

HEALTHY DIET.

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**

health.gov/dietaryguidelines/2015/guidelines

- **ChooseMyPlate** - www.choosemyplate.gov

About Brain Health

- **CDC Alzheimer's Disease and Healthy Aging Program** - www.cdc.gov/aging
- **National Association of Chronic Disease Directors Healthy Aging Programs**
www.chronicdisease.org/page/HealthyAging
- **Alzheimer's Association** - www.alz.org



**NATIONAL ASSOCIATION OF
CHRONIC DISEASE DIRECTORS**
Promoting Health, Preventing Disease.



**OKLAHOMA
State Department
of Health**



The Integrating Alzheimer's Messages into Chronic Disease Programs project is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$200,000 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.