

For More Information

About Healthy Eating

- **Dietary Guidelines for Americans 2015-2020, 8th Edition**

health.gov/dietaryguidelines/2015/guidelines

- **ChooseMyPlate** - www.choosemyplate.gov

About Brain Health

- **CDC Alzheimer's Disease and Healthy Aging Program** - www.cdc.gov/aging
- **National Association of Chronic Disease Directors Healthy Aging Programs**
www.chronicdisease.org/page/HealthyAging
- **Alzheimer's Association** - www.alz.org



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