

WEEK 1 · MARCH 4, 2020

# INTRO TO NUTRITION & BRAIN HEALTH

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

## Key Takeaways

### CRITICALLY EVALUATE

When you encounter scientific evidence online, be sure to ask yourself:

- Is the person/website communicating this a reliable source?
- Does this cite the original article?
- Does the communicator sell product(s) which you would buy if you took their recommendations?

### SUPPLEMENTS AND WHOLE FOODS

Not all supplements are created equally. If you are considering supplementing your diet take these steps:

- Talk to your healthcare provider
- Consider what supplements you might need based on your diet
- Read the packaging of the supplement to ensure all claims are evaluated by the FDA.

### BRAIN HEALTH AND NUTRITION

Consuming a balanced diet and regularly exercising are important for brain and overall health! Stay tuned every week to learn more about what we know about nutrition, wellness, and the brain.

### SUGGESTIONS FOR RELIABLE SCIENCE

#### INSTAGRAM

@steph.sci.access  
@foodsciencebabe  
@drjoshuawolrich

#### WEBSITES

Nutrition.gov  
CDC.gov  
Massive Science

#### PODCASTS

Sawbones  
HumanOS  
Endocrine Disruptors

## Next Week:

### EARLY LIFE NUTRITION AND BRAIN HEALTH

We will be discussing nutrients that are known to impact prenatal brain development and addressing the benefits of breastfeeding for the infant brain.

## 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 or text @NWB1 to 73940



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## NUTRITION, WELLNESS, & THE BRAIN

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