Research recently revealed that a brain healthy diet is a balanced diet that contains carbohydrates, fats, proteins, vitamins and minerals. These foods provide energy to maintain the body cells, tissues and organs.

PROTECTIVE FOODS

**Vegetables**
- Kale
- Spinach
- Brussel sprouts
- Alfalfa sprouts
- Broccoli
- Beets
- Red bell pepper
- Onion
- Corn
- Eggplant
- Prunes

**Fruit**
- Raisins
- Blueberries
- Blackberries
- Strawberries
- Raspberries
- Plums
- Oranges
- Red grapes
- Cherries

**Fish**
- Halibut
- Salmon
- Trout
- Tuna

**Nuts:**
- Almonds
- Pecans
- Walnuts

**STAY MENTALLY ALERT:**
- Read the Bible and other books
- Stay curious and involved
- Keep informed about events
- Work puzzles: crossword, brainteasers
- Tinker with electronics or cars
- Play board games or cards
- Plant a garden
- Write letters or email
- Build furniture or mini-models

**STAY SOCIALLY ACTIVE:**
- Start or assist in a small bible study group
- Volunteer in a cause or in the community agencies
- Teach a class
- Go shopping with your friends
- Travel—go to camp meeting

**EXERCISE!**

Vitamins:
- C
- E
- B-12
- Folate
- Anti-Oxidants