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

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**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

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**NUTRITION, WELLNESS, & THE BRAIN**

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