



# HEALTHY DIET.

## HEALTHY BRAIN.

It is normal for your brain to change as you get older. A healthy diet may reduce your risk for memory loss and confusion. A healthy diet can help to improve your overall health, including brain health. A healthy diet:

- Emphasizes fruits, vegetables, whole grains and fat-free or low-fat milk and milk products
- Includes lean meats, poultry, fish, beans, eggs and nuts
- Is low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars
- Stays within your daily calorie needs

Please talk to your healthcare provider about how you can have a healthy diet.



# For More Information

## About Healthy Eating

- **Dietary Guidelines for Americans 2015-2020, 8th Edition**

[health.gov/dietaryguidelines/2015/guidelines](https://health.gov/dietaryguidelines/2015/guidelines)

- **ChooseMyPlate** - [www.choosemyplate.gov](http://www.choosemyplate.gov)

## About Brain Health

- **CDC Alzheimer's Disease and Healthy Aging Program** - [www.cdc.gov/aging](http://www.cdc.gov/aging)
- **National Association of Chronic Disease Directors Healthy Aging Programs**  
[www.chronicdisease.org/page/HealthyAging](http://www.chronicdisease.org/page/HealthyAging)
- **Alzheimer's Association** - [www.alz.org](http://www.alz.org)



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