

Trifold table tent: Fold at the three dotted lines and trim the top. Tape side edges together and place on tables.

The MIND Diet

The MIND diet helps reduce chances of dementia and declining brain health—both of which occur with age.

Foods included in the MIND diet:

- Vegetables (especially dark leafy), berries, whole grains, poultry, fish, beans, nuts, olive oil, and red wine in moderation

Foods to limit or avoid include:

- Red meat, fried food, sweets, butter, margarine, and some cheeses

Weekly Challenge:

Include at least 4 of the recommended foods in your diet and limit 1 of the above foods this week.



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Benefits of Brain-Healthy Food:

Brain-healthy foods include sources of healthy omega-3 fats, antioxidants, and anti-inflammatory foods. All of these will aid in the proper functioning of the brain. They help reduce memory loss & increase concentration.

As a person ages, it is natural that brain functioning declines. Therefore, it is increasingly important that as one ages, they are mindful of consuming food sources that benefit their brain.

It is important to focus on eating a well-balanced, healthy diet with optimal nutritional value, as is discussed in the MIND diet.

Weekly Challenge:

Acknowledge the benefits of a brain-healthy diet and how healthy eating could impact your life.



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Brain-Healthy Food: Preparing Fish Healthfully



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It is most nutritious to bake, broil, or grill fish because it greatly reduces the amount of unhealthy fats used in other cooking methods, such as frying. This maintains the nutritional value of the healthy omega-3 fats in the fish without adding unnecessary saturated fats that may alter brain functioning.

Consuming fatty fish at least once per week is recommended. Serve it with a salad or roasted vegetables to make it a complete meal.

Weekly Challenge:

Try consuming baked, broiled, or grilled fish at least once this week.

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Brain Healthy Foods: Green Tea



Green tea has vitamins that may help alleviate mental fatigue and boost brain function.

Green tea also contains antioxidants that stop proteins from harming brain cells. In the long run, green tea can decrease the risk in Alzheimer's and Parkinson's disease. Green tea helps with memory as we age.

Weekly Challenge:

Substitute a soda for a cup of green tea to boost memory!



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Brain Healthy Foods: Spinach

Spinach can reduce the risk of getting dementia, especially in women. The many nutrients in spinach can help improve memory and mental focus. Based on research by Rush University in Chicago, those that ate leafy green vegetables like spinach once or twice a day had significantly less cognitive decline compared to those who didn't.

Weekly Challenge:

Include spinach in one meal a day!



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Brain Healthy Foods: Walnuts



Walnuts are high in Vitamin E which traps and prevents free radicals from damaging brain cells. Free radicals can cause illness and aging. Vitamin E can reduce the risk of Alzheimer's disease from occurring.

Walnuts can improve memory, concentration, and information processing in older adults.

Weekly Challenge:

Add walnuts to a salad or have for a snack!



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Brain– Healthy Foods:

Brain-healthy foods are foods that encourage healthy brain function.

These foods are usually rich in antioxidants and omega-3 fatty acids.

Incorporating brain healthy foods into your diet can help improve memory & concentration.

Weekly Challenge:

Have at least 2 meals this week with fish as the main entrée.



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Brain– Healthy Foods

There are many examples of delicious brain healthy foods, some of which are probably already included in your diet!

- Salmon
- Walnuts
- Blueberries
- Eggs
- Turmeric
- Dark chocolate
- Pumpkin seeds

Weekly Challenge:

Have a snack of mixed nuts and/or seeds.



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Brain-Healthy Foods:

Food is not the only thing that can improve overall brain-health, beverages such as coffee and green tea can do so too!

Coffee has caffeine and antioxidants which are great nutrients for your brain. Green tea is rich in an amino acid called L– theanine which has been shown to improve memory and reduce the risk of Alzheimer's so, drink up!



Weekly Challenge:

Enjoy a cup of your favorite brain-healthy beverage and cheers to brain health!

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Brain Healthy Foods:

Berries



Many berries are high in flavonoid antioxidants, making them good food for the brain. Antioxidants help by reducing inflammation and oxidative stress.

Antioxidant compounds in berries have many positive effects on the brain including improving communication between brain cells, reducing inflammation throughout the body, and increasing plasticity.

Weekly Challenge:

Try incorporating more berries into your diet. For example, put them in a smoothie.



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Brain Healthy Foods:

Avocados



Avocados may support the brain as a source of healthy unsaturated fat. Eating monounsaturated fats may reduce blood pressure. Thus, by reducing high blood pressure, the unsaturated fats in avocados may lower the risk of cognitive decline. Other sources of healthy unsaturated fats include almonds, cashews, peanuts, fish, and walnuts.

Weekly Challenge:

Incorporate avocado into your diet by eating it on your toast for breakfast with an egg.



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Brain Healthy Foods:

Broccoli



Broccoli can be good for the brain as it is rich in compounds called glucosinolates. When the body breaks these down, they produce isothiocyanates. These reduce oxidative stress and lower the risk of neurodegenerative diseases. Other cruciferous vegetables that contain glucosinolates include Brussel sprouts, cabbage, turnips, and kale.

Weekly Challenge:

Increase your consumption of cruciferous vegetables by roasting Brussel sprouts.



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