

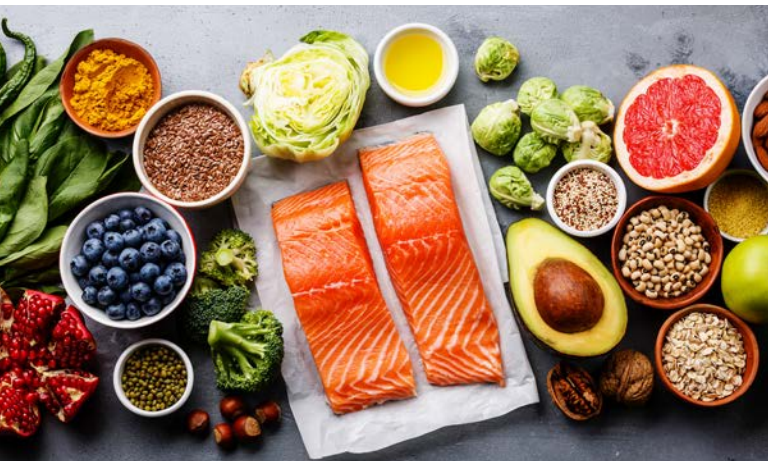


HEALTHY BRAIN.

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://chronicdisease.org/Healthy-Aging>
- **Alzheimer's Association** <https://www.alz.org>

This work was supported by a cooperative agreement between the Centers for Disease Control and Prevention and the National Association of Chronic Disease Directors (5-NU38OT000286-02).



**NATIONAL ASSOCIATION OF
CHRONIC DISEASE DIRECTORS**

Promoting Health. Preventing Disease.



The mark "CDC" is owned by the US Dept. of Health and Human Services and is used with permission. Use of this logo is not an endorsement by HHS or CDC of any particular product, service, or enterprise.

