



Live Your Best

To feel your best, live your best:

- Eat fiber-rich foods that provide essential nutrients for your body and brain.

Nutrient	Functions	Sources
Thiamin (B1)	Helps all cells Influences mental attitude Helps create energy	Whole Grains, Wheat germ, Peanuts, Nutritional Yeast, Greens, Oranges, Green Peas, Beans
Vitamin B6	Important for proper functioning of nerve cells Important for production of neurotransmitters & hormones Low levels lead to depression	Wheat Germ, Nutritional Yeast, Soybeans, Beans, Peas, Peanuts, Bananas, Avocados, Cabbage, Cauliflower, Whole-Grain Bread & Cereal, Brown Rice, Greens, Walnuts
Folic Acid	Important for growth and repair Works with Vitamin B12	Nutritional Yeast, Dark Green Leafy Vegetables, Orange Juice, Bananas, Avocados, Beets, Broccoli, Brussels Sprouts, Wheat Germ, Whole-Grain Bread
Pantothenic Acid (B5)	Important for healthy nerves Necessary for forming red blood cells	Avocados, Wheat Germ, Bananas, Oranges, Cantaloupe, Soybeans, Peanut Butter, Greens, Potatoes, Broccoli, Brown Rice, Whole-Grain Bread

- Eat a healthful high-fiber breakfast.
- Eat omega-3 fatty acids.
- Replace sugar, caffeine, alcohol, high-saturated fats, and trans fats.
- Drink adequate water.
- Get exercise and fresh air.
- Get adequate sleep.
- Exercise your mind.
- Trust in God.