

Nutritional Deficiency to Brain Development

DRAG the food that contains correct nutrition

FOLATE

IODINE

VIT-B₁₂

OMEGA-3

IRON

VIT-D



MATCH a correct nutrition to its remarkable functions

FOLATE

IODINE

VIT-B₁₂

IRON

VIT-D

OMEGA-3

associated with neural tube defects

component of the thyroid hormones

include affecting the hippocampus

Supports dopamine and serotonin production

fatty acids especially DHA