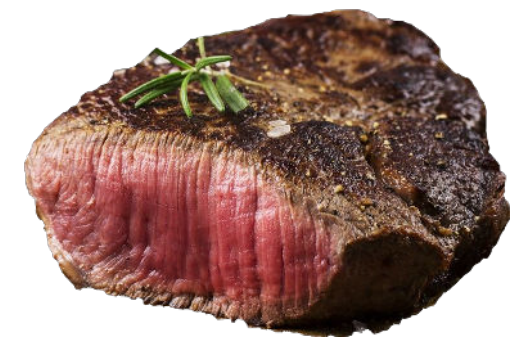


FOOD FOR THOUGHT

As the school year begins, are your child set up for success? Did you know in addition to adequate sleep and proper physical activity, the foods in your child's diet can affect their school performance? Certain nutrients like omega-3 fatty acids and choline are strongly correlated with children's brain development and growth. Additionally, nutrients like iron, zinc and B-vitamins help deliver oxygen and blood to the brain which helps improve concentration, learning and memory. It is important that when thinking about brain food to focus on getting a wide variety of different foods providing all of the nutrients important for the brain. Check out the nutrients associated with brain health and which foods to prioritize in your child's diet!



IRON

Found in: meats, beans and lentils, fortified cereals and breads, dark leafy vegetables, and baked potatoes



ANTIOXIDANTS

Found in: fruits and vegetables



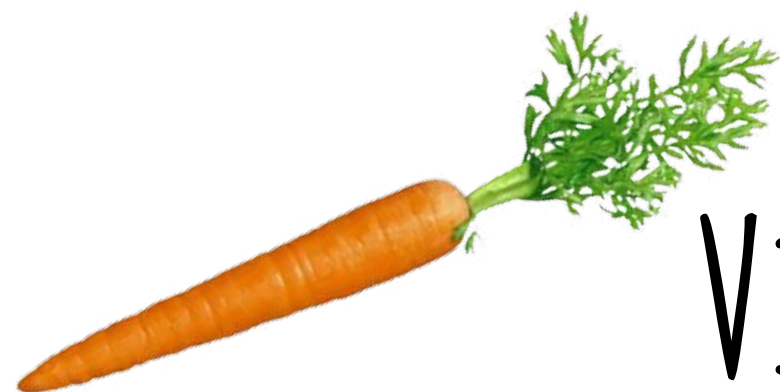
FOLATE

Found in: spinach, fortified cereals and breads



PROTEIN

Found in: meat, poultry, seafood, dairy products, beans and peas, eggs, soy products, nuts and seeds



VITAMIN A

Found in: carrots, sweet potato, and spinach



ZINC

Found in: meats, fish, dairy products, and nuts



OMEGA -3 FATTY ACIDS

Found in: fatty fish, oils, avocado, olives, nuts and seeds



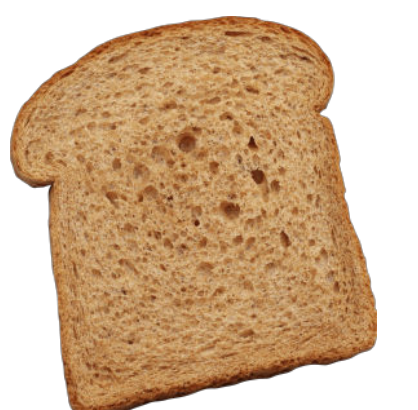
CHOLINE

Found in: meats, dairy products, eggs, fruits and vegetables



VITAMIN D

Found in: fatty fish, eggs, milk, fortified foods and from the sun



B -VITAMINS

Found in: meats, eggs, dairy products, fruits, vegetables and whole grains



GOT A PICKY EATER?

Knowing the nutrients that are associated with brain health is important, but what if your child don't like eating any of these foods that provide these nutrients? Many of the foods that make up a typical child's diet do not provide the nutrients mentioned above. Dealing with picky eaters can be frustrating, but it doesn't have to be a battle. Try offering new foods at least 10-15 times before acceptance, try offering "brain foods" with foods they already like or try explaining that these foods can help your child's brain health and overall school performance.