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



Squid



Photo:cravedfw.com

Prevents: Memory Loss

Benefits: Joint health

DHA (Omega-3 Fatty Acid) Fatty Fish



Photo:mugmag.co

Prevents: Inflammation

Benefits: Brain functioning, gives body energy.

Pistachios



Photo: afternoonrecipes.com

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

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

Almonds



Photo: grapplergourmet.com

Prevents: memory loss

Benefits: Improve complexion & skin quality, appetite control, weight control,

bone health, biotin source

Pine nuts

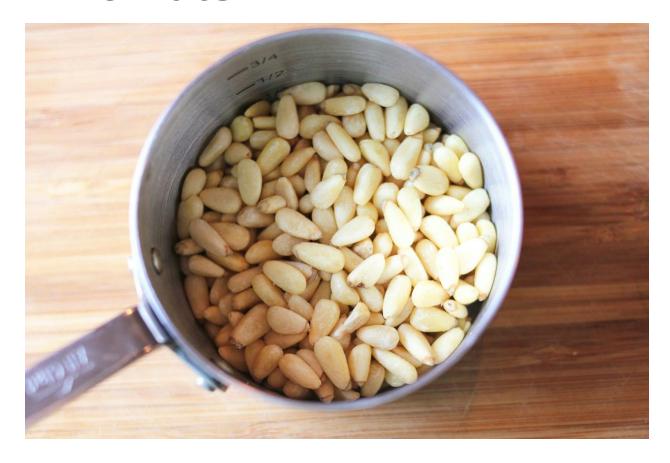


Photo: eatandrelish.com

Benefits: Promotes eye health

Source: healthdigezt.com; authoritynutrition.com; and herbs-info.com