



# **5 NUTRITION TIPS TO SUPPORT BRAIN AND HORMONE HEALTH**





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**1. Dress your salads with extra virgin olive oil and balsamic vinegar/lemon juice**



**3. Top your full fat natural yogurt and salads with chopped nuts and/or seeds**



**2. Add nut butter into a smoothie (this boosts both protein and fat)**



**4. Use mashed avocado as a condiment**



**5. Snack on nuts  
(just a few...your palm is a good measure)**