

EAT WELL, AGE WELL. DEMENTIA AND BRAIN FOODS

GOT FOOD ON YOUR MIND?

THE *MIND DIET* FOCUSES ON FOOD THAT HELP SUPPORT A HEALTHY BRAIN. FOODS INCLUDED IN THE *MIND DIET* ARE FOODS THAT ARE RICH IN NUTRIENTS LIKE VITAMIN E AND DHA. *MIND* RECOMMENDED FOODS WORK TO SLOW COGNITIVE DECLINE AND LOWER THE RISK OF ALZHEIMERS DISEASE.

WHAT FOODS ARE INCLUDED? GREEN LEAFY VEGETABLES, OTHER VEGETABLES, NUTS, BERRIES, BEANS, WHOLE GRAINS, FISH, POULTY AND OLIVE OIL. FOR AN ADDED BONUS, THE *MIND DIET* RECOMMENDS DRINKING ONE GLASS OF WINE PER DAY!

WHAT FOODS SHOULD BE LIMITED? RED MEATS, BUTTER, CHEESE, PASTERIES AND SWEETS, AND FRIED OR FAST FOOD.

Asian Pan Seared Salmon Salad for One



Photo courtesy of Pixabay.com

Ingredients:

- 1 6- ounce wild salmon filet
- 1 cup chopped cabbage
- ¼ cup chopped green onion
- 1/8 cup peanuts
- 1 teaspoon Balsamic vinegar
- 2 teaspoons extra virgin olive oil , divided
- 1 teaspoons sesame oil
- 1 teaspoon soy sauce
- 1/4 teaspoon Chinese 5 Spice Powder or to taste
- salt and pepper

Directions:

1. Heat a large heavy skillet over medium heat, add peanuts, and cook for ~3 minutes, stirring constantly to prevent burning. Remove peanuts from skillet and allow to cool.
2. Add 1 teaspoon oil to the same skillet, and place salmon filet, skin side down, in the pan. Sprinkle salt and pepper on top and cook for 4 minutes, then flip over and cook for another 3 minutes. Remove salmon from pan to cool.
3. While this is cooking, chop the cabbage and onions up.
4. Then make the dressing by combining the remaining olive oil with the sesame oil, balsamic vinegar, soy sauce, and the Chinese 5 Spice Powder. Stir well and set aside.
5. Assemble the salad by placing the cabbage on a plate, top with the salmon filet, sprinkle the green onions and peanuts on top, then drizzle the dressing over the salad.

Recipe adapted from www.eastewart.com

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BRAIN FOODS

DID YOU KNOW THAT SPECIFIC FOODS AND NUTRIENTS CAN IMPROVE COGNITIVE FUNCTION?

B-VITAMINS: Recent research indicates that the eight B vitamins play a role in cognitive function. Increase your intake of B vitamins by consuming whole grains, meat, eggs, legumes and dark leafy vegetables.

FOLATE: Helps produce energy in the brain. You can get folate from foods like chickpeas, avocado, asparagus and beets.

VITAMIN B12: Helps to reduce levels of homocysteine levels. High levels of homocysteine is associated with a greater risk of dementia. Vitamin B12 is high in animal products.

LIFESTYLE FACTORS: You can maintain your cognitive function with lifestyle factors as well! Get out there and be physically active and work to maintain a healthy body weight. Partake in activities that include mental stimulation.

Beet and Pear Puree



Photo courtesy of Pixabay.com

Ingredients:

- 3 medium beets
- 5 oz. unsalted butter
- ½ cup minced Vidalia onions
- 1 ½ Bosc pears-peeled, cored and minced
- 2 tsp. white sugar
- 3 Tbsp. cranberry vinegar
- ¼ tsp. salt

Prep Time: 20 minutes

Cook Time: 1 hour

Serves: 6

Directions:

1. Preheat oven to 400 degrees F. Wash beets, and place in a roasting pan. Bake for 45 minutes to 1 hour, or until tender. Set aside to cool.
2. Melt butter in a large skillet over medium heat. Stir in onion, pears, sugar, and vinegar; cook, stirring frequently, for 20 minutes.
3. When the beets are cool enough to handle, peel and coarsely chop.
4. Puree onion mixture in a food processor with metal blade. Add salt and 1/2 of the beets; pulse 4 to 5 times. Add remaining beets, and pulse 2 to 3 times.
5. Eat as a side dish, topping for meat, fish or a salad.

Recipe adapted from www.allrecipes.com

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