

ALZHEIMER'S & BRAIN AWARENESS MONTH:

COMBAT THE AGING BRAIN



Brain volume declines five percent after age 40. While age, gender, genetics and environment contribute to the risk of Alzheimer's disease and dementia, many risk factors are tied to lifestyle factors, such as smoking, unhealthy diet, lack of exercise and social isolation. In fact, 40% of dementia cases can be prevented or delayed. Some foods in the MIND (Mediterranean-DASH Intervention for Neurodegenerative Delay) diet have been linked to improved cognitive function and memory. Eat these **4 Brain Power Foods** to support your cognitive health today and into the future.

1. EAT YOUR GREENS.

Try kale, spinach, cooked greens and salads. Aim for six or more servings per week. Try adding a kale side salad or spinach to your next sandwich. Greens contain nutrients that support cognitive function such as iron, vitamin K, vitamin E and folate.



2. GET SWEET ON BERRIES AND CHERRIES.

Cherries and dark colored berries, like blackberries and blueberries, are rich in antioxidants that support brain and memory function, particularly anthocyanins. Eat berries at least twice per week to receive these brain benefits. They make the perfect snack on the go, topping to cereal or yogurt or addition to a light dessert.



3. CHOOSE WHOLE GRAINS.

Studies have shown that those that eat more whole grains have higher cognitive function scores. Aim for three or more servings of whole grains daily. Choose whole grains like oatmeal, quinoa, brown rice, farro and whole grain bread and pasta. Whole grains are a good source of fiber and many other brain-friendly nutrients like vitamins B & E, antioxidants, zinc and magnesium.



4. THINK FISHY.

Choose omega-3-rich fish like salmon, sardines, trout and tuna at least one time a week to help improve memory. Fish can be grilled, baked or broiled and can replace another meat at your next meal. Try fish tacos or baked salmon with Swiss chard and ancient grains.

