



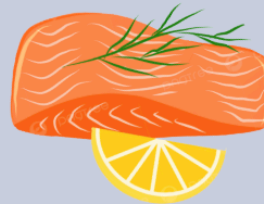
Brain busy, Body active **FOOD WISE**

CONSUMING FATTY FISH

01

Eating foods high in Omega 3 fatty acids (n-3) helps brain cells talk to each other, which supports brain functions such as learning and memory.

SALMON



SARDINES

02

CONSUMING DARK LEAFY GREENS

Nutrients in leafy greens prevent the breakdown of omega-3 fats into harmful molecules known as free-radicals that can damage the retina and macula. The lutein in dark leafy greens supports eye health.

EAT FEWER INFLAMMATORY FOODS

03

Foods such as gluten, refined sugars, and other processed foods increase the risk of chronic inflammation, which has been related to an increased risk of developing dementia.

Foods such as berries and certain spices like turmeric contain anti-inflammatory properties that help reduce inflammation while supporting your overall health!



COGNITIVE CUISINE: BRAIN-FUELING RECIPES!

Baked Salmon with Garlic Lemon Garnish



Ingredients (serves 2)

- 2 salmon fillets
- 2 tbsp olive oil
- 2 cloves garlic (minced)
- ¼ tsp turmeric
- ¼ tsp paprika
- 1 tbsp lemon juice
- salt and pepper to taste

Instructions

1. Preheat oven to 400°F (200°C)
2. Pat salmon dry and season with salt, pepper, paprika, and turmeric.
3. Mix olive oil, garlic, and lemon juice. Brush over salmon.
4. Bake for 10-12 minutes until salmon is flaky and tender. Salmon is safe to eat at 145°F
5. Perfect to be paired with some greens such as spinach or lettuce, chopped avocados, along with your favorite dressing!

Chia seeds are one of the richest plant-based sources of omega-3 fatty acids! This makes for a perfect breakfast :)



Berry Chia Pudding

Ingredients

- 2 tbsp chia seeds
- 1 cup milk
- 1-2 tbsp honey or maple syrup
- ½ cup of mashed mixed berries (strawberries, blueberries, raspberries, etc.
- ½ tsp vanilla extract

Instructions

1. In a bowl or a jar, mix chia seeds, milk, honey or maple syrup, and vanilla extract.
2. Stir well so that the seeds don't clump
3. Cover and refrigerate for at least 2-4 hours (or overnight)
4. Stir again before eating, and top off with some fresh berries!



BRAIN BUSY, BODY ACTIVE

Food Wise

WALKING

01

Taking daily walks at a brisk pace is associated with a lowered risk of cardiovascular diseases. Since walking is a weight bearing exercise, it can also help reduce bone loss and can lower the risk of fractures.



02

YOGA

Participating in yoga through classes or doing it with family/friends has numerous health benefits. Gentle yoga has been shown to ease some arthritis symptoms such as swollen joints. It can also be done before bedtime as it can induce relaxation and improve sleep quality!

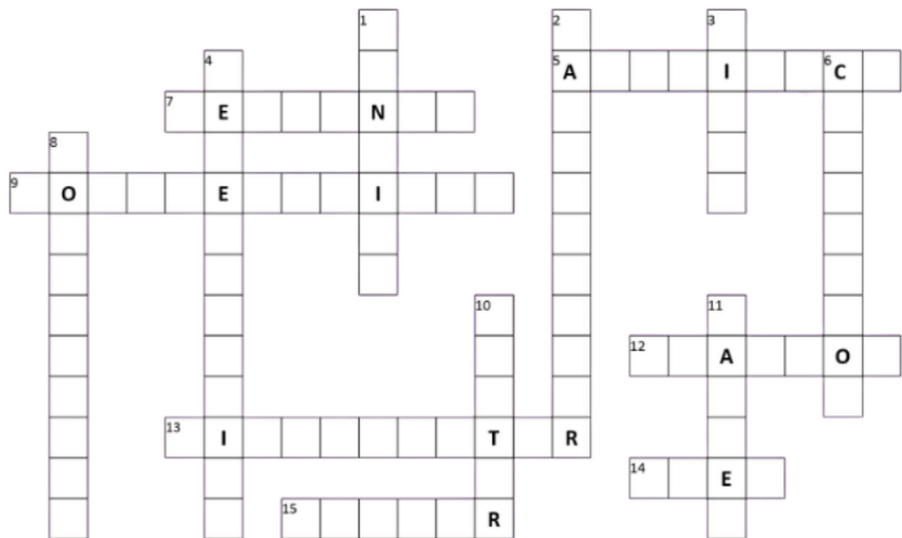
BRAIN EXERCISES

03

Keeping your brain active is very important to your ability to think, learn, and remember. For better brain health, challenging your brain with puzzles, reading, and trying new hobbies engages your mind and keeps your brain in shape. Getting quality sleep can also help improve brain function, memory, and makes it easier to do daily tasks!



MIND GYM: BRAIN EXERCISES!



ACROSS

- 5 Designs buildings.
- 7 Fixes cars.
- 9 Enforces the laws and keeps you safe
- 12 Helps you buy a house.
- 13 Puts out fires.
- 14 Cooks meals at a restaurant.
- 15 Keeps your money safe.

DOWN

- 1 Cleans your teeth and keeps them healthy.
- 2 Cuts your hair.
- 3 Can fly a plane.
- 4 Doctor that helps animals.
- 6 You can talk to them about your problems.
- 8 Writes newspaper articles.
- 10 Helps you feel better when you are sick.
- 11 Grows fruits and vegetables.

Word Search



Word List

- | | |
|---------------|-------------|
| CREATIVITY | EMPOWERMENT |
| DEDICATION | FOCUS |
| DETERMINATION | GROWTH |
| DISCIPLINE | HABIT |
| INSPIRATION | ACHIEVE |
| KNOWLEDGE | BALANCE |
| LEARNING | CHALLENGE |
| MOTIVATION | COMMITMENT |

A SCIENCE-BASED DIET FOR HEALTHY BRAIN AGING



What you eat today shapes your brain tomorrow.

Research shows that dietary patterns rich in whole foods, healthy fats, plant compounds, and key nutrients can help protect brain cells, reduce inflammation, improve blood flow, and support memory, thinking, and mood as you age.

THE MIND DIET: A PROVEN PATTERN FOR BRAIN HEALTH

Combines the best of the Mediterranean and DASH diets—shown in studies to support slower cognitive decline.

EAT MORE OF THESE BRAIN-BOOSTING FOODS



LEAFY GREENS & BERRIES

Rich in antioxidants and flavonoids that protect brain cells.



FATTY FISH

2–3 servings per week for omega-3s (DHA & EPA) that support memory and reduce inflammation.



OLIVE OIL

Primary source of fat. Polyphenols and healthy fats protect brain structure and function.



NUTS

A handful daily supports memory and is linked to slower cognitive decline.



WHOLE GRAINS

Provide steady energy and fiber; associated with better cognitive function.



OTHER VEGETABLES

Aim for variety and color. Packed with nutrients and plant compounds.



BEANS & LEGUMES

Excellent source of fiber, B vitamins, and minerals that support brain health.



TEA

Polyphenols and L-theanine may enhance attention and brain function.

KEY NUTRIENTS FOR YOUR BRAIN



OMEGA-3 FATTY ACIDS

Support brain cell membranes and reduce inflammation.



ANTIOXIDANTS (VIT C, E, POLYPHENOLS)

Protect cells from oxidative stress and aging.



B VITAMINS (B6, B12, FOLATE)

Help regulate homocysteine levels linked to cognitive decline.



VITAMIN D

Supports brain health and may reduce risk of decline.



MAGNESIUM & ZINC

Important for nerve signaling, memory, and learning.



CHOLINE

Essential for memory and production of acetylcholine.

LIMIT OR AVOID THESE FOODS AND HABITS

ADDED SUGARS & SWEETS



Linked to inflammation and poorer memory performance.

REFINED GRAINS



Cause blood sugar spikes and may increase risk over time.

FRIED & FAST FOODS



Promote inflammation and oxidative stress that can harm brain cells.

PROCESSED MEATS



Associated with faster cognitive decline in observational studies.

EXCESS ALCOHOL



Heavy drinking can shrink brain areas and impair memory.

HIGH SODIUM FOODS



May increase risk of high blood pressure and cognitive decline.

THE POWER OF DAILY HABITS



BE ACTIVE

Regular physical activity increases blood flow to the brain and supports new connections.



SLEEP WELL

7–9 hours of quality sleep helps clear toxins from the brain and strengthens memory.



MANAGE STRESS

Chronic stress harms the brain. Practice mindfulness, breathing, or relaxation.



STAY CONNECTED

Strong social ties are linked to better cognition and emotional well-being.

HYDRATE



Even mild dehydration can affect attention and memory.

Aim for 6–8 cups of water daily.

PUT IT TOGETHER: YOUR DAILY PLATE



- ✓ ½ plate vegetables (especially leafy greens and colorful veggies)
- ✓ ¼ plate whole grains (choose minimally processed)
- ✓ ¼ plate healthy protein (fish, beans, legumes, poultry, or nuts)
- ✓ Add berries, nuts, and olive oil



Small, consistent choices add up to a healthier brain—today and for years to come.

Eat real food. Move more. Sleep well. Connect often. Thrive longer.



SOURCES: Morris, M. C. et al. MIND Diet Associated with Reduced Incidence of Alzheimer's Disease. *Alzheimer's & Dementia*, 2015.
Dhana, K. et al. The MIND Diet and Cognitive Function in Older Adults. *The Journal of Nutrition*, 2021.
National Institute on Aging; Harvard T.H. Chan School of Public Health.

This information is for educational purposes only and is not a substitute for medical advice. Always consult your healthcare provider.