



Recharge

your

BRAIN

with smart

FOODS!



#RechargeRight

Did you know that what you eat can help your brain stay sharp and focused? Reach for these brain-boosting superfoods:

- ✓ Nuts & Seeds
- ✓ Blueberries
- ✓ Leafy Greens



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Turmeric = BRAIN POWER!



Did you know that turmeric may help with cognitive thinking and keep your brain sharp? This golden spice is packed with powerful nutrients that support memory, focus and learning!

#GoldenPower



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SWAP Screens FOR GREENS!

Too much screen time?



Give your eyes a break and fuel your brain with green leafy veggies like spinach, kale and broccoli. These superfoods help with focus, memory and energy – perfect for school days.



[#GreensOverScreens](#)



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Eggs Pack a PROTEIN PUNCH!

#Protein Power

Did you know that eggs are little power boosters for your brain and muscles? They're packed with protein to help you stay strong, focused and full of energy all day!

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