



Mood: Smart

Smart foods have nutrients that can support your brain to function to its fullest potential and may also help improve your memory over time.

Today's Tasting:

Antioxidant Boost Salad – pomegranate, blueberries, blackberries & raspberries

- Contains the B vitamin folate which helps your brain function over time
- High in Antioxidants which maintain brain function and improve memory

