



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** <https://health.gov/dietaryguidelines/2015/guidelines>
- **ChooseMyPlate** <https://www.choosemyplate.gov>

About Brain Health

- **CDC Alzheimer's Disease and Healthy Aging Program** <https://www.cdc.gov/aging>
- **National Association of Chronic Disease Directors Healthy Aging Programs** <https://www.chronicdisease.org/page/HealthyAging>
- **Alzheimer's Association** <https://www.alz.org>

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**NATIONAL ASSOCIATION OF
CHRONIC DISEASE DIRECTORS**

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