**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.