

Big Test this Week?

stay
f  cused

Produce is
Powerful!

College + Concentration = Success.

Get an extra boost of attentiveness when you need it most from foods rich in Vitamins B, E, and antioxidants. Blueberries, melon, strawberries, cranberries, sweet potatoes, avocados, leafy greens, and broccoli taste great, are easy to prepare, and have been shown to improve focus.

You'll still have to study, of course. They're not miracle foods.

LiveAMore**Colorful**Life.org



Tarrant County
Public Health

Source: Franklin Institute
National Institutes of Health