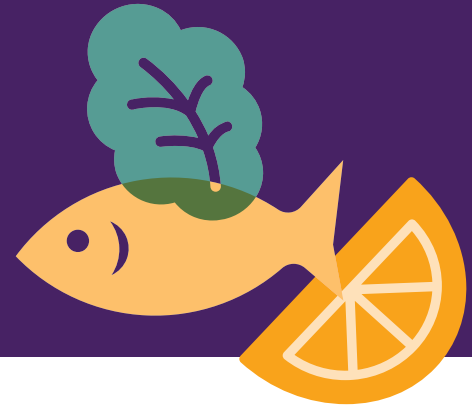


NUTRITIOUS FOODS



IMPROVING ACCESS TO AFFORDABLE, nutritious, and culturally relevant foods is a necessary component for a healthy diet, which may lower the risk of developing dementia.

HEART-HEALTHY DIETS THAT INCORPORATE PLENTY OF FRUITS, VEGETABLES, AND WHOLE GRAINS

are associated with a healthy brain and reduced cognitive decline. Populations that are food insecure — those with limited or uncertain access to food due to economic, social, and environmental factors — often eat much less of these foods and nutrients.



EACH YEAR ABOUT **1 IN 8** AMERICAN HOUSEHOLDS experience food insecurity, putting them at greater risk for cognitive decline.

1 IN 8 =



COMMUNITIES HAVE MADE EFFORTS TO IMPROVE THE ACCESSIBILITY AND AFFORDABILITY OF HEALTHY FOODS, INCLUDING:

- Introducing farmers markets to underserved communities.
- Establishing nutrition standards for childcare facilities and schools.
- Supporting the development and sustainability of community gardens and urban agriculture.

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