

TALKING TALK

Nutrition

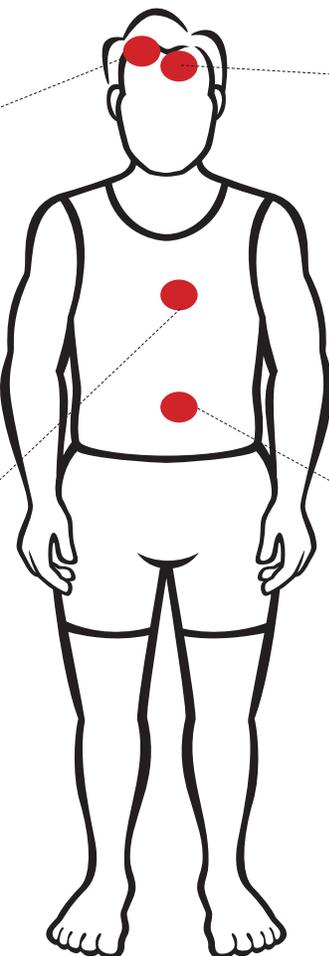


Survivor Essentials - Food and your health



Forgetting something?

Oily fish like salmon, mackerel and trout, promote optimal brain health. Studies have shown that men who ate oily fish regularly exhibited a 15% improvement in their memory.



Feeling fatigued?

Researchers found that people who ate a packet of instant porridge with 1/2 cup of skim milk received a steady glucose supply, which increased their alertness all morning and improved their ability to process information.

Stressed? Stay hydrated.

Studies have found that dehydration affects as many as 25% of people suffering with persistent stress or anxiety.

Suffering from back pain?

Cutting the following foods out of your diet can reduce pain and inflammation levels by 30-40%: eggplant, potatoes, tomatoes and peppers.



TALKING TALK

SURVIVE
then thrive

Nutrition



Survivor Essentials - Reasons not to skip breakfast

One in five people skip breakfast. Here are just three reasons not to forget to eat in the morning.

- **Lower heart disease risk.** Harvard University conducted a 16 year study of American men and found that those who skipped breakfast had a 27% higher risk of coronary heart disease compared with men who did not.
- **Better memory and concentration.** Recent research explains that eating a healthy breakfast such as eggs, oatmeal, yogurt, and fruit, keeps blood sugar levels steady and produces optimal cognitive function.
- **Higher energy levels.** A study published in the International Journal of Food Sciences and Nutrition, found that consuming a breakfast high in fiber and low in carbohydrates will make you feel less tired during the day.



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