



THE BRAIN INJURY ASSOCIATION of NORTH CAROLINA

Offering help, hope, and a voice for people with brain injury and their families

Support Group Activity & Thought for the Month

Monthly Topic

Good Nutrition

What are the benefits?

Who fixes your food or meals? Who plans the menu?

What food groups should be included each day? (See handout)

What could you do to improve your nutrition each day or each week?

What could our support group do to help everyone get better nutrition or to help one or more of our members?

Thought for Month

Everyone benefits from good nutrition.
Babies, children, teen-agers, adults and
elderly, disabled, non-disabled and all races
and nationalities.