

Build a Plate Your Brain Can Thank You For



Your brain eats what you eat. Supporting your brain health does not require a perfect diet. Start by putting more brain-friendly choices on your plate, **more often**.

Fish & Lean Proteins

Fish, chicken, turkey, beans and other lean protein choices

Berries & Fruit

An easy way to add something naturally sweet

Nuts & Olive Oil

Easy additions to snacks, salads and everyday meals



Greens & Colorful Vegetables

Leafy greens, broccoli, peppers, carrots and other colorful vegetables

Beans & Whole Grains

Simple options that can become part of meals you already enjoy

Try A Simple Swap

✗ SWAP THIS	✓ FOR THIS
Chips	Nuts, popcorn, fruit or vegetables
Soda	Water or unsweetened tea
Fried foods	Grilled or baked options
Processed meats	Chicken, fish, turkey or beans
White bread	Whole grain bread more often

Not Perfect, Just More Often

Your future brain does not need every meal to be perfect. It just needs you to make choices that support your health more often.

Nutrition is one part of taking care of your brain throughout life. Noticing changes in your memory or thinking?

Visit GaMemoryNet.org to download the Georgia Memory Net referral form. Bring it to your Primary Care Provider and ask if a referral to Georgia Memory Net is right for you.



Scan code for referral information.



Sponsored by the Georgia Department of Human Services. Managed by the Emory Goizueta Brain Health Institute.

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