

Get Ready! Feed your brain



Do you really know what effects certain foods can have on your brain?

What you eat will directly impact your mood, concentration, memory and more...

Also sunlight exposure, exercising, water and sleep are important.

BRAIN BUSTER

BRAIN BOOSTER

LACK OF SLEEP

WATER

Saturated fats
Sugar

Omega-3 fatty acids
Vitamin E
B vitamins

Credit: La Gardé, Sasimoto, so yee ting, Nerykork Natalia, Positive Raikas, Filipac, Korolovska, Michele Pacione, Raden Mok, Masrovetur, de a, angrit, UltraViolet, Vladichern, D'VARO/Shutterstock.com

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HOGESCHOOL

Want to know more?
<https://ed.ted.com/lessons/how-the-food-you-eat-affects-your-brain-mia-nacamulli>