- Eating customs / Mind and body



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eat to stay sharp

Who doesn't want to cut their risk of Alzheimer's by up to half? That's what the MIND Diet has been shown in research to do. This eating plan is simple and specific—and *Prevention* developed these recipes to make it delicious too.

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Your heart keeps you ticking, but your topmost organ, the brain— and how you feed it—is a major driver of how you feel and function on a day-to-day basis. "Nutrition profoundly impacts cognitive function," says Laura Iu, R.D., a certified intuitive-eating counselor in New York City. "Food can either support or hinder our ability to think, focus, remember, and make decisions."

That's why researchers at Rush University in Chicago created an eating plan designed to keep you sharp: the MIND Diet. "It is one of the best-researched diets for brain health and is ideal for people looking for a simple but incredibly powerful way to preserve brain function," says Maggie Moon, R.D., the author of *The MIND Diet*. "Studies show that people who follow the MIND Diet may see their risk of Alzheimer's cut in half and could turn back the brain's biological clock by about seven years."

If you already follow a Mediterranean style of eating, the MIND Diet (Mediterranean–Dietary Approaches to Stop Hypertension Intervention for Neurodegenerative Delay) will feel familiar, as a way to minimize brainpower saboteurs such as saturated fat, sodium, fried foods, and added sugars and as a call for loading up on foods with key brain-friendly nutrients like omega-3's, antioxidants, vitamins B and E, iron, zinc, and magnesium.

The MIND Diet puts special emphasis on brain-supporting foods and tells you exactly how much of each type to consume weekly. "The plan homes in on foods that help fight oxidative stress, suppress inflammation, and protect and repair brain cells and create new ones," Moon explains. Below, the key elements of the MIND Diet.

The MIND Diet Formula

Plan out your meals using the following categories, thinking of these as weekly minimum portions. Feel free to incorporate more of them into your diet along with other nutritious foods such as fruit and eggs, while eating only small amounts of sweets, cheese, red meat, and butter.

whole grains

21+ SERVINGS A WEEK

▶ About ½ cup of cooked farro, quinoa, or barley (read: one serving) is rich in

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B vitamins, which research suggests can help protect memory and may slow cognitive decline. As a bonus, B vitamins help your body absorb and use all the other nutrients you supply it with. If reaching for packaged bread, check the label for how many servings of whole grains it contains.

leafy greens

6+ SERVINGS A WEEK

▶ Spinach, kale, and other dark leafy greens deliver an array of essential nutrients including folate, a B vitamin that has neuroprotective benefits and also aids in the production of serotonin and dopamine, which play a role in boosting and stabilizing mood. Aim for at least 2 cups per serving.

vegetables

7+ SERVINGS A WEEK

▶ Filling your plate with produce is always smart, especially when your health is a high priority. To maximize the assortment of vitamins and minerals you'll get, eat your way through a rainbow of peppers, carrots, tomatoes, lettuce, summer squash, and other colorful picks (at least one cup is a serving).

nuts and seeds

5+ SERVINGS A WEEK

▶ High in polyphenols, shown to reduce the risk

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FOOD

of developing dementia, nuts also supply crunch. Walnuts are particularly good for your noggin—sprinkle an ounce (one serving) over salads.

berries

2+ SERVINGS A WEEK

▶ Blackberries, strawberries, raspberries, and blueberries are similar in more ways than just their names—they're all good sources of anthocyanins, powerful antioxidants that give blue-, red-, and purple-pigmented foods their color. Regularly consuming a serving of blueberries (1 cup) in particular may help improve cognition in older adults, research suggests.

beans

4+ SERVINGS A WEEK

▶ About ½ cup of these legumes helps keep blood sugar levels steady, thanks in part to their combo of fiber and protein, which research suggests can aid in preventing cognitive impairment.

poultry

2+ SERVINGS A WEEK

▶ Choose 3 to 4 ounces of chicken or turkey over pork or red or processed meats. These deliver not only protein, necessary for optimal neurotransmitter function, but also brain-friendly minerals like zinc and magnesium.

fish

1+ SERVINGS A WEEK

▶ Prioritize eating about 4 ounces of fatty fish like salmon, as it's packed with omega-3's and other polyunsaturated fatty acids, both key to reducing inflammation that may negatively affect cognitive health.

Dig into the recipes on the following pages!



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GREEN JUICE SMOOTHIES

ACTIVE 5 MIN.
TOTAL 20 MIN.
SERVES 2

- 3 oz raw cashews (⅔ cup)
- 1 cup boiling water
- 1½ cups coconut water
- 2 cups baby spinach
- 2 cups frozen pineapple chunks
- 2 ribs celery, roughly chopped
- 1 Persian cucumber, roughly chopped
- 1 2-in. piece fresh ginger, peeled and roughly chopped (about 2 Tbsp)
- ½ cup ice
- ¼ cup mint leaves
- 2 Tbsp hemp hearts

1. In liquid measuring cup, soak cashews in boiling water until softened, 15 min. Drain and transfer to high-speed blender along with coconut water; puree until smooth, about 1 min.
2. Add spinach, pineapple, celery, cucumber, ginger, ice, mint, and hemp hearts and puree until smooth.

PER SERVING
About 429 cal, 24 g fat (4 g sat), 0 mg chol, 125 mg sodium, 47 g carb, 7 g fiber, 26 g sugar (0 g added sugar), 14 g pro



Leafy Greens
Vegetables
Nuts

SPINACH FIX

This green veggie is full of vitamin C, magnesium, and other plant compounds that help ward off cognitive decline by protecting brain cells from inflammation and oxidative stress.

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POWER PLAYERS

Beans and tofu are plant-based proteins that contain magnesium and iron, minerals that promote healthy blood flow to the brain.

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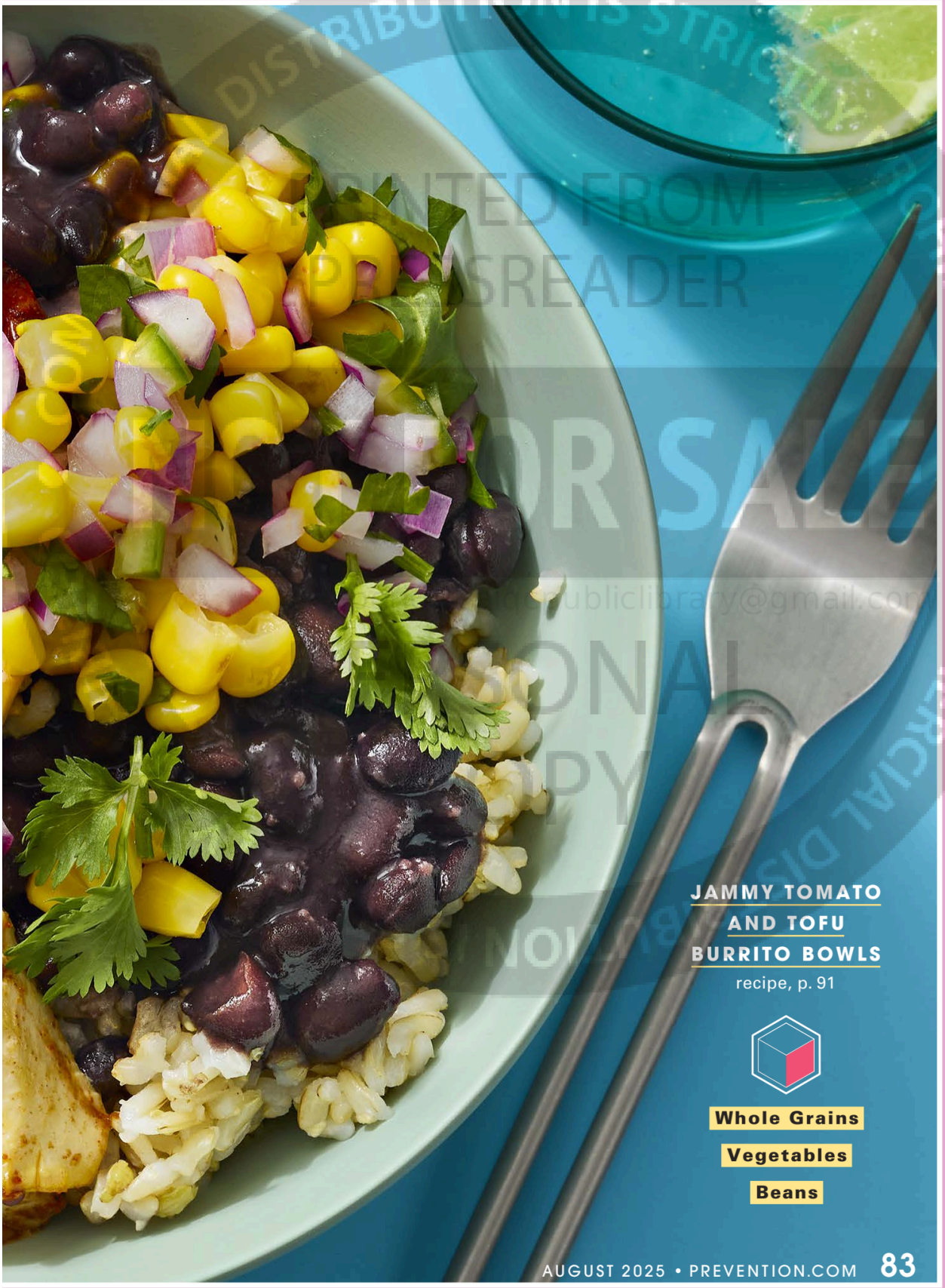

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FOOD

SALMON, AVOCADO, AND CITRUS SALAD

recipe, p. 92

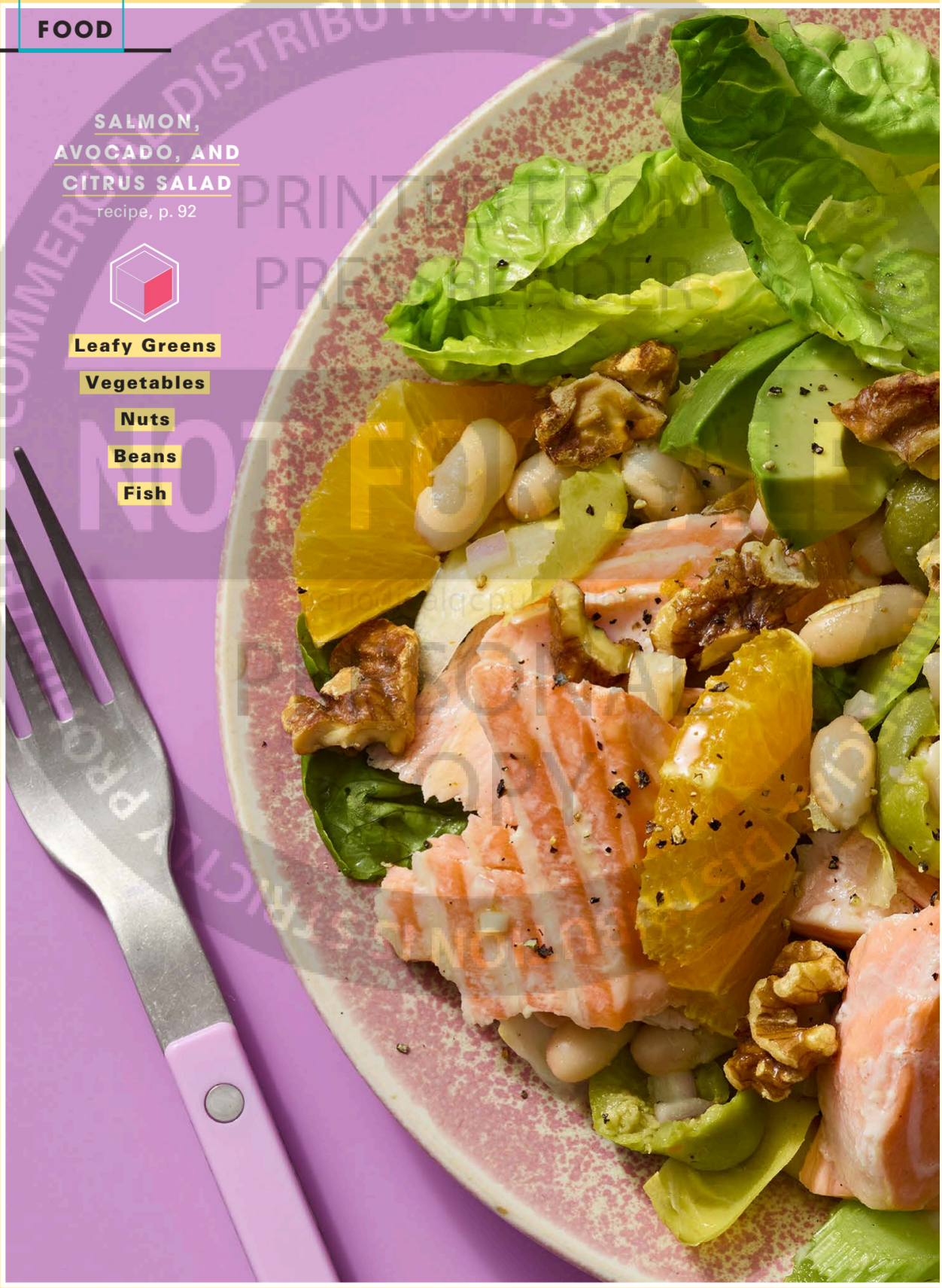
Leafy Greens

Vegetables

Nuts

Beans

Fish



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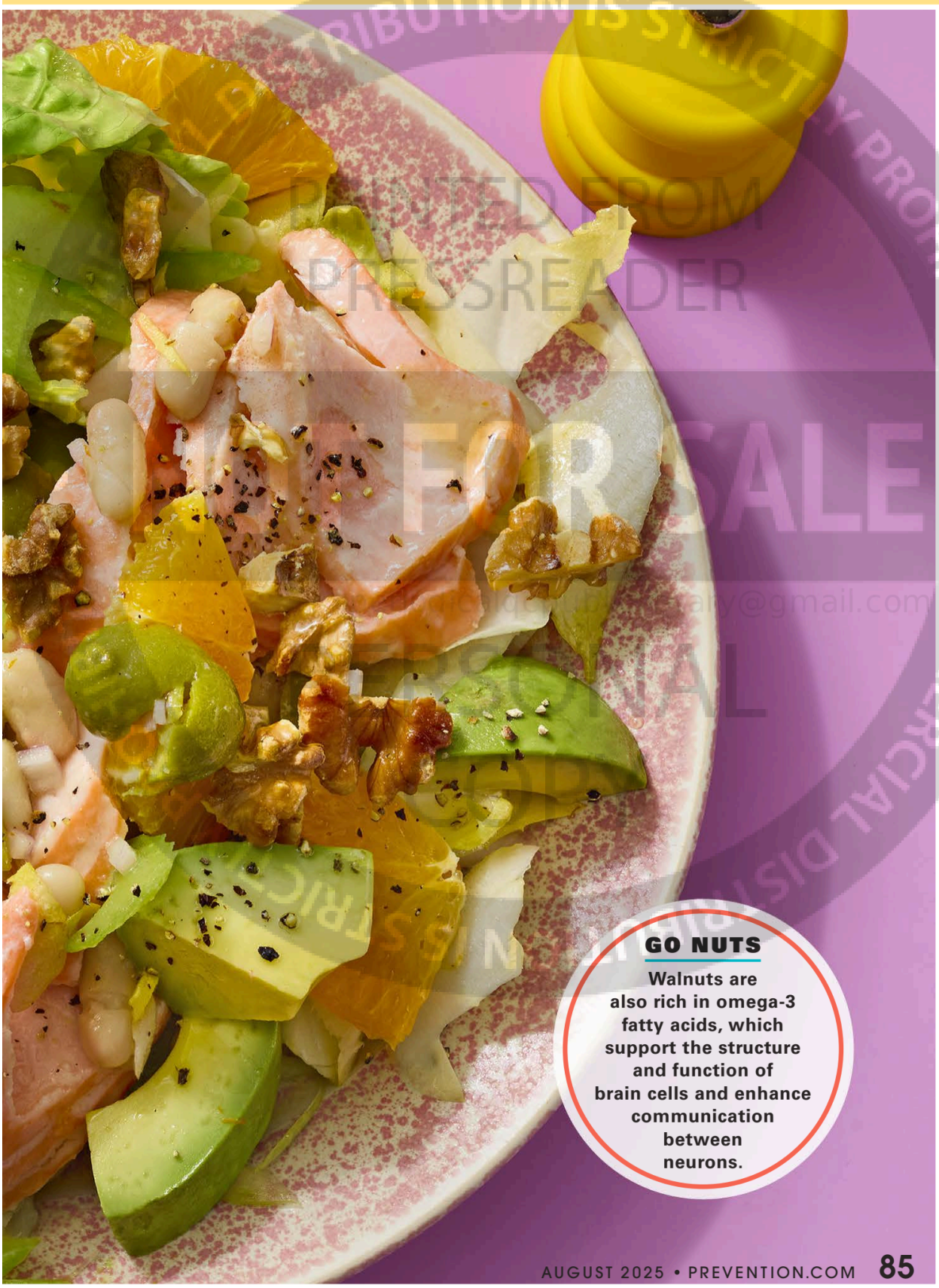

GO NUTS

Walnuts are also rich in omega-3 fatty acids, which support the structure and function of brain cells and enhance communication between neurons.

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FOOD



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GREEN SUMMER MINESTRONE

recipe, p. 92

Whole Grains

Leafy Greens

Vegetables

Beans

LIQUID GOLD

Opt for olive oil when cooking. A bottle contains plenty of polyphenols, including biophenols, which can help protect the brain because of their anti-inflammatory and antioxidant properties.

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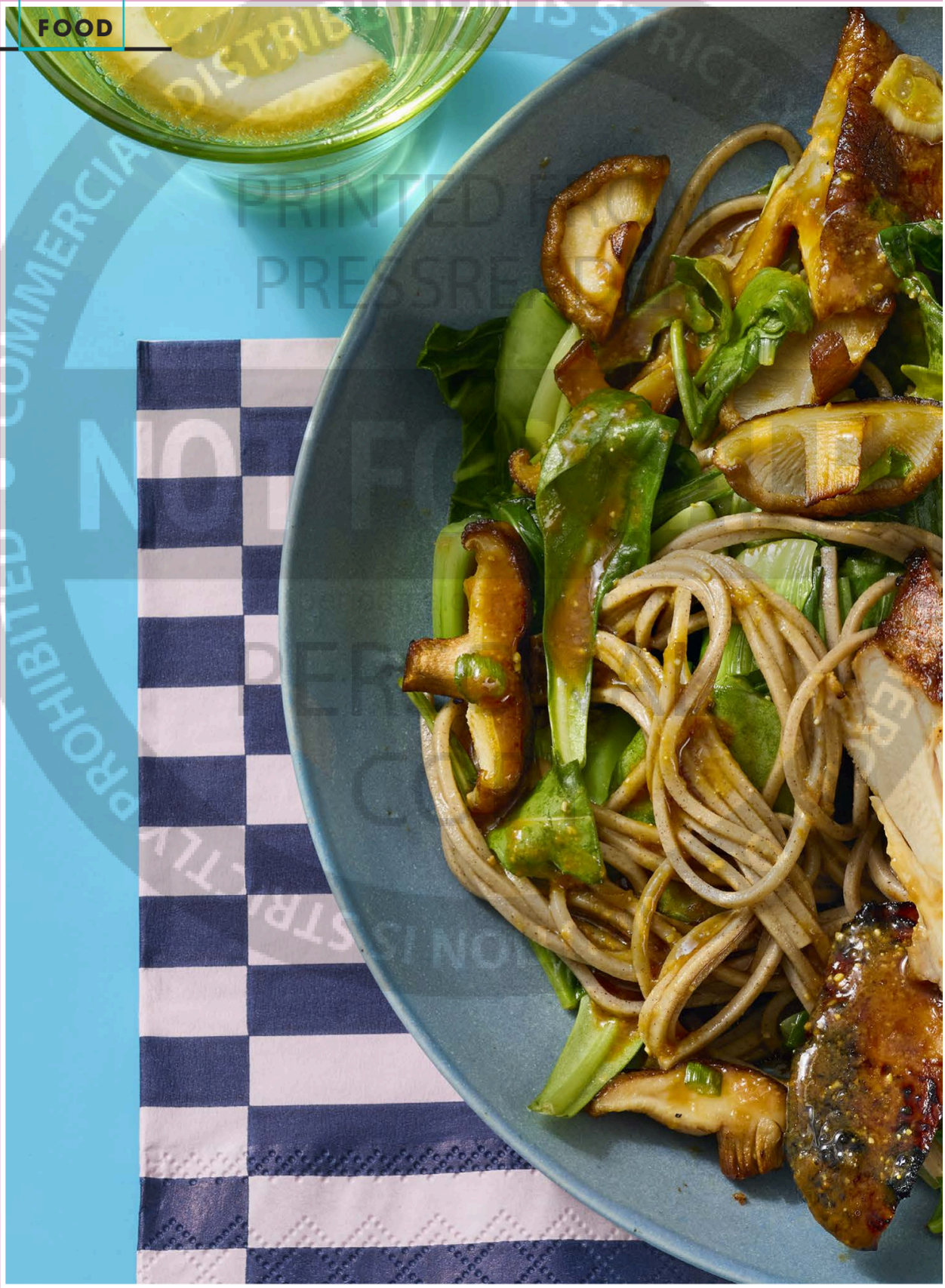
FOOD



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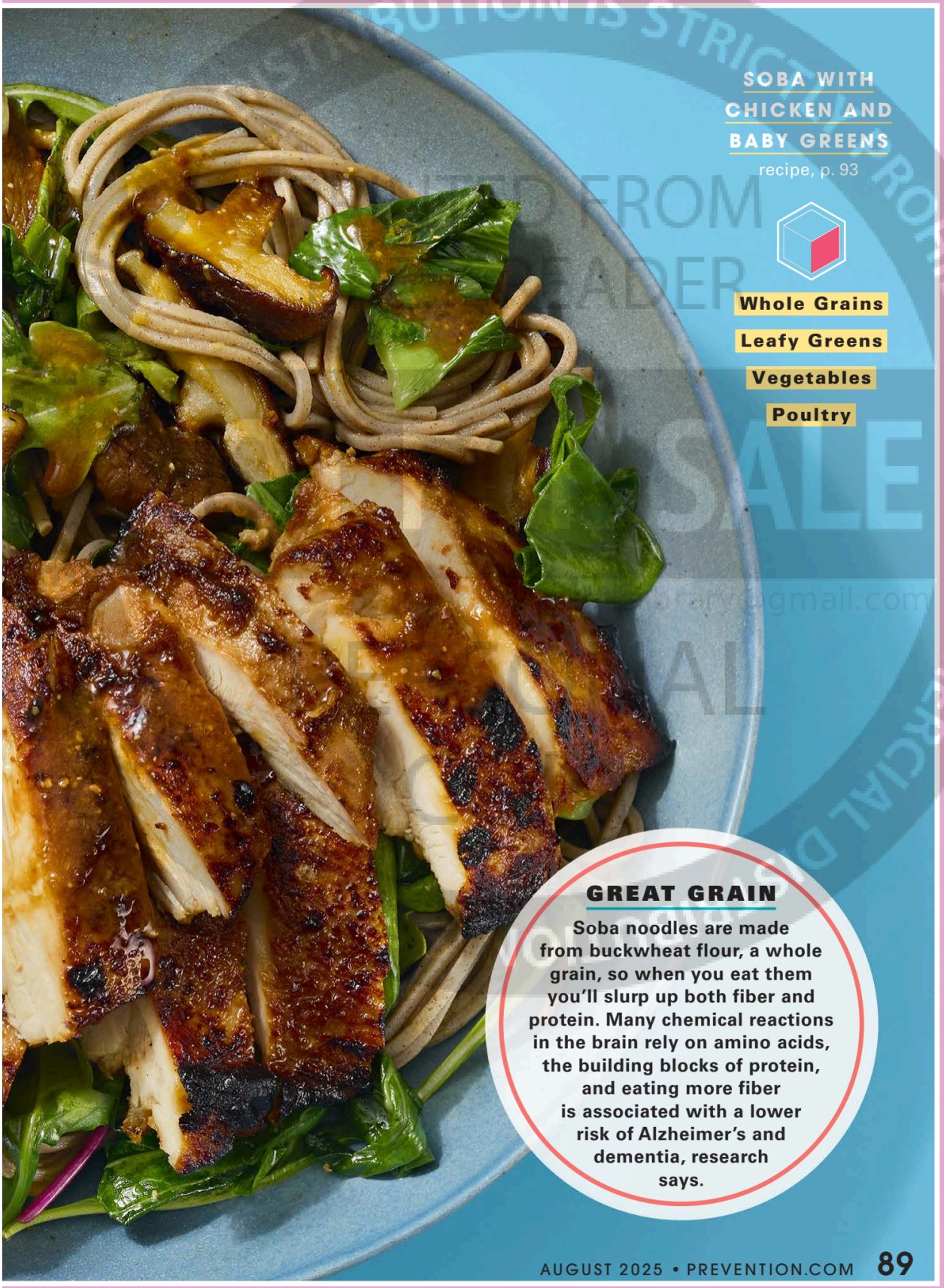

SOBA WITH CHICKEN AND BABY GREENS

recipe, p. 93

Whole Grains

Leafy Greens

Vegetables

Poultry

GREAT GRAIN

Soba noodles are made from buckwheat flour, a whole grain, so when you eat them you'll slurp up both fiber and protein. Many chemical reactions in the brain rely on amino acids, the building blocks of protein, and eating more fiber is associated with a lower risk of Alzheimer's and dementia, research says.

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FOOD



Whole Grains

Nuts

Berries

BLUEBERRY-CHIA JAM OAT CAKE

ACTIVE **15 MIN.**
TOTAL **50 MIN. PLUS COOLING**
SERVES **4**

- Nonstick cooking spray
- 1 cup Greek yogurt
- ½ cup unsweetened vanilla almond milk (or dairy milk)
- 2 Tbsp creamy almond butter
- 1 tsp pure vanilla extract
- 3 Tbsp pure maple syrup, divided
- 2 cups old-fashioned oats
- 1 Tbsp baking powder
- ½ tsp ground cinnamon
- Kosher salt

CHIA CHAMP

These small but mighty seeds offer a host of health benefits courtesy of their omega-3 fatty acids, antioxidants, polyphenols, and fiber.

- **4 cups blueberries, divided**
- **2 Tbsp chia seeds**
- **2 tsp fresh lemon juice**

1. Heat oven to 350°F. Spray 8- by 8-in. baking pan with nonstick cooking spray and line with parchment paper, leaving overhang on 2 opposite sides. Lightly spray parchment.
2. In large bowl, whisk together yogurt, milk, almond butter, vanilla, and 2 Tbsp maple syrup.
3. In mini blender or mini food processor, working in batches, process oats until finely ground. Transfer to yogurt mixture along with baking powder, cinnamon, and ¼ tsp salt and stir until combined. Fold in 2 cups blueberries.
4. Transfer mixture to prepared baking pan and bake until toothpick inserted in center comes out clean, 30 to 35 min. Let cool 20 min. before slicing.
5. Meanwhile, in small saucepan, heat remaining 2 cups blueberries and Tbsp maple syrup with a pinch of salt on medium. Cook and lightly mash, stirring occasionally, until blueberries start to soften, 3 to 4 min. Remove from heat and stir in chia seeds and lemon juice. Serve spooned over oat cake.

PER SERVING *About 425 cal, 13 g fat (2.5 g sat), 8 mg chol, 607 mg sodium, 68 g carb, 11 g fiber, 28 g sugar (9 g added sugar), 14 g pro*

JAMMY TOMATO AND TOFU BURRITO BOWLS

ACTIVE **20 MIN.**
TOTAL **30 MIN.**
SERVES **4**

- **1 cup short-grain brown rice**
- **2½ Tbsp olive oil, divided**
- **2 cloves garlic, grated**
- **2 15.5-oz cans black beans**
- **1½ pints grape or cherry tomatoes**
- **3 tsp low-salt taco seasoning, divided**
- **1 10- to 13-oz pkg. shelf-stable extra-firm silken tofu**
- **1 Tbsp fresh lime juice**
- **½ small red onion, finely chopped**
- **Kosher salt**
- **1 cup frozen corn kernels**
- **½ small serrano chile, finely chopped**
- **¼ cup cilantro, chopped**

1. Cook brown rice per pkg. directions. Heat ½ Tbsp oil and garlic in small saucepan on medium until fragrant, 1 to 2 min. Add beans and their liquid and simmer, stirring occasionally, until thickened, 12 to 15 min.
2. Remove air fryer insert. In air fryer basket, toss tomatoes with 1 Tbsp oil and 1 tsp taco seasoning. Heat air fryer with tomatoes to 350°F (this should take 3 to 5 min., depending on air fryer model). Air-fry 5 min. more.
3. Add tofu, gently breaking into large pieces. Drizzle with remaining Tbsp oil, season with remaining 2 tsp taco seasoning, and toss gently. Air-fry until tomatoes have broken down and tofu is beginning to crisp around edges, 10 to 12 min.
4. In small bowl, combine lime juice, onion, and ¼ tsp salt. Add corn and serrano chile and toss to combine. Fold in cilantro.
5. Fluff rice and serve in bowls topped with beans, jammy tomatoes, and corn salsa.

PER SERVING *About 624 cal, 13 g fat (2 g sat), 0 mg chol, 773 mg sodium, 109 g carb, 22 g fiber, 5.5 g sugar (0 g added sugar), 31 g pro*

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