# Brain Food

## Feed Your Body, Fuel Your Mind!



Your brain is an organ... No, not like a musical instrument!

If you want to be smarter, think clearer and remember things better then feed your body to fuel your mind! Yup, you read that right. Your brain needs food too! Good healthy food, like colorful fruits and vegetables, lean meats and fish, and complex carbohydrates, like whole grain breads, pasta and rice.

Your brain is a very hungry organ. In order to function, the cells in your brain need two times the amount of energy that other cells in your body do. That's a lot of calories. In fact, the brain uses about 20 percent of the total calories you eat every day. Without healthy food, your brain will get exhausted, sluggish and tired.

Energy for the brain also comes from water, exercise and sleep too. That's why it's super important that you get your eight hours of sleep, drink lots of water to stay hydrated, and to exercise for 60 minutes every day.

So, if you want to do better on your tests and homework, here's the trick...

Feed your Body to Fuel your Mind!