

# 5 Healthy Fats That Fuel Your Brain, Heart, And Eyes



# Squid



[Photo:cravedfw.com](http://cravedfw.com)

Prevents: Memory Loss

Benefits: Joint health

# DHA (Omega-3 Fatty Acid) Fatty Fish



[Photo:mugmag.co](http://mugmag.co)

Prevents: Inflammation

Benefits: Brain functioning, gives body energy.

# Pistachios



Photo: [afternoonrecipes.com](http://afternoonrecipes.com)

Prevents: Weight gain, diabetes/insulin, cancer, high blood pressure, rheumatoid arthritis

Benefits: High in fiber, nearly the same as 1/2 cups of oats.



# Almonds



Photo: [grapplergourmet.com](http://grapplergourmet.com)

Prevents: memory loss

Benefits: Improve complexion & skin quality, appetite control, weight control, bone health, biotin source

# Pine nuts



Photo: [eatandrelish.com](http://eatandrelish.com)

Benefits: Promotes eye health

Source: [healthdigezt.com](http://healthdigezt.com); [authoritynutrition.com](http://authoritynutrition.com); and [herbs-info.com](http://herbs-info.com)