

WEEK 5 · APRIL 29, 2020

# BRAIN HEALTH & WELLNESS IN ADULTHOOD

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

## Key Takeaways

### NUTRITION AND BRAIN HEALTH

- Macro and micronutrients like DHA, carotenoids and flavonoids can benefit cognitive functioning acutely and long-term
- Breakfast may benefit cognitive functioning

### EXERCISE AND BRAIN HEALTH

- Exercise is beneficial for healthy brain function and structure

### SLEEP AND BRAIN HEALTH

- Lack of sleep can negatively impact learning and memory, cognitive and motor processes, and emotional regulation

#### Carotenoids

- Egg Yolks
- Avocado
- Broccoli
- Pumpkin
- Mango
- Kale



#### DHA

- Salmon
- Walnuts
- Chia Seeds
- Seafood
- Nuts
- Seeds



#### Flavanoids

- Strawberries
- Blueberries
- Blackberries
- Dark Chocolate
- Acai
- Soy Products



## 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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