



NUTRITION NEWS

Power Food For Your Brain!

Eating plenty of fruits and vegetables may be an easy and a fast way to keep your mind at its best. However, French scientists tracked the eating habits of 1,640 adults over 10 years and found that those who ate the most flavonoids – powerful antioxidants found in fruits, vegetables and teas stayed the keenest. Those on fruit heavy diets did better on standard tests measuring language skills, logic and memory. For the stay-sharp benefit, all you need is one-sixth of a grapefruit or $\frac{1}{4}$ cup of blueberries each day.

So... Super Food for the Brain = Super Sweet!