

Cramming for an Exam?



emory booster

Study smarter, not harder!

Boost your brainpower with foods like broccoli, spinach, green peas, beets, and oranges. They contain high amounts of folic acid, and folic acid protects memory. To guard against age-related memory loss, studies recommend veggies like cauliflower, avocado, cabbage, and leafy green spinach.

So, eat well and hang on to those great college memories.

Produce is
Powerful!

LiveAMoreColorfulLife.org



**Tarrant County
Public Health**