

### BENEFICIAL FOODS

Choose foods high in vitamins and minerals

Dark leafy vegetables

Colourful fruits like berries

Beans and legumes

Nuts

Whole grains

Poultry

Fish

### FOODS TO AVOID

Avoid beige foods like fried and starchy foods

Fried foods

Processed foods

Starchy foods

#### Tips:

- At the grocery store, head to the produce section first
- Make small changes to your diet, like adding a salad to a meal
- Eat the skin of fruits and vegetables; it is nutritious

#### Eating healthy foods can:

- Decrease your brain age by 7½ years
- Boost your immune system
- Decrease inflammation and cell damage
- Decrease your dementia risk

## HOW CAN YOU TAKE ACTION?



Aim to eat brain healthy foods such as fish, olive oil, fruits and vegetables, especially dark leafy greens



Colour is key! Colourful foods are usually more nutritious



Eat less salt and stay hydrated



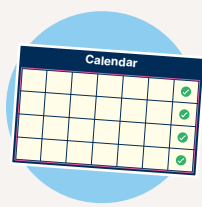
Limit your intake of fast and processed foods



Experiment and share new recipes with family and friends



It doesn't have to be all or nothing; any improvement in diet helps



Plan ahead for your grocery shopping and meals each week



No matter your culture, budget, or where you live, you can make tasty food choices to boost your brain health!

For more information, visit [www.defydementia.org](http://www.defydementia.org)