



*Boost your brain health by eating well!*  
**Brain Healthy Nutrition Guidelines**

### 1. Eat Dark Colored Fruits

*Choose:*

**Blueberries, raspberries, blackberries, strawberries, cranberries, plums**



*Why?*

Berry compounds have the highest number of naturally occurring antioxidant levels and can counteract inflammation, associated with heart disease and Alzheimer's.

### 2. Control Blood Sugar



*Choose:*

**Stevia** (also in Truvia® and Purevia™), **molasses** (blackstrap is most beneficial) **honey, agave, raw sugar**

*Not:* **Corn syrup** (especially high fructose), **refined white sugar**, or **artificial sweeteners** like saccharine or aspartame

*Why?*

Sugar imbalances shrink the hippocampus, the part of our brain critical for short-term memory. Pre-diabetes & diabetes are a risk factor for Alzheimer's and cognitive decline.

### 3. Substitute Whole Grains for White

*Choose:*

**Whole grain breads, quinoa, brown rice, wheat, bulgar, barley, whole grain pasta, farro, oats, oatmeal, wild rice, millet, whole wheat couscous**

*Not:* **White bread, white rice, white pasta**

*Why?*

High-processed, refined carbs, like white bread, stress the insulin system, a risk factor for Alzheimer's. Whole grains are a good source of fiber, magnesium and iron, important for heart and brain health.



### 4. Spice it Up

*Choose:*

**Cinnamon** ½ to 1 tsp daily, **rosemary, oregano, turmeric, ginger**



*Why?*

Many spices have amazing protective properties, reducing inflammation and increasing blood flow to the heart and brain.

## 5. Have Extra Leafy Greens

### *What to Eat:*

**Aim high:** 7-10 portions a day

**Broccoli, spinach, brussels sprouts, swiss chard, kale, collard greens, cabbage, bok choy, all the lettuces** (NOT iceberg)



### *Why?*

Leafy greens contain high levels of antioxidants including vitamins A and E. They also contain traces of Omega 3's and other brain healthy nutrients.

## 6. Go Nuts!



### *Choose:*

**Almonds & walnuts** (improve learning & memory),  
**Hazelnuts & pecans** (high in vitamin E, a great antioxidant and essential brain cell protector),  
**Pistachios, brazil nuts, peanuts, pine nuts**

### *Why?*

Eating a handful of nuts and seeds every day helps you reduce bad cholesterol, blood sugar, oxidative stress and inflammation - all risk factors for Alzheimer's.

## 7. Increase Your Omega-3 Oils

### *What to Eat:*

**Cold water fish** (salmon, halibut, sardines, tuna, etc.),  
**Scallops & shrimp, green vegetables** (broccoli, brussels sprouts, spinach), **cauliflower, squash, walnuts, flax seeds, pumpkin seeds, tofu, soybeans**

### *Why?*

As you age, levels of Omega 3's in your body drop. These oils improve transmission of nerve impulses, are important for building cell membranes in the brain, and have anti-inflammatory properties.



## 8. Reduce your Cholesterol Levels



### *Choose:*

**Seafood and healthier lean cuts of meat**  
**Low-fat dairy and yogurt over high-saturated fats, like cream**  
**Ground turkey instead of hamburger**  
**Olive or canola oil rather than corn oil**

### *Why?*

An abundance of cholesterol and saturated fat clogs arteries, leading to coronary heart disease and stroke, risk factors for Alzheimer's. However, HDL (or "good") cholesterol may help protect brain cells.

*Brain healthy nutrition guidelines from the kitchen of* (SLR)

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