



**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.