

**Pictured here:**  
Brown rice,  
Chicken Tinola,  
Pinakbet, Mango

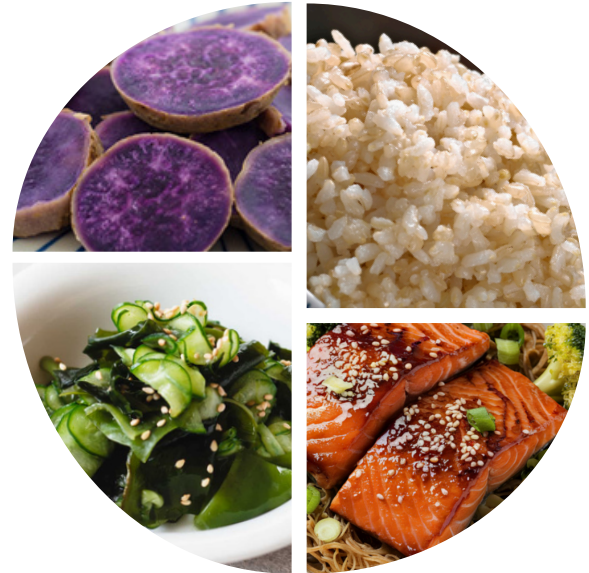
# My Brain Healthy Plate

**Pictured here:**  
Brown rice,  
Salmon,  
Tsukemono,  
Sweet Potato



**Filipino**

**Use your plate  
as a guide  
to help you  
eat in a  
healthy way!**



**Japanese**



**Water**



**Milk**



**Hawaiian**



**Green Tea**

**Pictured here:**  
Poi, Poke,  
Ho'io Salad,  
Lomi Lomi Salmon

1. Fill half of your plate with fresh produce, like fruits and vegetables.
2. Fill the other half of your plate with whole grains, roots or tubers, and lean protein.
3. Choose foods with fiber, healthy fats, and probiotics.

## Remember:



**Stay active**



**Drink water**



**Use a 9-inch plate**

Adapted from "My Native Plate" by  
Indian Health Service

To learn more about brain healthy food, visit:  
[hawaiidementia.org/brain-healthy-nutrition](http://hawaiidementia.org/brain-healthy-nutrition)