



## Food for Thought: 3 Foods That May Benefit Your Brain

### Feed your brain with these foods high in brain-friendly nutrients.

Your brain, like every other organ in your body, needs certain nutrients to function smoothly. Keep yours in top shape with these sources of omega-3 fats, antioxidants and vitamins.



#### Walnuts

Go nuts for your brain. The high amounts of omega-3 fatty acids in walnuts are needed for many functions of the brain, including concentration, memory and comprehension speed. Research has shown that a diet lacking in omega-3 fats may raise the risk of cognitive decline and dementia. Walnuts are also a good source of antioxidants as well as manganese and copper, all of which can contribute to brain function. To get the benefits, nosh an ounce of walnuts (12-14 halves) daily.



#### Strawberries & Blueberries

Research suggests that regular intake of strawberries and blueberries may have a beneficial effect on the brain. More research is needed, but it's likely that antioxidants and other compounds in the berries help reduce inflammation and help prevent cognitive decline. Plus, both berries are high in phytonutrients that have many other benefits to the body. Don't fret if you're not eating fresh; frozen should give you the same benefits.



#### Fish

Fish is one of the best sources of omega-3 fatty acids, especially oily fish such as wild salmon, albacore tuna and sardines. And when you opt for fish instead of other meats high in fat and saturated fat, you may be further benefiting your brain. Some research has suggested that diets lower in saturated fat and higher in unsaturated fat, like the Mediterranean diet, may be beneficial to brain health. In fact, the Mediterranean diet as a whole has also been studied for its potential to lower the risk of cognitive decline.

# As sponsor of this year's ASDA Wellness Initiative, we're excited to *Bring Healthy On*.

Wellness isn't just about eating right, exercising and reducing stress. It's also about preventing illness and injuries. As the exclusive sponsor of this year's ASDA Wellness Initiative, we're happy to support you in achieving your wellness goals. We want you to live your best life.

Visit [bringhealthyon.com](http://bringhealthyon.com) for recipes, videos and more. We created the *Bring Healthy On* website just for time-pressed dental students. Here, you'll find simple tips and ideas centered on three key wellness areas:

- **Healthy Food:** Choose from dozens of quick, low-cost recipes.
- **Healthy Body:** Discover smart ways to boost energy and feel your best.
- **Healthy Mind:** Learn how to reduce stress and increase inner well-being.

## Peace of mind is also an important part of wellness.

Great-West Financial®, on behalf of ADA student members insurance plans, is committed to helping you stay healthy so you can achieve your career and life goals. At the same time, we want to give you the peace of mind of knowing that if anything ever did happen — injury, illness or worse — you and your family can have some financial protection. That's why we offer ADA student members disability and life insurance to you at no cost while you're in dental school.

## Request activation of your no-cost coverage today.

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For more information about the no-cost ADA student members insurance, contact us anytime at:



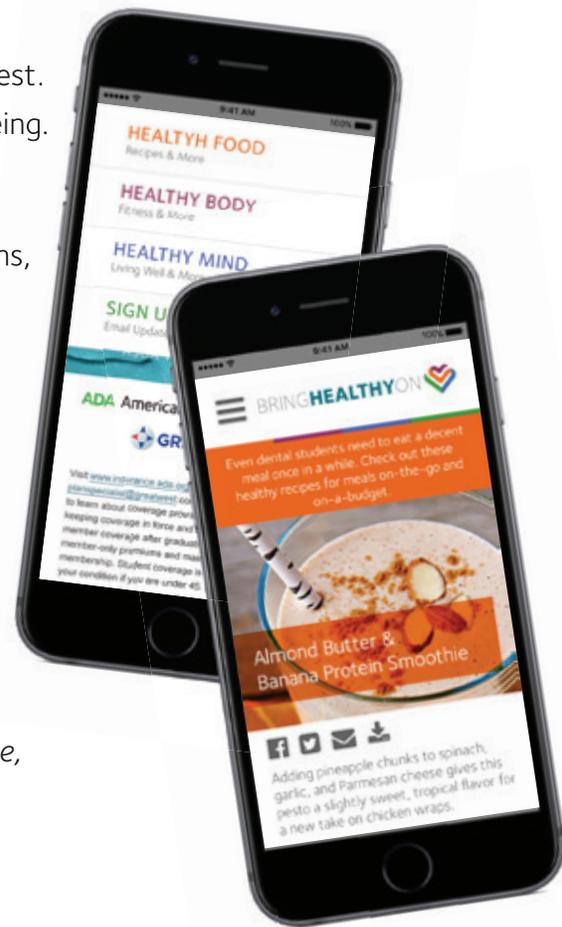
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## ADA Members Insurance Plans

Visit [www.insurance.ada.org](http://www.insurance.ada.org), call 855.411.5199 or email [planspecialist@greatwest.com](mailto:planspecialist@greatwest.com) for more information and to learn about coverage provisions, limitations, terms for keeping coverage in force and the option to convert to member coverage after graduation by paying ADA member-only premiums and maintaining ADA membership.

Effective June 1, 2019, certain insurance company members of Protective Life group assumed administrative responsibilities for the ADA Members Insurance Plans issued by Great-West Financial®.

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