



PROACTIVE THINKING ON **COGNITION**

It is never too early or too late to form and prioritize habits that can promote healthy living. Keeping steps like these top-of-mind may be key to helping improve the ability to think clearly, learn and remember as we age.¹



**Eat Healthy
Foods**



**Manage High
Blood Pressure**



**Keep Your Mind
and Body Active**



**Stay Connected
Socially**



Manage Stress



GET OUT THE DANCING SHOES AND FRESH AVOCADOS

Whatever your age, regularly combining movement with a nutritious snack can be a fun and delicious everyday way to promote cognitive health. Science supports why you should give this a whirl.

- ▶ Researchers are exploring how exercise may impact the areas of the brain that controls memory and skills such as planning and organizing.² Playing music and working out with a friend can offer day-to-day encouragement. One observational study with 225 dancers, for example, tracked perceived **benefits in cognition as well as physical fitness, mood, self-confidence and social skills from dancing with a partner.** ^{3,*}

*As with all research, conclusions from a single study cannot be generalized to all populations.

► Keep up the commitment to healthy living with a post exercise snack that includes fresh avocado. Healthy avocados are delicious and add appetizing color, flavor, and nutrients to every bite. **Here are fast facts:**

- Diets higher in potassium help to offset some of sodium's harmful effects on blood pressure. **One third of an avocado provides 6% of the daily potassium needs.**
- Dietary fiber from fruit, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower the risk of heart disease. **Avocados are a good source of fiber.**
- Emerging research shows lutein, a type of antioxidant, may be important to optimizing cognitive and eye health. **There is 136mcg of lutein in one-third of an avocado.**

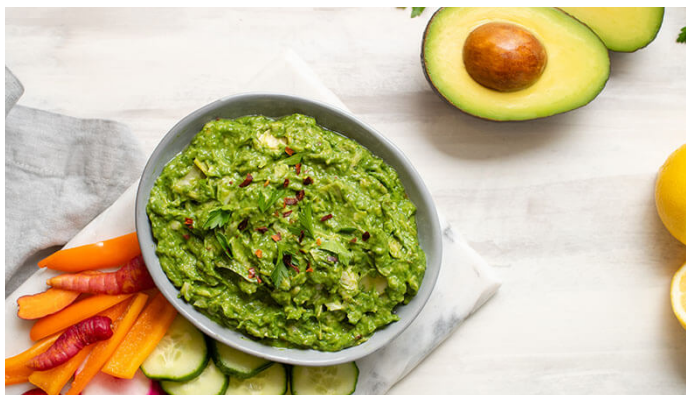
► In fact, a clinical **study** of 40 healthy, older adults, researchers found that **people who consumed one avocado per day for six months had higher blood and eye lutein levels compared to when they started the study.**

The avocado group also had improvements in cognition as measured by improvement in working memory. Additionally, as macular pigment density increased, working memory and efficiency of approaching a problem also improved. The research, funded by the Avocado Nutrition Center, suggests a dietary intervention with avocados to increase neural lutein may be a useful dietary strategy for cognitive health.^{4,*}

*As with all research, conclusions from a single study cannot be generalized to all populations.

DELICIOUS FRESH AVOCADO INSPIRATIONS

Snack, cook, or bake with avocado to add good fats, fiber, and essential vitamins and minerals to any meal.



Avocado Spinach and Artichoke Spread [🔗](#)



Deconstructed Avocado Egg Salad [🔗](#)

MORE AVOCADO RECIPES OFFERING HEALTH BENEFITS FOR ALL LIFE STAGES AT [LOVEONETODAY.COM](https://www.loveonetoday.com)

References:

¹ U.S. Department of Health and Human Services

² Centers for Disease Control, Alzheimer's Disease and Healthy Aging

³ U.S. National Library of Medicine, Dancer Perceptions of the Cognitive, Social, Emotional, and Physical Benefits of Modern Styles of Partnered Dancing

⁴ Avocado Consumption Increases Macular Pigment Density in Older Adults: A Randomized, Controlled Trial

Access at [LoveOneToday.com/cognition](https://www.loveonetoday.com/cognition)

