



## A NATURAL CHOICE FOR PEOPLE LOOKING FOR FOODS RICH IN ESSENTIAL NUTRIENTS!

Eggs are one of nature's most nutritious foods – they're an excellent source of protein, plus they provide 13 other essential nutrients.

### Each 53 g large egg of Naturegg™ Omega 3 provides:

- a source of omega-3 of which 75 mg is DHA omega-3
- 15% of Daily Value Vitamin D
- 15% of Daily Value Folate
- 50% of Daily Value Vitamin E
- 50% of Daily Value Vitamin B12



### Each 46 g medium egg of Naturegg™ Omega 3 Hard Boiled provides:

- a source of omega-3 of which 70 mg is DHA omega-3
- 45% of Daily Value Vitamin E
- 15% of Daily Value Vitamin D
- 45% of Daily Value Vitamin B12

### Each 63 g serving of Naturegg™ Omega Pro™ liquid eggs provide:

- a source of omega-3 of which 125 mg is DHA omega-3
- 1 mg of lutein



### Each 53 g large egg of Naturegg™ Omega Pro™ provides:

- a source of omega-3 of which 125 mg is DHA omega-3
- 1 mg of lutein
- 50% of Daily Value Vitamin E
- 15% of Daily Value Vitamin D
- 30% of Daily Value Folate
- 80% of Daily Value Vitamin B12

For nutritious recipe ideas, visit us at [www.burnbraefarms.com](http://www.burnbraefarms.com)

# EVERY CHOICE YOU MAKE CAN MAKE A DIFFERENCE!

### HEALTHY BEGINNINGS

Good nutrition is vital to support healthy brain development from the very beginning. The brain's incredible growth starts before birth. Then as healthy newborns soak up information from their surroundings, billions of connections form between nerve cells in their rapidly developing brains. Brain development continues throughout childhood and a second wave of dramatic changes takes place during adolescence.

### HEALTHY AGING

We now know that the brain doesn't remain fixed after early development in childhood. Research shows brain cells can continue to regenerate throughout life. In the healthy aging brain, damaged cells are repaired and new connections continue to form between brain cells. That's why healthy lifestyle choices, such as good nutrition and active living, are so important for maintaining brain function as we age.



### Check for Health Check™

It's like shopping with the Heart & Stroke Foundation's dietitians.  
[www.healthcheck.org](http://www.healthcheck.org)  
[www.heartandstroke.com](http://www.heartandstroke.com)



### Alzheimer Society

This brochure has been sponsored by Burnbrae Farms™ makers of Naturegg™ Omega 3, Omega Pro™ shell and liquid eggs, Omega 3 Hard Boiled Eggs and Burnbrae Farms™ Free Run Omega 3 eggs.

Developed in consultation with the Alzheimer Society of Canada.

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# FOOD FOR THOUGHT

## the IMPORTANCE of BRAIN HEALTH

Wise Food & Lifestyle Choices  
For Better Brain Health

### NUTRITION MATTERS FOR BRAIN HEALTH

Healthy food and lifestyle choices benefit your brain health throughout life. A healthy, well-balanced eating pattern may help sharpen your memory, increase your concentration and improve your mood. Eating and living well can help keep your mind functioning at its best.



# TAKE ACTION FOR BETTER BRAIN HEALTH

It's never too soon or too late to take action to benefit your brain health!

## HEALTHY FOOD CHOICES MAKE GOOD SENSE

Did you know that heart-healthy eating and lifestyle habits also benefit brain health? For example, omega-3 polyunsaturated fats help to promote healthy blood vessels in both the body and brain. Eating well fuels and protects your brain to help keep it in peak form! Enjoy making these healthy food choices for better brain health.

## HEALTHY FATS

Brain cells continually refresh themselves with fats. Experts agree that it's best to choose unsaturated fats and to limit saturated and trans fats.

Two types of fats – omega-3 and omega-6 polyunsaturated fats are essential. The omega-3, DHA, is especially important for brain development.

Good choices include: fatty fish, vegetable oils, nuts, seeds, eggs and other foods enhanced or fortified with omega-3 polyunsaturated fats.

## QUALITY PROTEIN

Protein supplies building blocks for brain cells and neurotransmitters – the substances that brain cells use to communicate. High quality complete protein provides all of the essential building blocks.

## Aim for a healthy balance

Learn more about eating well at: [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide) with *Canada's Food Guide*

Good choices include: eggs, fish, poultry, lean meats, milk products, soy; sources of incomplete protein such as whole grains, legumes, nuts and seeds.

## GOOD CARBOHYDRATES

Carbohydrates are the brain's primary source of energy. Good choices include

carbohydrates that are digested and absorbed more slowly because they help keep blood sugar levels steady.

Good choices include: whole grains, vegetables, fruit, legumes (like lentils, dried beans and peas), nuts and seeds.

## THINK NUTRITIOUS FOOD CHOICES

Try to choose foods rich in essential nutrients that can benefit both your body and brain. Foods that provide antioxidant nutrients, B-vitamins and essential minerals are all important for brain health. It's best to choose a healthy variety and balance of nutrient-rich foods.

## ANTIOXIDANTS

Vitamins A, C, D, E and other nutrients such as lutein help protect the cells in the body and brain from damage. Colourful vegetables and fruit provide a wide range of other plant nutrients that are also antioxidants. Vitamin D promotes both healthy brain development and function.



Good choices include: vegetables, fruit, nuts, seeds, vegetable oils, egg yolks, fatty fish, milk and soft margarine fortified with vitamin D.

## B-VITAMINS

Folate (folic acid) and vitamins B6, B12 and choline are vital for healthy brain development and function. They also help lower homocysteine levels – which may in turn benefit both heart and brain health.

Good choices include: whole grains, leafy green vegetables, legumes, nuts, lean meats, poultry, fish and eggs.

## MINERALS

Essential minerals such as iron, zinc, magnesium, potassium, calcium and selenium are also critical for brain development, mental functioning and performance. These are found in a wide range of nutritious foods.

Good choices include: whole grains, green leafy vegetables, fruit, legumes, lean meats, poultry, fish, milk products, nuts and eggs.

## ACTIVE LIVING AND HEALTHY WEIGHTS

Active living and healthy weights promote optimal brain health too! Regular daily activity helps improve blood flow to your body and brain. It's important to keep your weight, blood sugar, blood cholesterol and blood pressure within recommended ranges. Eating well is one of the most important steps you can take for the health of your body and brain!



# HERE'S WHAT YOU CAN DO:

- **Make healthy food choices** – *Eating Well with Canada's Food Guide* is a good place to begin. Use what you learn in this booklet to help you make healthy choices.
- **Enjoy regular physical activity** – get your body moving for 30 to 60 minutes each day. Choose activities you like, such as a walk, bike ride, yoga class or ball game.
- **Challenge your brain** – keep your brain active every day. Play games like word or number puzzles. Pursue different interests, learn new things and enjoy hobbies.
- **Be socially active** – stay connected socially to stay connected mentally. Phone or get together with family, friends or neighbours. Get involved with a group.
- **Protect your head** – to avoid brain injuries like concussions. Wear an approved helmet for activities like cycling, skating, boarding or skiing. Buckle up and drive safely.
- **Choose wisely** – avoid smoking and alcohol in excess. If you smoke, adopt a plan to stop smoking. Limit alcoholic drinks to one a day for women and two a day for men.
- **Manage daily stress** – take control of stress by practicing stress reduction techniques like relaxation, meditation, yoga or walking. Try to make time for yourself.



## BURNBRAE FARMS™ FREE RUN OMEGA 3 EGGS

A SOURCE OF OMEGA-3 FATTY ACIDS AND ARE PRODUCED BY HENS FREE TO ROAM IN WIDE OPEN CONCEPT BARNs EQUIPPED WITH NESTS.



Each Burnbrae Farms™ Free Run Omega 3 53 g large egg provides:

- a source of omega-3 of which 75 mg is DHA omega-3
- 50% of Daily Value Vitamin E
- 15% of Daily Value Vitamin D
- 15% of Daily Value Folate
- 50% of Daily Value Vitamin B12