



Feed Your Brain

A healthy dietary pattern and regular physical activity can positively impact your physical health, brain health, mental health and cognitive health.

Nutrition and Physical Activity Behaviors to Promote Brain Health

- **Maintain a Healthy Body Weight**
- **Follow a Healthy Dietary Pattern**
 - Make half your plate fruits and vegetables.
 - Choose a variety of brightly colored fruits and vegetables.
 - Make half your grains whole grains.
 - Vary your protein routine.
 - Choose lean protein foods.
 - Include fish; beans, peas and lentils; nuts and seeds.
 - Move to low-fat or fat-free milk or yogurt.
 - Choose healthy fats.
 - Choose oils high in omega-3 or monounsaturated fats.
 - Limit foods and beverages high in saturated fats, added sugars and sodium.
- **Engage in Physically Active**
 - Adults
 - At least 150 to 300 minutes of moderate-intensity or 75 to 150 minutes of vigorous-intensity physical activity a week.
 - Do strengthening activities at least twice a week.
 - Older Adults
 - If you cannot meet these guidelines, be as physically active as your abilities and conditions allow.

