

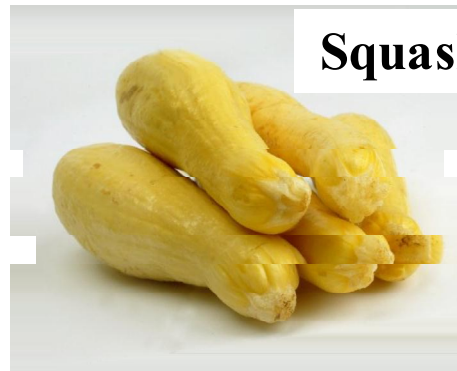
Brain Power!

Does it feel like you're pushing your brain to the limit? Fruits and vegetables keep you from feeling overloaded, allowing you to work through that big project at work.

- **Fruits and vegetables are full of flavonoids.**
 - Flavonoids are a type of antioxidant, which is one of your best defenses against cognitive decline.
 - People with the highest flavonoid intake are proven to perform the best in tests of verbal fluency, logical reasoning, and visual memory.
- **As a general rule, fruits and vegetables with the most color contain the most flavonoids.**



Grapes



Squash



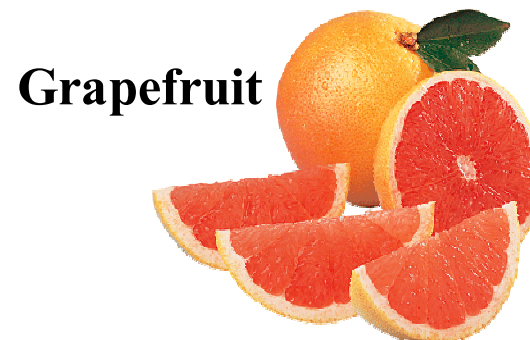
Oranges



Strawberries



Yellow & Red Peppers



Grapefruit



Carrots