

THIS IS YOUR *Brain...*

...On Meat

Meat is a proven brain booster with nutrients like Vitamin B₁₂ and Choline improving brain health and development.

A DIET INCLUDING MEAT DELIVERS:

Brain development and neurological health through childhood¹

Improved mental focus and concentration²

Improved memory as people age³

Appetite control due to meat's high satiety index^{4,5}

A pleasurable feeling having enjoyed a delicious product

¹ <https://www.ncbi.nlm.nih.gov/pubmed/24379897>
² <https://ods.od.nih.gov/factsheets/Choline-HealthProfessional/>
³ http://www.readcube.com/articles/10.1111%2Fjgs.12690?r3_referer=wol&tracking_action=preview_click&show_checkout=1&purchase_referrer=onlinelibrary.wiley.com&purchase_site_license=LICENSE_DENIED_NO_CUSTOMER
⁴ https://www.researchgate.net/publication/260477696_The_effects_of_consuming_a_mediumhigh_protein_diet_on_weight_loss_body_composition_and_satiety_a_pilot_study
⁵ http://www.ernaehrungsdienst.de/fileadmin/user_upload/EDWText/TextElemente/Ernaehrungswissenschaft/Naehrstoffe/Saettigung_Lebensmittel_Satiety_Index.pdf



...Without Meat

Extensive research shows that diets lacking important nutrients found in meat can have major negative impacts on brain health.

A DIET NOT INCLUDING MEAT CAN LEAD TO:

Depression and other mental health disorders⁶

Brain Fog⁷

Higher risk of substance abuse⁸

Developmental regression in infants⁹

Greater risk of mental decline and Alzheimer's as you age¹⁰



NAMI NORTH AMERICAN MEAT INSTITUTE
MeatPoultryNutrition.org

⁶ <https://www.sciencedirect.com/science/article/pii/S0165032716323916>
⁷ <http://austin3dhealth.com/documents/BRAIN%20FOG.pdf>
⁸ <https://onlinelibrary.wiley.com/doi/full/10.1111/acer.13494>
⁹ <https://www.sciencedirect.com/science/article/abs/pii/S0387760405000458>
¹⁰ <https://www.ncbi.nlm.nih.gov/pubmed/17522447>