

EAT WELL, AGE WELL. BRAIN BOOSTING SUPPLEMENTS

TRY SOME TURMERIC!

Turmeric is found in curry. It contains a chemical that has been shown to decrease plaque in the brain, which is thought to be responsible for Alzheimer's disease.

Some recent research suggests that there is a bioactive compound in turmeric that can increase neural stem cell growth in the brain by 80% at certain concentrations thereby enhancing the regenerative capacity of the brain.

Turmeric is a common part of the diet in India. Thus, India has the lowest dementia rates in the world. The prevalence of Alzheimer's disease among Indian adults in the age group 70-79 is **4-5 times less** than similarly aged American adults.



Photo by Lindsay VanKampen

Yellow Rice with Turmeric

Ingredients:

- 2 cups vegetable broth or water
- 1 cup rice (white or brown)
- ¼ cup minced onion
- 2 Tbsp. olive oil
- 1 tsp ground turmeric
- 1 tsp garlic powder
- 1 tsp ground black pepper
- 1 tsp salt (optional) or Salt Free seasoning blend.

Directions:

1. Bring broth or water to a boil in a saucepan.
2. Add rice, onion, olive oil, turmeric, garlic powder, black pepper, and salt or other seasoning as desired.
3. Cover the saucepan, reduce heat to low, and simmer per rice directions and water is absorbed and rice is cooked. Fluff rice with a fork.



Photo courtesy of Pixabay

EAT WELL, AGE WELL. BRAIN BOOSTING SUPPLEMENTS

Brain Boosting Basil

BASIL IS AN ANTIOXIDANT WHICH IMPROVES BLOOD FLOW TO THE HEART AND BRAIN THAT OFFERS PROTECTION FROM ALZHEIMER'S DISEASE.

IN A MEDICAL STUDY DONE THROUGH PURDUE UNIVERSITY, THEY FOUND THAT BASIL WAS EFFECTIVE AT KILLING OFF HARMFUL MOLECULES AND PREVENTING DAMAGE IN THE LIVER, BRAIN, AND HEART.

BASIL ALSO HAS MANY ANTI-INFLAMMATORY PROPERTIES AS WELL!



Photo by Lindsay VanKampen

Lemon Basil Shrimp & Pasta

Ingredients:

- 3 quarts water
- 8 ounces uncooked spaghetti
- 1 pound raw, peeled and deveined large shrimp
- ¼ cup chopped fresh basil
- 3 T drained capers
- 2 T extra virgin olive oil
- 2 T fresh lemon juice
- ½ teaspoon salt (optional)
- 2 cups baby spinach
- Parmesan Cheese

Directions:

1. Bring 3 quarts' water to a boil.
2. Add pasta, cook 6-8 minutes.
3. Add shrimp to pasta pan, cook 3 to 5 minutes or until shrimp are done and pasta is al dente.
4. Drain.
5. Place pasta mixture in a large bowl.
6. Stir in basil, capers, extra virgin olive oil, lemon juice, salt, and spinach. Top with parmesan.



Photo courtesy of Pixabay

Adapted from Source & used with permission:
<http://www.myrecipes.com/recipe/lemon-basil-shrimp-pasta>

GWAAR Nutrition Team in Collaboration with
UW Stout Dietetic Student 4-1-17 by Nicki Lehtinen

EAT WELL, AGE WELL. BRAIN BOOSTING SUPPLEMENTS

THYME TO TRY SOMETHING NEW!

BY SUPPLEMENTING THE DIET WITH THYME, IT HAS BEEN SHOWN TO INCREASE THE AMOUNT OF DHA, WHICH IS AN ESSENTIAL FATTY ACID IN THE BRAIN.

IT HAS ALSO BEEN SHOWN TO PROTECT AND SIGNIFICANTLY INCREASE THE PERCENTAGE OF HEALTHY FATS FOUND IN THE CELL MEMBRANES AND OTHER CELL STRUCTURES.

IN ADDITION TO BRAIN HEALTH, THYME IS ALSO AN EXCELLENT SOURCE OF VITAMIN C, VITAMIN A, IRON, MANGANESE, COPPER, AND DIETARY FIBER.



Photo by Lindsay VanKampen

Lemon Thyme Chicken Tenders

Ingredients:

- 1-pound chicken breast tenders
- 2 T olive oil
- 1 clove garlic, minced
- 6 sprigs fresh thyme, leaves stripped and chopped
- 1 T lemon zest
- ¼ cup lemon juice
- Olive oil cooking spray
- Salt/Pepper to taste

Directions:

1. Combine the olive oil, garlic, chopped thyme, lemon zest, and lemon juice in a large mixing bowl. Season the chicken tenders with salt and pepper. Toss chicken with the olive oil mixture; allow to marinate for 5 minutes.
2. Spray a non-stick skillet with cooking spray, and place over medium-high heat. Cook chicken tenders in the hot pan until lightly browned and cooked through, about 4 minutes per side.

Source:

www.allrecipes.com/recipe/69567/lemon-thyme-chicken-tenders/

EAT WELL, AGE WELL. BRAIN BOOSTING SUPPLEMENTS

BENEFITS OF OREGANO

DRIED OREGANO HAS 30 TIMES THE BRAIN-HEALING ANTIOXIDANT POWER OF RAW BLUEBERRIES, 46 TIMES MORE THAN APPLES, AND 56 TIMES AS MUCH AS STRAWBERRIES! MAKING IT ONE OF THE MOST POWERFUL BRAIN CELL PROTECTORS ON THE PLANET.

OREGANO CONTAINS A SUBSTANCE THAT INHIBITS INFLAMMATION. It HAS ANTIFUNGAL AND ANTIBACTERIAL PROPERTIES AS WELL.

OREGANO CONTAINS VITAMINS A, C, E, B6, AND K, FIBER, FOLATE, IRON, MAGNESIUM, CALCIUM, AND POTASSIUM. PLUS, IT TASTES GOOD TOO, WOW!



Baked Tomato Oregano

Ingredients:

- 4 large ripe tomatoes, sliced ¼ inch thick
- 1/8 cup grated Parmesan, Feta or Romano Cheese
- ½ cup fresh bread crumbs
- 1 clove garlic, minced
- 2 sprigs fresh parsley, chopped
- ½ teaspoon dried, or ¼ tsp. dried oregano
- 1 T olive oil
- Salt/Pepper to taste

Directions:

1. Preheat oven to 400 degrees F. Coat a shallow baking dish with cooking spray.
2. Place tomato slices close together in prepared baking dish. Mix together: cheese, bread crumbs, garlic, parsley, salt, pepper, and oregano. Then add olive oil and mix lightly. Place on top of tomato slices.
3. Bake for 15-20 minutes or until the cheese is lightly toasted.



Photos by Lindsay VanKampen

Recipe adapted from:

<http://allrecipes.com/recipe/25243/baked-tomatoes-oregano/?internalSource=staff%20pick&referringId=1070&referringContentType=recipe%20hub&clickId=cardslot%204>