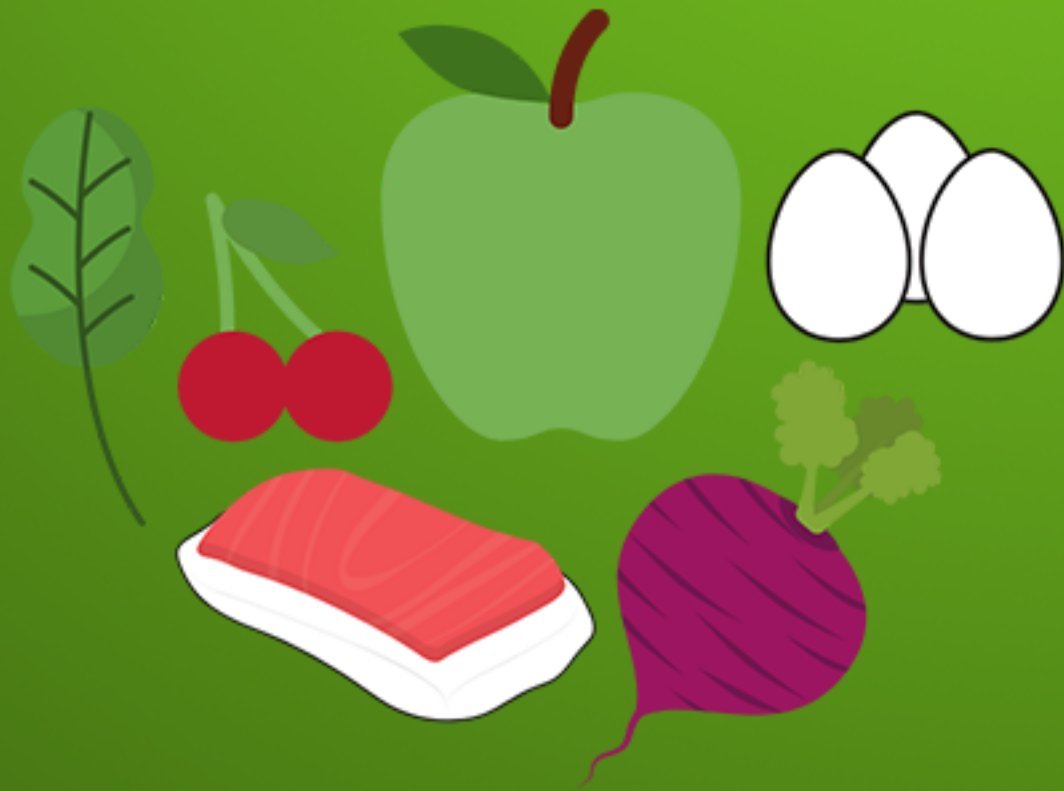


FOOD FOR THOUGHT

Studies with mice show that a healthy diet supports a healthy brain.



Diets rich in quercetin, Vitamin E, choline, DHA, and folate enhance learning and memory in mice.

Eating these foods helps to reduce inflammation in the hippocampus, a brain region important for learning and memory.



TIP: Milk, eggs, and nuts are a good source of choline, and fish and avocados provide essential healthy fats.