br&gt;• Green leafy vegetables</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>• Short-term memory&lt;br&gt;• Ability to learn</td>
<td>• Green leafy vegetables&lt;br&gt;• Nuts and seeds</td>
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<tr>
<td>* avoid with blood thinner medication</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Omega 3’s</td>
<td>• Boost memory&lt;br&gt;• Protect brain</td>
<td>• Salmon&lt;br&gt;• Tuna&lt;br&gt;• Nuts and seeds</td>
</tr>
</tbody>
</table>
Other Ways to Boost Brain Power

Stimulate: Reading, writing, playing cards and other memory games help keep your skills sharp.

Hydrate: Drink 6-8 glasses of water daily. Staying hydrated is important for staying focused.

Exercise: Be physically active 30 minutes most days of the week.

Relax: Reduce mental and physical stress.

Socialize: Spending time with others is a great way to keep your communication skills sharp.

Fun Fact:
Blue and Purple fruits and vegetables are great for memory and learning!
Did you know that there are many common vegetables that come in blue and purple varieties?

- Purple carrots
- Purple string beans
- Purple peppers
- Blue/purple potatoes
- Purple cauliflower
- Blue/purple corn

Brain Power Word Search
Can you find these nine brain power words?

ALMONDS
BERRIES
EXERCISE
NUTS
RELAX
SALMON
SEEDS
SOCIALIZE
SPINACH

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

This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office, or call the URI SNAP-Ed nutrition program at 1-877-Food-URI (1-877-366-3874). USDA is an equal opportunity provider and employer.