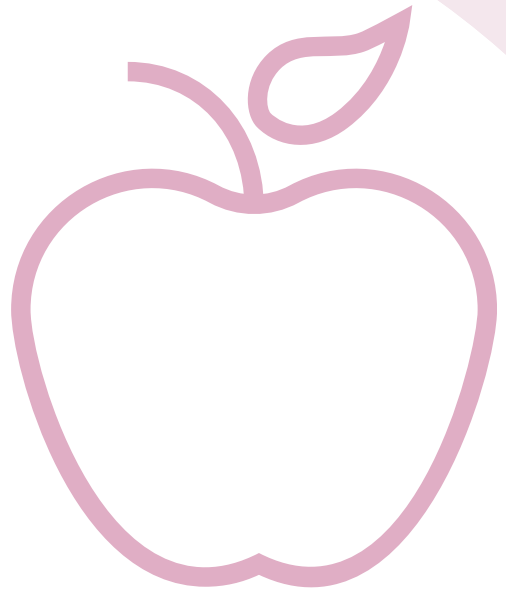


# Food For Thought:

## How Nutrients Help Your Brain Grow



**Nutrition =  
Brain Power**

Your brain uses 20% of  
your body's total  
energy

**Omega-3s**  
(Fish, flaxseed)

**B-Vitamins**

(Whole grains, leafy  
greens)

**Water**

Needed for every  
brain to function



**Growth & Development**

In Childhood and teen years,  
different nutrients help build  
brain cells and neural  
connections,

**Iron**

(Spinach, beans)

**Zinc**

(Pumpkin seeds,  
meat)

**Protein**

(Chicken, nuts)

"Feed your brain,  
fuel your potential."