



**SIMPLE, DELICIOUS &
NUTRITIOUS BRAIN
HEALTHY FOOD**

Presented by:

Alison Neov, RD, CSG

Alexandra Freiman, RD, CSG

Chef Brian Patterson



MIND DIET

- Summary: 10 focus foods that may slow cognitive decline
- Does not have to be meticulously followed
- Today we will be highlighting beans, nuts, and leafy greens.



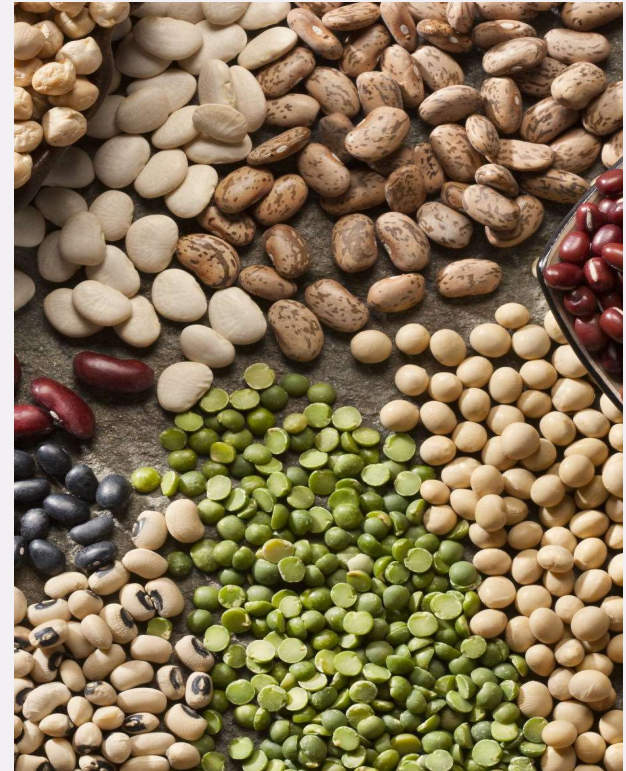
Examples include

- Dark Green Leafy Vegetables
- Vegetables
- Berries
- Beans
- Whole Grains
- Nuts
- Fish
- Poultry
- Olive Oil
- Wine



BRAIN BOOSTING FOOD - BEANS

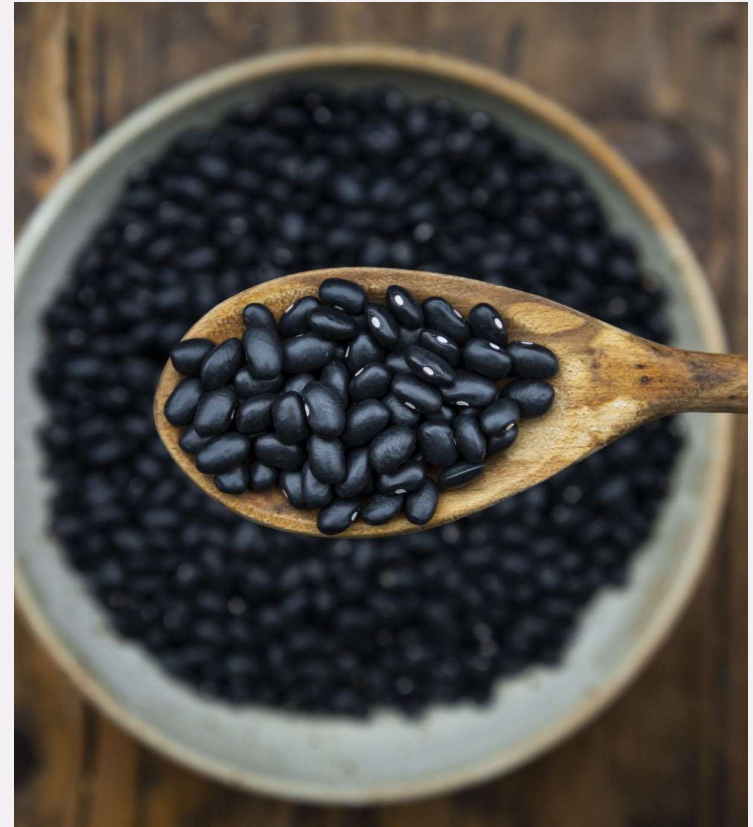
- High in B vitamins
 - Help form healthy red blood cells
 - Make neurotransmitters that pass signals between nerves
- B vitamins are water soluble so it's important to consume foods that are rich in B vitamins daily.
- Aim to have four ½ cup servings weekly



PREPARING DRIED BEANS

Check out your handout for the full recipe on preparing dried beans

- Basic steps:
 1. Boil water.
 2. Add carrot, celery, onion, spices.
 3. Add presoaked beans.
 4. Boil hard for 3 minutes.
 5. Reduce heat and simmer for 45 minutes.
 6. Remove vegetables.
 7. Season to taste with salt.
 8. Finish with butter or olive oil.





BRAIN BOOSTING FOOD - NUTS

- Daily nut consumption was shown to increase blood flow in the brain
- All types of nuts are great to include in your diet!
- Aim to have five 1oz ($\frac{1}{4}$ - $\frac{1}{2}$ cup) servings weekly

ADDING NUTS TO YOUR DIET

- Spread a nut butter onto toast and top with fun toppings such as shredded coconut, fresh fruit, or a drizzle of honey.
- Put nuts and dried fruits into a reusable container and snack on it when you are away from home.
- Add nuts to your oatmeal in the morning.





TOAST DEMO



BRAIN BOOSTING FOOD - LEAFY GREENS

- Leafy green vegetables include kale, spinach, collard greens, and turnip greens.
- They have been shown to slow the decline in cognitive abilities. This may be due to the fact that they contain lutein, Folate, B- carotene, and phyloquinone.
- Try to have one serving per day.





ADDING LEAFY GREEN VEGETABLES TO YOUR DIET

- Buy frozen leafy green vegetables and add them into a dish you are preparing for dinner like soup, stews, or chili.
- Baby kale and spinach are tender enough to be enjoyed fresh with a salad.
- Add frozen spinach to a smoothie.

KALE DEMO



11/1/2023

SUMMARY

- Good nutrition can be simple and delicious
- Focus on the brain boosters
 - Beans: four ½ cup servings weekly
 - Nuts: five 1oz (¼-½ cup) servings weekly
 - Kale (dark green leafys): one serving daily
- Personalize when possible
- Reference the Goodwin Living recipe handout

