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,

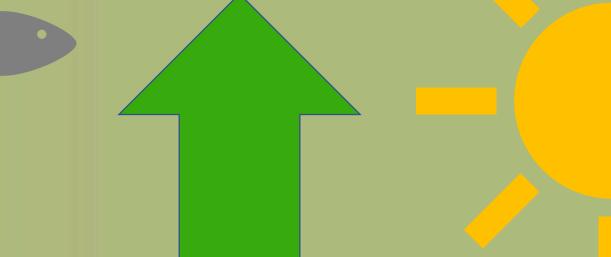
concentration, memory and more...

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









LACK OF SLEEP





WATER

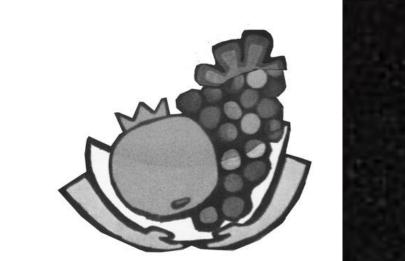
Credit: La Gorda, Sasimoto, so yee ling, Natykach Natalija, Positive thinker, Flipser, Kovalevska, Michele Paccione, Roslen Mack, Macrovector, da_o, angkrit, UltraViolet, VladisChern, DVARG/Shutterstock.com

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