

5 TIPS TO EAT HEALTHY



DAMPAA Brain Health Program

1

EAT TRADITIONAL FOODS
LIKE BUSH TUCKER



2

DRINK WATER
REGULARLY & LESS
SUGARY DRINKS



3

EAT FRUITS AND
VEGETABLES DAILY



4

EAT LESS SUGAR,
SALT & BAD FATS



5

EAT SMALLER
PORTIONS



Sources: Livingston et al. Dementia prevention, intervention and care, *The Lancet* 2017.

Smith K, Flicker L, Dwyer A, et al. Factors associated with dementia in Aboriginal Australians, *Aust N Z J Psychiatry* 2010.

DEVELOPED FOR:



DAMPAA
Dementia prevention and
risk Management Program
for Aboriginal Australians

WWW.IAWR.COM.AU



Boola Boola Djinda
Aboriginal Health
Research

IN PARTNERSHIP WITH:

