

WEEK 3 · APRIL 1, 2020

# CHILDHOOD NUTRITION & BRAIN HEALTH

This series is hosted by University of Illinois Extension and the Interdisciplinary Health Sciences Institute.

## Key Takeaways

### NUTRITION ASSOCIATIONS

- Healthy brain functioning in childhood is related to more consumption of...
  - Carotenoids, Omega-3 Fatty Acids, Fiber
- Poorer brain functioning in childhood is related to higher consumption of...
  - Saturated Fats, Added Sugars

### WATER AND COGNITION

- Increased water consumption leads to better mental flexibility functioning of the brain

### BREAKFAST AND COGNITION

- The idea that breakfast is the most important meal of the day was started as a food advertising strategy
- There is some evidence that shows breakfast may benefit children's academic abilities



#### Carotenoids

Spinach Pumpkin  
Carrots Tomatoes  
Avocados Squash  
Egg Yolks Apricot  
Kale Squash  
Mango Broccoli



#### Omega-3 Fats

Salmon Edamame  
Walnuts Shrimp  
Chia Seeds Trout  
Seaweed Oysters  
Sardines Tofu  
Mackerel Eggs



#### Fiber

Broccoli Berries  
Avocado Apples  
Lentils Almonds  
Beans Potatoes  
Bananas Whole Grains  
Chia Seeds Vegetables

## Series Schedule

Intro to Nutrition & Brain Health  
MARCH 4

Early Life Nutrition & Brain Health  
MARCH 18

Childhood Nutrition  
APRIL 1

Physical Activity in Childhood  
APRIL 15

Nutrition & Wellness into Adulthood  
APRIL 29

Nutrition, Wellness, & Aging  
MAY 13

To evaluate the course follow the QR code below



**I ILLINOIS**

## NUTRITION, WELLNESS, & THE BRAIN

University of Illinois at Urbana-Champaign College of Agricultural, Consumer and Environmental Sciences - United States Department of Agriculture - Local Extension Councils Cooperating -  
University of Illinois Extension provides equal opportunities in programs and employment.