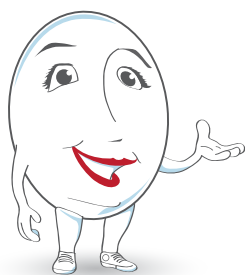
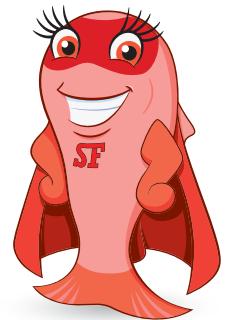


BRAINFOOD!

DO YOU WANT TO DO BETTER IN SCHOOL? DID YOU KNOW SOME FOODS CAN GIVE YOUR BRAIN A BOOST AND HELP YOU CONCENTRATE AND IMPROVE YOUR MEMORY TO DO BETTER ON TESTS?

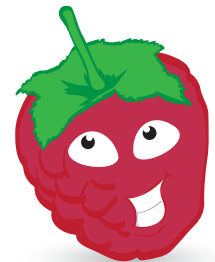
HERE ARE THE TOP BRAIN FOODS. BE SURE YOU EAT THESE NUTRIENTS TO GET THE MOST FROM SCHOOL, SPORTS AND YOUR FAVORITE HOBBY. AND ALWAYS REMEMBER TO EAT A GOOD BREAKFAST. IT'S YOUR MOST IMPORTANT MEAL.

WILD SALMON – I'm full of Omega -3 fatty acids. You can make me into sandwiches, mixed with low-fat mayonnaise, celery, walnuts, herbs and spices, and served on whole-grain bread. Or make me into patties. Ask your parents to help. Add spinach, garlic, salt and pepper to taste. Serve with pasta or rice. YUMMY! And you will do better at mental skills tests!

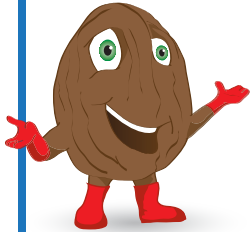


EGG – I'm full of protein and my yolk is packed with choline, which is great for memory development. Did you ever have a scrambled egg burrito? It's easy. (Have Mom or Dad help with the cooking so you don't get burned.) All you need to do is shred some cheese on a whole-wheat tortilla, put in a toaster oven until the cheese starts to melt, add scrambled eggs and, if you like, salsa. Then fold it up burrito style and eat. You can also make it for dinner. Am I making you hungry yet?

BRAIN BERRIES – There are many of us berries--blueberries, blackberries, strawberries and raspberries—as well as cherries. We are packed full of Vitamin C and antioxidants and are often a good source of Omega 3s. You can add us to yogurt or oatmeal, or just eat fresh.



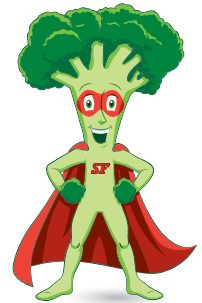
OATMEAL – I'm a great way to fuel your morning and supply your brain with B vitamins, potassium and zinc. Add some walnuts (for more omega 3s) and cinnamon. Or how about some applesauce or dried fruit? You can add whatever you like, and change it daily. You can add me to pancake batter as well. There are so many ways to serve me.



WALNUTS/PEANUT BUTTER – I'm Mr. Walnut, a great source of Omega 3s. And peanuts are a great source of Vitamin E and Omega 3s. Spread some natural peanut butter on whole-grain bread and you have balanced protein to help your brain and give you energy. Check out my brother on the homepage, riding the skateboard. He is great in yogurt, salads, and oatmeal or just eaten alone!



VEGETABLES - Broccoli, carrots, spinach, sweet potatoes, tomatoes, pumpkin and more. The brighter our color, the more we can help your brain cells stay strong and healthy! Slice us fresh and dip us one at a time or all together. We are great snacks as well as with meals. Tell Mom to chop us up in your spaghetti sauce and serve over pasta. Your brain will be top shape.



MILK & YOGURT – We are full of protein and carbohydrates, which means your brain loves us! We also provide extra Vitamin D, which you kids need more of. Serve milk with your meals or snacks. Have yogurt with walnuts, berries and some rolled oats. Drink milk when you want to curb your appetite. One-percent milk is best for kids over age 1.



BEANS – We're very special because we give you complex carbs for energy, as well as fiber, vitamins and minerals, including iron. Mix us with some rice for balanced protein with many nutrients. You can eat us for lunch or dinner and have energy to last you hours at school! Add to a whole wheat tortilla or have in a salad. We also don't mind being mashed into your favorite recipe. Babies loves us mixed with mashed fruit (jarred or some applesauce).

