## Get Ready Feed your brain Do you really know what effects certain foods can have on your brain?

What you ead will directly impact your mood,

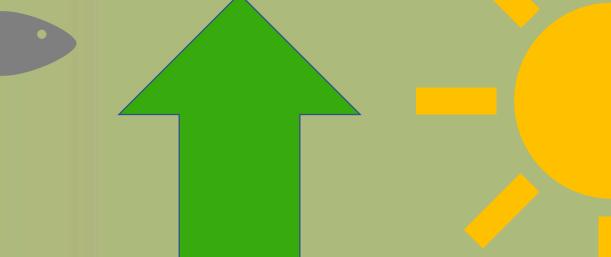
## concentration, memory and more...

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









#### LACK OF SLEEP





WATER

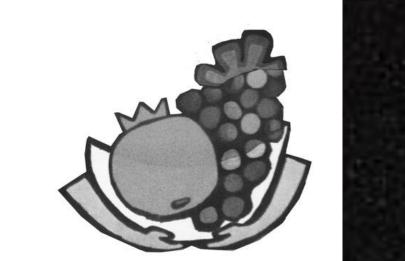
Credit: La Gorda, Sasimoto, so yee ling, Natykach Natalija, Positive thinker, Flipser, Kovalevska, Michele Paccione, Roslen Mack, Macrovector, da\_o, angkrit, UltraViolet, VladisChern, DVARG/Shutterstock.com

Saturated fats
Sugar

Omega-3 fatty acids Vitamin E B vitamins

### www.MayaLevi.nl





Want to know more? https://ed.ted.com/lessons/how-thefood-you-eat-affects-your-brain-mianacamulli