

MAINTAIN THE BRAIN

with Smart Nutrition



Risk factors for cognitive decline

- high blood pressure
- diabetes
- heart disease
- inadequate sleep
- mental health conditions
- non-stimulating activities
- genetics
- chronic stress
- excessive tobacco and alcohol
- head injuries

Boost your brain with more:

- brain teasers and puzzles
- joyful movement
- meditation
- social connection



Did you know? Research shows that while the brain's ability to rewire is largely established by age 25, it continues to change with age!

The MIND Diet

for neurodegenerative delay

MIND =
Mediterranean-DASH Intervention

Leafy Greens

1 serving daily



Berries

2 servings weekly



Nuts

5 servings weekly



Whole Grains & Legumes

3 servings daily



Fish

1 serving weekly



Poultry

2 servings weekly



The Mediterranean Diet is a set of guidelines that can be applied to any cultural cuisine! Look at the following examples:

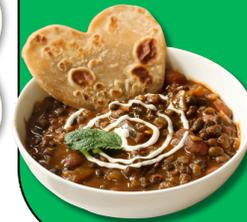
Latin America

- corn tortillas
- black beans
- pico de gallo
- acai berries
- cacao
- avocados



South Asia

- roti
- dal
- chutney
- dosa
- chickpeas
- chapati



Build a Brain Boosting Buffet



extra virgin olive oil



lemon

coffee



cocoa powder

green tea



shrimp, tuna, sardines



non-starchy vegetables



Foods to Limit

- red meat (no more than 4x/weekly)
- butter and margarine
- fried foods
- pastries and sweets



FOOD IS MEDICINE

CREATED BY OUR REGISTERED DIETITIAN NUTRITIONISTS

WWW.OPENHANDATLANTA.ORG
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