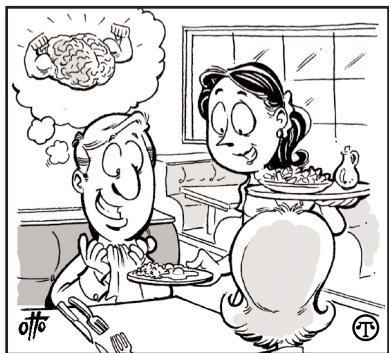


# Food For Thought

## Boost Your Brain Power

(NAPSA)—Some may think it's an old wives' tale, but research shows that foods can tremendously boost brain performance, memory and even mood!

For example, a healthy dose of lean meat or eggs is a great source of essential protein. Equally important are omega-3 fatty acids found in salmon or tuna. In fact,



**Consumers now have more choices when they eat out, including many “brain food” items.**

according to experts at the Franklin Institute, a nationally respected pioneer in the development of interactive science exhibits and research, fats build your brain while proteins unite it.

If you're not preparing your own food, don't worry. Many restaurants have brain-boosting menu items you can choose from. For example, IHOP recently launched a new menu with over a dozen new items, many of which contain food for your thought—from spinach salads with powerful antioxidants that maintain healthy brain cells to fish and eggs that build the brain.

For more information or to review the new menu items, log on to [www.ihop.com](http://www.ihop.com).