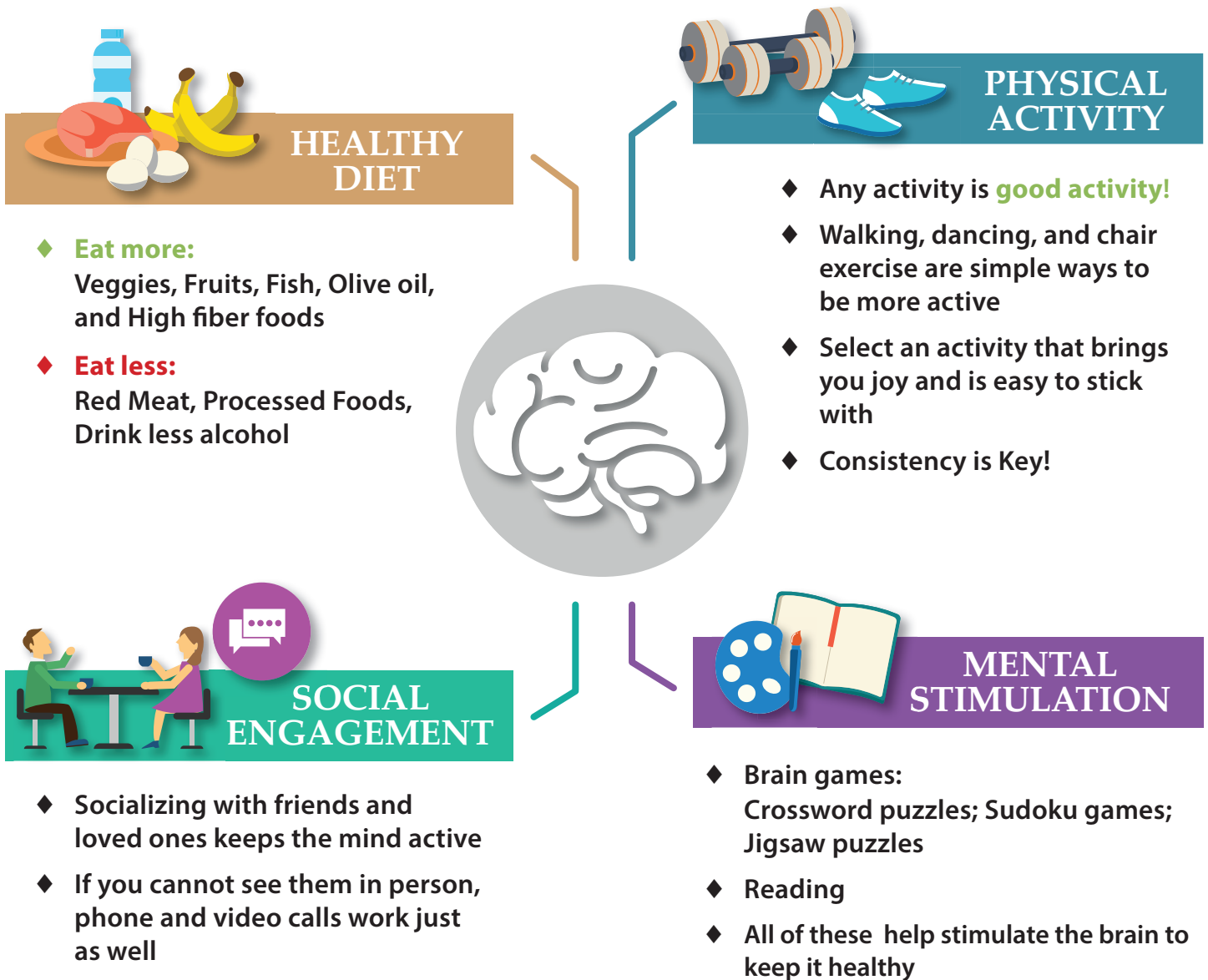


BOOST Your Brain Health

Did you know our brain health begins to decline as early as 20 years old and that brain health decline can be 2x higher in people living with CKD and ESRD?

You have the power to keep your brain healthy! Here are some ways to help yourself out:



Flip this page for our High Quality Protein Word Search Puzzle!

HIGH QUALITY PROTEIN OPTIONS

Word Search Puzzle

M	X	E	Q	E	D	Z	Q	V	O	X	Q	N	P	F	W	K	U	U	D	R	B	A	R
N	X	E	G	T	I	F	I	F	C	P	Q	W	E	X	C	B	R	Q	A	T	N	E	H
S	R	Q	W	Y	B	N	E	O	M	V	I	W	T	K	N	E	I	X	O	W	R	W	B
S	Q	E	U	T	W	H	I	T	E	B	E	A	N	S	C	I	B	X	J	Z	F	U	Q
M	O	J	L	O	S	W	H	V	O	T	Z	X	U	L	N	I	V	Z	G	R	Q	J	S
N	N	A	F	H	N	S	P	O	H	C	K	R	O	P	G	M	H	G	R	V	T	O	E
E	F	U	Z	I	W	T	Q	B	V	V	L	Z	A	R	J	J	P	C	L	L	Q	D	U
M	A	M	T	Z	F	Q	Z	H	A	Z	Q	X	E	L	O	F	E	E	E	V	E	X	Y
G	S	E	F	S	N	A	P	B	Q	S	V	E	G	Z	C	S	G	R	G	L	N	P	P
E	Y	B	J	S	O	R	D	K	A	E	K	M	N	K	P	E	E	S	A	G	G	E	N
T	U	N	A	V	F	S	M	L	C	Y	J	Y	K	X	P	K	F	I	T	I	S	A	L
P	G	Z	A	F	R	L	M	M	O	G	H	S	U	L	C	P	P	R	A	Z	B	N	I
M	T	L	Y	A	B	O	K	G	T	F	A	I	Z	A	L	N	W	G	Y	N	Q	U	U
W	E	K	R	E	N	L	U	E	X	U	D	C	M	Q	O	P	U	Q	H	A	V	T	L
V	L	V	R	W	W	R	F	Q	V	V	V	K	W	A	H	Q	F	C	N	S	I	B	Q
I	C	A	Q	B	T	D	W	Y	X	C	L	F	V	U	G	M	F	M	Q	C	A	U	Y
T	J	T	G	D	Y	H	D	W	I	F	N	H	E	F	R	T	C	D	C	H	A	T	G
N	J	G	H	F	X	N	S	B	Q	X	R	J	A	S	V	M	L	E	C	Q	U	T	L
B	X	A	R	A	E	H	A	C	K	B	N	Q	U	C	K	W	O	U	T	R	K	E	S
X	S	J	T	A	R	B	I	Q	C	W	L	F	F	H	Y	M	N	L	K	U	F	R	Q
B	P	Y	J	D	D	Q	O	R	W	N	Y	C	O	R	R	X	Z	E	O	X	V	J	A
R	U	Z	T	Z	F	O	H	I	D	U	V	X	T	B	P	O	Y	Q	F	N	Y	V	J
R	U	H	Y	P	S	D	S	T	O	E	X	A	L	D	V	Z	X	K	F	P	X	H	A
X	V	I	U	U	O	U	O	M	B	Q	Z	W	A	S	Z	W	E	O	S	Y	W	A	N

Find the words:

Tuna

Pork Chops

Greek Yogurt

Eggs

Nuts

White Beans

Mackerel

Chicken

Peanut Butter

Tofu

Salmon

Turkey

Always check with your dietitian for healthy ways to add these foods into your diet.