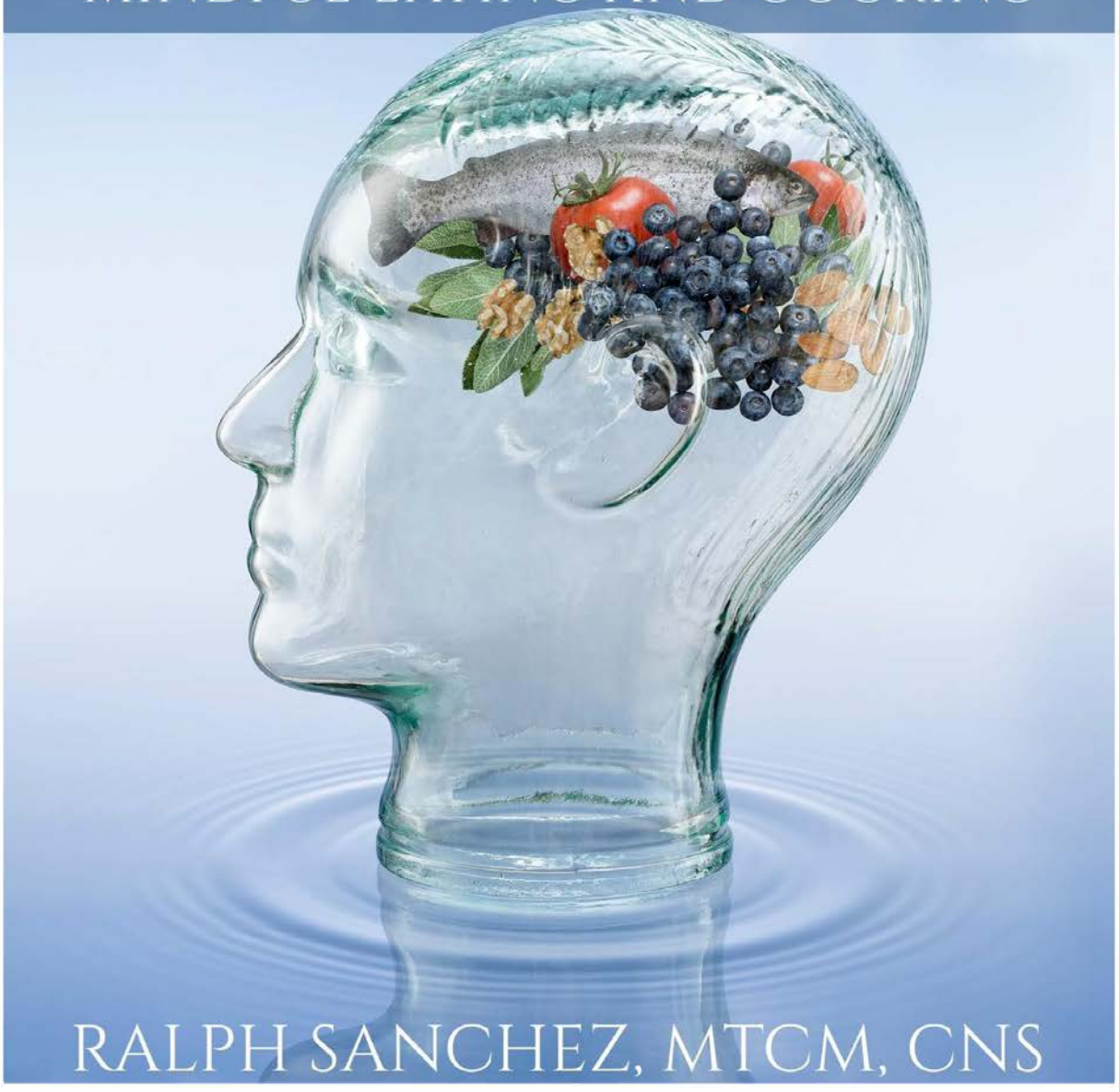
THE IMPROVED MIND DIET

MINDFUL EATING AND COOKING



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The Improved MIND Diet

Mindful Eating and Cooking in the Protection Against Alzheimer's Disease
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About the Author

Ralph Sanchez is the author of *The Diabetic Brain in Alzheimer's Disease*, a book that was inspired by Ralph's search for solutions to the many health challenges he encountered throughout his life's journey, and the realization of his own vulnerability to neurological disease as he aged.

It was during this quest for wellness and the integrity of his brain health that two things occurred.

First, he committed to a vocational calling in the healing arts. Second, he came across a specific and inspirational revelation regarding a genetic variant risk factor Alzheimer's disease—ApoE4.

This discovery surfaced twenty years ago and at a time when genetic risk assessments for Alzheimer's was deemed to be not clinically beneficial. Ralph questioned that assertion and it sparked a study by Ralph into the underlying risk factors in late-onset Alzheimer's disease (LOAD) and the possible solutions to reversing the growing and projected Alzheimer's pandemic.

Through the years hence, Ralph has dug deeper into the molecular, metabolic and genetic underpinnings associated with LOAD. This includes research into the hypothesis of type 3 diabetes that inspired him to write *The Diabetic Brain in Alzheimer's Disease.* The book details the principal and causative factors associated with the increased risk for LOAD, and how one can take control of that risk through an early intervention approach. In an ironic full circle from where it all began, the book includes an overview on the powerful leverage that genetic testing can provide in the risk assessment for LOAD as one ages.

Over the past ten years Ralph has witnessed a remarkable transformation in the quest for an Alzheimer's solution. Drug trials have failed to yield any disease-modifying solution for Alzheimer's, and that dismal track record has propelled a call for alternative interventions based on risk reduction and a prevention minded *approach earlier in life*.

In that light, numerous studies and recent trials have emerged over the past decade and demonstrate that nutrition and lifestyle factors are foundational pieces to a protective and risk reduction intervention in modifying the risk for LOAD.

A few years after embarking on his Alzheimer's journey, Ralph discerned that the future of an Alzheimer's solution would lie in these disease-modifying strategies that are now actively utilized in many clinical and institutional settings.

In fact, like the major age-related diseases of our time—type 2 diabetes and cardiovascular disease, a growing body of evidence now points to how the interaction between environmental factors and risk genes largely determine the expression of Alzheimer's in aging.

In that light, Ralph has been planning for the sequel to *The Diabetic Brain in Alzheimer's Disease,* and will soon publish *The Improved MIND Diet* and at least two additional books on the emerging and dynamic science that delineates how we can protect our brain against Alzheimer's and dementia through diet therapy, targeted nutrition, exercise, stress management and mitigating exposures to toxins.

The Improved MIND Diet is an important and foundational piece to the Alzheimer's solution, and whether you are young or a little older than you once were, the content and the message can support a healthier body and mind for the rest of your life.

God Bless!

Ralph Sanchez

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Introduction

“It’s bizarre that the produce manager is more important to my children’s health than the pediatrician.” ~Meryl Streep.

Indeed, at any age food plays a very central role in our health and in our healthspan—how healthy we are throughout our lifespan.

Nutrition is essential in the healthy development of children’s brains and it is no less important for keeping our cognitive function intact as we age. In that regard, your local farmer’s market or the organic produce section of you grocery store is a wellspring for body and mind wellness.

Undeniably, the benefits of specific veggies and fruits that provide the nutrients and plant chemicals that protect and vitalize our brains

throughout life can further empower the quest for the soundness of our mind in later-life

However, despite individuals becoming more and more aware of how their dietary choices impact their long-term physical health, they have little knowledge of how this can also powerfully influence their cognitive health as they age.

It is well documented that a life-long pattern of consuming a typical western diet that is rife with high-glycemic, pro-inflammatory, and highly processed and nutritionally-bereft foods, is associated with the global incidence of obesity, diabetes, and cardiovascular disease.

In addition, an increasing body of research illustrates how this dietary pattern also increases the risk for the onset of Alzheimer's as we age.

On the other hand, it comes as no surprise that certain dietary patterns are associated with lower incidence of these age-related diseases. The examination of dietary and lifestyle factors that detail how we can curb cardiovascular disease (CVD), metabolic syndrome (MetS), and type 2 diabetes (T2D) has been the subject of numerous studies and trials for many years now.

The Mediterranean diet has been strongly associated with a reduced risk and in the prevention of T2D, MetS , CVD, hypertension and other diseases. The same association of specific diet-related benefits in the risk reduction for late-onset Alzheimer's disease is now being actively explored, and numerous and promising outcomes from studies are consistently published and reported.

However, the evidence for nutrition and diet in thwarting the onset of Alzheimer's is not new. For example, a study published in 2006 that tracked the dietary patterns of 2,258 dementia-free individuals living in northern Manhattan, New York. The study participants were age sixty-five

and older, and three follow-up evaluations were conducted and spaced 1 ½ years in between each after the baseline record was completed. A higher adherence to the Mediterranean diet was associated with slower cognitive decline and a lower risk for Alzheimer's disease.(1)

In a review of studies between 2000 and 20013 that examined the relationship of dietary patterns and the risk for Alzheimer's, a higher adherence to a healthy diet, the Japanese diet, or the Mediterranean diet was associated with a lower risk of Alzheimer's disease. The healthy diet constituents used in several studies included—fruit, whole grains, fresh dairy products, vegetables, breakfast cereal, tea, vegetable fat, nuts, and fish.(2)

Note that the Japanese diet which typically includes generous amount of green tea and the Healthy diet that included tea in their healthy food and drink category were both linked to a reduced prevalence of Alzheimer's disease in the aforementioned review. Why the emphasis on tea?

Higher green tea consumption in Japan and other Asian countries is associated with a lower risk of incident dementia and Alzheimer's.(3,4)

The traditional Japanese diet is also rich in fish, soybean derivatives, (miso, natto), seaweeds, grain foods, and vegetables, and is low in meat and dairy products. This diet pattern like the Mediterranean diet is linked to a lower risk for cardiovascular disease and many other health disorders.

The benefits of green tea are due to specific polyphenols (catechins), and in chapter two I review how many members of the polyphenol family found abundantly in fruits and vegetables have been shown to be neuroprotective via beneficial modification of our DNA (epigenetic) to powerfully express antioxidant and anti-inflammatory genes (Nfr2 stimulation of antioxidant response element).

In another and more comprehensive review that included thirty-two studies the majority of the studies (twenty-one) showed that the Mediterranean diet "was associated with improved cognitive function, a decreased risk of cognitive impairment or decreased risk of dementia, or AD" (Alzheimer's disease).(5)

Finally, a review of eighteen studies on the long-term benefits of the Mediterranean diet concluded a positive effect in the protection against dementia and late-onset Alzheimer's disease, *and* in the improved cognition in younger adults.(6)

The above referenced study underscores an important takeaway; the *neuroprotective* focus and risk reduction approaches for dementia and late-onset Alzheimer's disease through nutrition and dietary patterns is complimented by its *neuroenhancement* potential—the improvement of learning, memory, and cognitive potential that is enabled through specific diet and lifestyle patterns.

These findings from numerous studies represent a promising component in mitigating the looming health crisis of Alzheimer's disease. Diet and lifestyle patterns are now recognized as fundamental and *modifiable risk factors* for late-onset Alzheimer's disease are core elements for *protecting and optimizing* cognitive function regardless of age.

Alzheimer's disease is growing into a national and global pandemic that could break the bank.

5.6 million people in the U.S (2019) have been diagnosed with late-onset Alzheimer's disease and this number is expected to balloon to 13.8 million by 2050(7).

It is estimated that one in ten Americans at age 65 are diagnosed with Alzheimer's and by age 85, approximately 32% fall victim to the disease.

Women have almost twice the rate of incidence as men. Alzheimer's disease is growing into a national and global pandemic.

In 2019, the medical care payments from Medicare, Medicaid, HMOs, private insurance and out of pocket expenses for patients 65 and older with Alzheimer's in the U.S. was estimated at 290 billion dollars.

This cost of health care that includes long-term care and hospice is further expected to increase to more than 1.1 trillion dollars by 2050.(7) Another projection estimated up to a 1.5 trillion dollar health care expenditure by 2050.(8)

These alarming projections extend to other countries around the globe. The total global economic costs caused by dementia increased from $279 billion dollars in 2000 to $948 billion in 2016.(9)

The staggering economic and medical cost of dementia and Alzheimer's threatens to bankrupt healthcare systems. Nearly one dollar out of every five Medicare dollars is spent on dementia disorders and Alzheimer's and that amount is projected to rise to one out every three dollars by 2050 *if* there is not any intervention model instituted that will slow, prevent, or cure Alzheimer's.

An aging population here in the U. S and around the world parallels the projected economic burden incurred by health care and care-giving expenses for dementia and Alzheimer's.

In the U.S., all baby boomers will be 65 and older by 2030 and the 65 and older population is expected to double by 2050. Similarly, the global population of people aged 65 and older is expected to double and the number of individuals eighty and older is expected to more than triple by 2050.(10)

Several studies and one commissioned by the Alzheimer's Association have estimated a significant health care cost saving by the *delaying* the onset of

late-onset Alzheimer's disease by five years. An analysis of the calculated health care savings from a five-year delay by several study groups was projected to be approximately 33 to 40%. That translates to billions of dollars.(7,8)

However, these cost saving estimations is based on the possibility of a drug that would deliver a five-delay *and* that would it be available by 2025. Possible? Yes, but there is the other side of the coin to weigh into that possibility.

As pointed out in *The Diabetic Brain in Alzheimer's Disease* pharmaceutical interventions and drug trials have not delivered any disease modifying intervention, nor is there any foreseeable drug solution from pharma that will adequately address a complex and multifactorial disease process with a silver bullet prescription. Yes, maybe a short-term delay is more feasible and possible—*someday*.

However, while the drug research marches on, alternative solutions to curbing the Alzheimer's pandemic is thriving. There is growing and significant evidence that the early assessment of risk factors and their related biomarkers that provide a risk assessment evaluation for the onset of dementia and Alzheimer's at midlife or earlier, can dramatically slash the expenditures for health care later in life.(8)

Prevention strategies that focus on reduction of risk, early assessment of biomarkers* and the appropriate interventions is the only foreseeable solution to this crisis.(11) Fortnately, the future is here.

Enlightened medical professionals, clinics, and trials are presently instituting dietary, nutritional, lifestyle, and biomarker tracking protocols in the delay and reversal of dementia related pathology.

So which risk factors are modifiable and potentially reduce your risk of developing Alzheimer's or dementia as you age?

An unhealthy diet, lack of exercise, smoking, obesity, heart disease, diabetes, excessive drinking, environmental toxins and pollution may all contribute to the development of late-onset Alzheimer's disease (LOAD) as one ages.

Without a doubt, the impact of our environment and the foods we eat on our wellness and longevity and the mounting evidence for nutrition and diet therapies to counter the onset of a host of age-related diseases associated with western diets and lifestyles, is one of the most dynamic areas of nutritional science and research.

With that in mind, I am always on the alert for the developments related to the science of risk reduction and prevention approaches in late-onset Alzheimer's disease that are being studied and published regularly now.

In 2015 I ran across a report on the MIND Diet that incorporated two well-recognized dietary models—the Mediterranean diet and the DASH diet, and the remarkable outcome in lowering the risk for Alzheimer's disease.

The details that underscored the successful outcomes of the MIND Diet are a valuable addition to the research that validates a dietary approach to delay or possibly prevent vascular dementia or Alzheimer's in late-life.

While the medical community waits for the *five-year delay* prescription to hopefully provide a cost-saving pharmaceutical answer to the Alzheimer's pandemic, conclusions in study after study continue to report on dietary and lifestyle interventions that demonstrate a significant reduction in age-related diseases and in the risk for the onset of Alzheimer's.

Nevertheless, the one size fits all approach that healthy dietary patterns are touted to be reminded me of a nagging annoyance I had about the Mediterranean diet and others similar to it—the unwavering recommendation of several servings of grains daily, the higher

carbohydrate ratio, and the general recommendation that red meat and saturated fats are to be avoided.

Additionally, the focus of deleterious cooking methods and the toxins that are derived from them are rarely included in the mainstream or scientific literature overview of food and brain benefits. These considerations inspired me to bring you *The Improved Mind Diet* that details a few misunderstood and often overlooked components to healthier eating and cooking choices, and how that translates to a healthier brain that endures throughout a lifetime.

Chapter one that follows here is a brief overview of The MIND Diet, the Mediterranean diet, and the DASH diet. Recipes that were diligently designed follows chapter 1 as is the second part of the promised bonus for purchasing ***The Diabetic Brain in Alzheimer's Disease***.

Chapter 1

The MIND Diet—The Basics

The MIND diet (Mediterranean-DASH Intervention for Neurodegenerative Delay) concept was derived from the research that had demonstrated a protective benefit from both the Mediterranean diet and the DASH diet against dementia and Alzheimer's disease.

The three diets were the focus of two MIND diet studies that evaluated their benefit in slowing cognitive decline, and their impact on lowering the incidence of Alzheimer's disease.

Both MIND diet studies investigated the effect of the so-called MIND diet that was "styled after the Mediterranean and DASH diets."

Dr. Martha Clare Morris-a nutritional epidemiologist at the Rush University Medical Center, and colleagues, were the authors of the two studies.

The intent of the two MIND diet studies was to determine if a dietary pattern could be proven to ward of cognitive decline and Alzheimer's disease.

The first MIND diet study, "MIND diet slows cognitive decline with aging", investigated the premise of a modified Mediterranenan and DASH diet for neuroprotection that emphasized leafy greens and berries.

The choice of leafy greens was based on studies that revealed a lower rate of cognitive decline in study participants that consumed greater amounts of leafy greens over a variety of vegetables. In addition, the study authors remarked that: "Green leafy vegetables are sources of folate, vitamin E, carotenoids and flavonoids, nutrients that have been related to lower risk of dementia and cognitive decline."

Several studies have investigated and established that the benefits derived from the phytochemical compounds (polyphenols) in berries-particularly blueberries, as neuroprotective.

A more comprehensive overview on how these foods and nutrients optimize and protect cognitive function is detailed in chapter 2 of *The Improved MIND Diet*.

The basis for the MIND diet modifications that included an emphasis on leafy greens and berries was intended to "highlight the foods and nutrients shown through the scientific literature to be associated with dementia prevention."

In short, the first study and exploration into the benefits of "a MIND diet" showed that it "substantially slows cognitive decline with age."

The second MIND diet study, "MIND diet associated with reduced incidence of Alzheimer's disease" included more than 953 participants in the Chicago area, 58 to 98 years of age, who were assessed and deemed to not have Alzheimer's disease (AD). The participants were screened annually for AD.

Over an average follow up period of 4.5 years, the participants were monitored to determine the role of diet on their risk of developing AD.

The second study concluded with two major outcomes:

First, a high adherence to all three diets—Mediterranean, DASH, and MIND— reduced the risk for AD. Of the three diets, the MIND diet was shown to be the most beneficial for preventing cognitive decline and AD.

A greater adherence to the MIND diet resulted in a 53% risk reduction of risk for AD. (12). However, there was also a 54% reduction of risk with a high adherence to the Mediterranean diet.

Secondly, a *moderate* adherence to the Mind Diet also produced a significant risk reduction—35%, for AD, whereas moderate adherence to the Mediterranean and DASH diets did not have statistically significant risk reduction benefits.(12)

The benefit associated with a higher *and* a moderate adherence to the MIND diet was the distinguishing factor in establishing an overall winner.

In both MIND diet studies, the scoring system results from the three diets were separated into a three-tiered adherence outcome based on highest, moderate and lowest adherence.

The Mind Diet studies utilized a point scoring system that was based on greater adherence to healthy foods and less consumption of unhealthy foods.

Similar scoring for the Mediterranean diet was based on an established metric developed in another study that based their serving scoring on the traditional Greek Mediterranean diet.(13)

The DASH diet scoring was based on previously established scoring indexes. All scoring was predicated on results from food frequency questionnaires.

The MIND diet study results for AD risk reduction were found to be independent of any effects on disease processes associated with cardiovascular disease and type 2 diabetes. That makes the findings even more impressive and points to dietary factors of the MIND diet as key elements to a brain protection and optimization diet.

However, if you are diagnosed with prediabetes, or diabetes, the MIND diet or a low-carbohydrate Mediterranean diet may be an ideal choice for you.

While the Mediterranean diet and DASH diet are shown to manage and lower the incidence of type 2 diabetes and cardiovascular disease, the lower carbohydrate percentage, approximately 38%(14), of total calories in the MIND diet is more appropriate for the management and prevention of insulin resistance disorders.

Carbohydrate consumption in traditional Mediterranean diets can comprise as much as 55% of total calories and a study that compared a traditional Mediterranean diet and the American Diabetic Association diet demonstrated a low-carbohydrate Mediterranean diet that is comprised 35% of calories from carbohydrates, was superior to the others in lowering markers of glycemic control--fasting blood glucose and HbA1c.(15)

The Mediterranean Diet—The Basics

The concept of a Mediterranean diet was inspired by the lifestyle and eating habits of individuals living in several countries of the Mediterranean region.

However, there are eighteen countries that border the Mediterranean Sea and there is not a traditional eating pattern that collectively characterizes all of them.

The Mediterranean dietary pattern has a long historical perspective. Often the reference to the more recent evolution and awareness of a Mediterranean diet emanates from research that sought to correlate the lower prevalence of age-related disorders, such as heart disease, in countries of the Mediterranean region that are most often identified with a fish and a plant based diet that included plenty of olive oil.

In that regard, Italy and Greece captured the imagination of Ancel Keys (1904 – 2004), a pioneer in the field of preventive cardiology, who along with a team of colleagues launched the first major study–the "Seven Countries Study" (SCS), to investigate the effect of several dietary and lifestyle patterns on the risk of cardiovascular disease.

SCS was started in 1958 and is still collecting data up to this very day. The first published outcomes of SCS found that a higher intake of olive oil, fish, wine, fruit and vegetables was associated with a lower incidence of coronary heart disease.

The SCS participants were comprised of sixteen groups, all middle-aged men, from the Mediterranean countries of Italy, Greece, Yugoslavia, along with four other countries—Finland, Japan, the United States and the Netherlands.

The main takeaway: the Mediterranean groups that ate higher amounts of fish, olive oil, wine, vegetables and fruit, were associated with a lower prevalence of coronary heart disease (CHD). Higher intakes of fish, green tea and soy in the group from Japan also had a lower incidence of CHD.

Another key finding of the SCS was the lower CHD mortality rate in the groups with the higher intake of flavonoids (flavonols, flavan-3-ols), a plant chemical (phytochemical) and a sub-class of polyphenols that is abundant in plant foods and green tea. For more information on SCS, please visit: https://www.sevencountriesstudy.com

Higher intakes of "animal fat", including dairy, was linked to higher rates of CHD in the U.S., Finland, and a group in Croatia that at that time was a republic of Yugoslavia.

The Netherlands group was also associated with a higher prevalence of CHD that was linked to a hydrogenated hardened margarine from fish oil that contained trans fats.

The outcomes from the SCS comprised the seminal research findings that characterized a Mediterranean dietary pattern, and the specific foods and nutrients that have since become the subject of numerous studies.

A greater adherence to the Mediterranean diet pattern is now associated with the management and risk reduction for cardiovascular disease, the Metabolic Syndrome, type 2 diabetes, cancer, obesity and Alzheimer's disease.(16)

In 2010, UNESCO recognized the Mediterranean diet as an *Intangible Cultural Heritage of Humanity* with Croatia, Cyprus, Greece, Italy, Morocco, Portugal, and Spain as the designated countries. The recognition went beyond a homage to a dietary pattern. It included a more expansive tribute to a diet and lifestyle that "… is based on respect for its territory and biodiversity, and guarantees the conservation and the development of traditional trades and professions associated with fishing and agriculture in Mediterranean communities".

Today, descriptions of the primary dietary components of the Mediterranean diet pattern includes whole grains, fruits, vegetables, potatoes, legumes, extra virgin olive oil, fish, dairy products, and moderate amounts of poultry, red meat and wine.

The DASH Diet—The Basics

The DASH (Dietary Approaches to Stop Hypertension) diet was developed by the American National Institutes of Health to manage high blood pressure without the use of medication. However, the DASH diet can complement and enhance the efficacy of antihypertensive drug therapy too.

In the DASH diet, patients are encouraged to limit sodium, sweets and red meat and to consume plenty of fruits, vegetables, whole grains, and a moderate amount of low-fat dairy, nuts and beans. Healthy lifestyle changes are also encouraged and, of course, lifestyle is a key factor in lowering the risk for all the metabolic, vascular and neurological disorders we have covered here so far.

The DASH diet has been shown to effectively lower blood pressure. Chronically elevated blood pressure restricts adequate blood supply to the brain and increases the risk of stroke, vascular dementia and Alzheimer's disease.(17)

Like the Mediterranean diet, the DASH diet has also been shown to improve insulin sensitivity, markers of cardiovascular disease (blood lipids), and obesity.(18) However, the higher carbohydrate percentage of the DASH diet-approximately 55%, may be unsuitable for many pre-diabetic and diabetic patients.

The higher carb allowance in the DASH diet places it in a carbohydrate-rich diet category, and similarly, the multiple and daily

servings of bread and other grain based foods like pasta that is sanctioned in several versions of a typical a Mediterranean diet pattern should be taken with a grain of salt.

Whole grains, and grain products, such as bread and pastas should be severely restricted for most individuals when glucose and insulin metabolism health issues are in the mix.

The same applies to starchy vegetables like potatoes.

Why do I emphasize a low-carbohydrate awareness in *The Improved MIND Diet*? Minimizing carbohydrate intake is essential for stabilizing and hopefully reversing the problems associated with impaired glucose metabolism and insulin resistance associated with obesity, type 2 diabetes, and for individuals headed in that direction (prediabetes).

For the aging brain, a carbohydrate restriction cognizance is key to a mindful dementia prevention strategy.

Please read: ***The Diabetic Brain In Alzheimer's Disease*** for a comprehensive description of the associations between T2D and CVD in Alzheimer's disease.

The MIND Diet Foods

The three diets—Mediterranean, DASH, and MIND emphasize generous servings daily of fruit and vegetables. However, in that regard there are a few distinctions that separate the MIND diet from the Mediterranean and the DASH diet.

As previously described, the MIND diet prioritizes green, leafy vegetables and berries for their unique nutritional value that supports and protects brain function.

Berries are a rich source of anthocyanidins—a naturally occurring pigment and subclass (flavonoids) of the polyphenol family, and leafy greens provide folate and carotenoids and other nutrients that deliver important benefits for that are vital for optimal neurological function and protection.

In chapter two, I reveal how polyphenols and carotenoids function as miracle nutrients that are powerful modifiers of DNA (epigenetics), and thus promote healthy gene expression patterns. In that regard, I disclose why cruciferous vegetables are the most powerful food mediators of beneficial epigenetic mechanisms that are linked to the protection against many diseases including Alzheimer's.

Other differences that distinguish the Mind Diet from the Mediterranean diet and the DASH diet includes the omission of dairy products as recommended in the DASH diet (2+ servings daily), and similarly, the deletion of the 2 servings daily of potatoes in the Mediterranean diet.

Whole grain servings of three or more weekly are included in the MIND diet healthy foods list which is considerably lower than what the contemporary Mediterranean diet recommendations specify. Coupled with the elimination of potatoes, the MIND diet reduces carbohydrates to more ideal levels for an aging individual.

A more surprising separation from the Mediterranean diet is the fish serving of two or more servings weekly that is emphasized in several Mediterranean diet descriptions, vs. one or more in the Mind Diet. The rationale for that was based on studies indicating that more than one serving of fish per week does not result in an increased protection against dementia.

As detailed above, the second MIND Diet study—"MIND diet associated with reduced incidence of Alzheimer's disease") demonstrated an impressive 53% reduction in the risk for AD from a high adherence to the recommended foods (see below) and a 35% reduction from a moderate adherence.

The Mediterranean diet had about the same results for the highest adherence at 54%. The DASH diet had a 39% risk reduction for the highest adherence to the diet. All good results with the MIND diet showing an impressive 35% risk reduction with a moderate adherence to the diet. Only the MIND diet demonstrated a significant risk reduction for AD with less than the highest adherence to the diet (moderate adherence).

The MIND diet study utilized a list of healthy and unhealthy foods list that was incorporated into their food frequency questionnaire.

The list of recommended healthy foods and servings in The Mind Diet are:

- Green leafy vegetables—6 or more servings each week
- Other vegetables—1 or more servings each week
- Berries—2 or more servings each week
- Whole grains—3 or more servings each week
- Olive oil—approximately 2 to 4 tblsp. per day*
- Nuts—5 or more servings each week
- Beans or legumes—3 or more servings each week

- Fish—1 or more servings each week
- Poultry—2 or more servings each week
- Wine—1 serving per day (6 oz glass)

★ The MIND diet study reference to olive oil was simply based on the use of olive oil for home use. No specific amount was recommended. My recommendation of 2 to 4 tblsp. daily is based on the average intake from the highest EVOO consuming countries of the Mediterranean region. In order they are: Greece, Spain, Italy, Cyprus and Portugal. Reporting agencies that have studied the EVOO intake of these countries have Greece on top. Greeks consume (per capita) about 18 liters or more, of EVOO yearly. Spain, Italy, Cyprus and Portugal came in at approximately 12.5, 11, and 7.5 liters respectively.* (These amounts are reported by various agencies and differ based on the year and source cited).

★ Greeks Still World's Top Olive Oil Guzzlers

(Olive Oil Times)

★ Market report to April 30, 2013, from Spanish Olive Oil Agency

While the MIND diet guidelines for a healthier brain-preserving diet includes a broad spectrum of brain-healthy foods, it also highlights an unhealthy food group, which is potentially detrimental to the brain and body if over-consumed. Pastries, sweets, fast foods, inorganic butter, cheese, and red meat were relegated to the unhealthy list.

The list of foods categorized as unhealthy are:

- Pastries and sweets — less than 5 servings* per week
- Red meat — less than 4 servings per week
- Cheese — less than 1 serving per week
- Fried or fast food — less than 1 serving per week
- Butter and margarine — less than 1 tablespoon per day

The servings associated with the unhealthy foods list were intended to judge frequency on the food questionnaire. A lower intake of the servings in the unhealthy food group were scored as optimal.

This concludes Chapter 1!

There are four additional chapters included in *The Improved MIND Diet*.

Chapters two and three dives into the science that reveals why the MIND diet foods are critical factors for a healthy aging brain, and how they protect against cardiovascular disease (CVD), type 2 diabetes (T2D), and the risk for vascular dementia and late-onset Alzheimer's disease.

In chapter two, I provide an overview on the nutritional science that underscores the importance of two prime plant chemicals found in certain fruits and vegetables that are vital to an aging brain—polyphenols and carotenoids. The science on the potential benefits to your brain from a diet rich in both plant chemicals is mind blowing—in a good way.

In chapter three, I divulge how a family of vegetables children love to hate, triggers a host of powerful anti-inflammatory and antioxidant genes that are core to the protection against CVD, T2D, and Alzheimer's disease. It is an emerging and very exciting field—epigenetics, that delves into how we can powerfully modify our risk for Alzheimer's disease with diet and nutrition.

Little known constituents of the carotenoid family confer the same benefits, and I detail in what foods they are found. It is a compelling overview on the research that reveals how mindful food choices optimize cognitive function and protect against dementia and Alzheimer's disease in aging.

In chapter four, I introduce *The Improved MIND Diet* difference. For example, the misunderstandings surrounding healthy fats in meats, and the unwavering recommendations of grains in diets such as the Mediterranean diet and the MIND diet, which are important factors in choosing what is right for you.

Many individuals are gluten sensitive, and are silently reacting to the gluten in grains. Do you know if you are intolerant, or sensitive to gluten? Testing for your sensitivity to gluten may be a vital assessment that may very well be a vital component to decision about *what type of grains* to include in your diet.

In addition, the myth that saturated fats must be avoided for a healthy

brain is dispelled. The same applies to red meat. Organic and free-range red meat is a healthy food as part of a balanced diet.

I explain why the health issues associated high temperature cooking are a must to be aware of and how olive oil and coconut oil fit into that consideration.

In chapter five, I go into a detailed, and science backed review of gluten sensitivity, and how a certain type of carbohydrate (FODMAP) that is a normal part of an everyday diet could be setting up your gut, and your health for the ill-effects of these foods if you are not careful. New studies are surfacing and detailing the role of unhealthy gut bacteria and chronic gut inflammation in the risk for neurodegenerative disease.

The virtues of extra virgin olive oil, and the possible issues of cooking with it are detailed in chapter five.

An emphasis on why saturated fats derived from coconut oil are good fats and not harmful to your cardiovascular health as some misdirected research would have you believe is detailed in chapter 5.

Saturated fats (medium-chain saturated fatty acids) in coconut oil and medium chain triglyceride products derived from coconut oil supply an alternative metabolic fuel that may be essential for an aging brain to power its high metabolic demand.

Ketones derived from medium-chain saturated fatty acids (MCFAs) energize mitochondrial metabolism and may rescue a critical decline in energy metabolism in the brain.

MCFAs may also compliment a ketogenic dietary approach and improve insulin sensitivity and impaired glucose metabolism patterns associated with type 2 diabetes.

Ultimately, *The Improved MIND Diet* will give you a more specific, and personalized roadmap for the foods that are right for you, and your brain as you age.

Thank you and on to your Improved MIND Diet recipes!

The Recipes

The recipes for this book were created with an emphasis on the foods that optimize and protect your brain function, and were highlighted throughout the book. It is also a gluten free menu.

We also took care with regards to the dishes that required cooking of meats. No frying, grilling roasting, or searing. Of course, it is your choice to do so, or not, but I highly recommend that you consider a low temperature cooking lifestyle as you age. Your body and brain will thank you.

Do not forget about what you cook with too. In chapter five of *The Improved MIND Diet*, I briefly describe the toxic exposures associated with non-stick cookware (Teflon™), and other types of cookware. The potentially toxic elements in such cookware are known neurotoxins.

Slow cookers are recommended and several of the recipe's prep instructions call for a slow cooker. I recommend that you cook at the lowest setting which is generally 200°. There are many types of slow cookers on the market so you have to do your own research on what is right for you.

While slow cooker and crock-pot cooking refers to the same thing, the two terms are not actually interchangeable when it comes the cookers. Slow cookers have a heating element on the bottom only, whereas crock-pots distribute the heat from the bottom and sides. I recommend slow cookers that come with glass, or stainless steel inserts to minimize toxins associated with cooking in them.

Newer generations of glazed ceramic inserts in slow cookers, or crock-pots are now manufactured under a lead free guaranty. Be especially cautious about older and handmade glazed ceramic cookware. Do your homework!

The same applies to cooking with oils. If you must use a vegetable oil, coconut oil, extra virgin olive oil, or avocado oil are recommended.

There is a week's menu of breakfast, lunch and dinner recipes. There is also an additional polyphenol-rich salad, carotenoid-rich salad, a broccoli sesame side dish, two dressings and recommended snack foods!

Lastly, I am also excited to share the launch of my BrainDefend™ Body-Brain Renewal Program that includes my personal guidance on nutrition and lifestyle factors that may be cutting your brain at risk for cognitive decline as you age.

My BrainDefend™ bank of dietary and lifestyle plans are tailored to your needs.

Over ten customized dietary plans are available and include:

- paleo,
- ketogenesis,
- detoxification,
- low carb/Mediterranean
- weight loss and,
- an expanded Improved MIND diet plan.

In addition, exercise programs are prescribed and there are multiple tracking features that enables us to support your success in reaching goals that we set.

My exclusive membership portal for diet, nutrition and lifestyle allows you to login to specific plans that I assign to you and together we can keep you on track to a healthier body and brain—a priceless gift as you age.

You have your own personal tracking tools that allows for you to make notes on your progress and to adjust your favorite foods and recipes so that you are not stuck with a food that is not pleasing or tolerable.

There is also a message center where we can safely discuss your personal needs and any questions you might have. No need to end a separate email!

To review the big picture of my BrainDefend™ program, please visit: www.BrainDefend.com. For a limited time, my Jumpstart Body-Brain Renewal Program is almost 50% off my ongoing program pricing. There is a Get Stated button for a complimentary session to review any questions you might have about the program.

To make sure that everyone can benefit from my BrainDefend™ program, there is an option to get the customized dietary and lifestyle access with a simple low monthly fee in my BrainDefend™ Genius membership level. Again, to find out more about any of these options can work for you, click on the Get Started button @ www.BrainDefend.com. I'll make sure we come up with something you can afford.

The recipe templates below…

The recipes begin with seven breakfast choices and are followed by seven lunch and dinner menus. The USDA Food Composition Databases was used in extracting the macronutrient and sodium data provided with the recipes.

To ensure that you can read the ingredient and prep instructions, please view on a larger screen, and adjust your reader so you can comfortably see all.

The references for chapter 1 follow the recipes.

If you need support, you can contact us at:
info@TheAlzheimersSolution.com

Enjoy!

Breakfast

Ingredients

Quantity	Measure	Item
4	Medium	Eggs
1/2	Cup	Spinach, chopped
1/2	Cup	Kale, chopped
1/4	Medium	Sweet potato, diced & boiled
1/4	tsp	Himalayan salt
1/4	tsp	Black pepper
1/2	Medium	Avocado, diced

Prep

1. Mix all ingredients except avocado in a pot, and warm over a low heat.
2. Heat until spinach and kale are wilted.
3. Continue heating, stirring until eggs are scrambled. Season with salt and pepper.
4. Place in a serving bowl, top with diced avocado, and enjoy!

Nutrient	Serving
Fat (g)	13.74
Protein (g)	12.38
Sodium (mg)	422
Carbs (g)	7.66

Superfood Breakfast Skillet (Serves 2)

Chia Seed Blueberry Pudding (Serves 2)

Ingredients

Quantity	Measure	Item
2	Cup	Almond milk
1/2	Cup	Chia seeds
1/2	Cup	Blueberries
1	tsp	Vanilla extract
1/2	tsp	Cinnamon
3	Tblsp	Crushed almonds, walnuts and pistachios
1	tsp	Maple syrup or honey
2	Tblsp	Raspberries

Nutrient	Serving	Nutrient	Serving
Fat (g)	22.23	Sodium (mg)	147
Protein (g)	19.51	Carbs (g)	32.23

Prep

1. Mix almond milk and chia seeds in a large bowl, and whisk well.
2. Add blueberries, maple syrup, vanilla, and cinnamon, and mix well.
3. Cover and refrigerate overnight.
4. Once you are ready to serve, puree the pudding mix in a blender until smooth.
5. Serve pudding topped with crushed nuts and berries, and enjoy!

Chickpea Flour Pancakes (Serves 2)

Ingredients

Quantity	Measure	Item
1	Cup	Chickpea flour
1/8	tsp	Sea salt (ground)
2	tsp	Baking powder (low sodium)
10-15	Drops	Low glycemic sweetener
1/2	Cup	Water
1	tsp	Extra virgin olive oil or coconut oil
1	Cup	Scallions (finely chopped)

Prep

1. Combine the chickpea flour, sea salt, and baking powder in a bowl.
2. Slowly add water until you achieve a smooth (but not runny) batter mix.
3. Add the chopped scallions, one of the recommended low glycemic sweeteners, and stir in gently.
4. Drizzle a little EVOO, or coconut oil into a pan, and preheat for about 30 seconds on a low to medium heat. Scoop in batter, and cook until the edges start to lift, flip, and cook for about another minute.
5. Add favorite savory topping of your choice (sliced avocado, hummus, or your favorite berries).

Nutrient	Serving	Nutrient	Serving
Fat (g)	4.04	Sodium (mg)	189
Protein (g)	11.22	Carbs (g)	32.61

Green Smoothie with Protein (Serves 2)

Ingredients

Quantity	Measure	Item
1/2	Cup	Unsweetened almond milk
1	Cup	Spinach
1	Cup	Strawberries, frozen
1	Medium	Avocado, ripe
2	Scoops	Protein powder
1	Tblsp	Whole almonds
1/4	tsp	Cinnamon
1	Tblsp	Flaxseed (freshly ground)
1	Handful	Ice Cubes (optional)

Nutrient	Serving
Fat (g)	13.37
Protein (g)	30.19
Sodium (mg)	203
Carbs (g)	16.9

Prep

1. Add all ingredients in a blender in order listed, except for the protein powder. Add ice cubes if desired.
2. Cover and blend on high speed for about 30 seconds or until smooth.
3. Gently blend in the protein powder to finish.
4. Pour into a glass.
5. Garnish and serve immediately!
6. Keep any excess in the fridge.

Ingredients

Quantity	Measure	Item
2	Cup	Unsweetened coconut flakes
1	Cup	Chopped almonds
1/2	Cup	Chia seeds
1/2	Cup	Flaxseed (freshly ground)
1/4	Cup	Raisins
1/4	Cup	Pumpkin seeds
1/4	Cup	Pine nuts
1	Tblsp	Plain, Greek yogurt
1/2	Cup	Unsweetened almond milk

Prep

1. Soak pumpkin seeds and almonds overnight.
2. Add remaining ingredients when ready to eat.
3. Serve with unsweetened almond milk, and top with a generous dollop of plain, Greek yogurt, and extra whole almonds (optional).
4. Add a healthy sweetener of your choice if desired (monk fruit, erythritol or stevia).
5. Excess dry ingredients can be kept in the airtight container until needed.

Nutrient	Serving
Fat (g)	26.62
Protein (g)	11.17
Sodium (mg)	245
Carbs (g)	10.83

Nut and Seed Muesli (Servings as Required)

Quinoa Porridge (Serves 2)

Ingredients

Quantity	Measure	Item
1/2	Cup	Quinoa
1	Pinch	Cinnamon
1 1/2	Cup	Coconut milk
1/2	Cup	Water
1	Tblsp	Maple syrup
2	Tblsp	Chia seeds
1	tsp	Vanilla extract
1	Pinch	Sea salt
2	Tblsp	Mixed nuts
1	Handful	Mixed berries

Nutrient	Serving	Nutrient	Serving
Fat (g)	6.24	Sodium (mg)	32
Protein (g)	6.38	Carbs (g)	17.86

Prep

1. Soak the quinoa overnight in cold water. The next day, drain and rinse through a fine sieve.
2. Tip the quinoa into a pan and add the vanilla, cinnamon, and water. Cover and simmer for 20 mins.
3. Add cocconut milk, maple syrup, chia seeds, and salt. Bring to a boil, then reduce to low heat and cook until porridge is thick and grains are tender, about 25 minutes. Stir occasionally to prevent burning.
4. Serve with an optional topping of berries, and nuts of your choice.

Smashed Sardines (Serves 2)

Prep

1. Scoop out the flesh from the avocado half, and mash. Add in chili powder or your favorite salsa, and the juice of half a lime, and mix.
2. Drain the sardines, and mash separately into a bowl (or keep whole if you prefer).
3. Spread avocado mix and additional slices onto your favorite low carb, gluten free bread or crackers (such as chia and flaxseed loaf or flax seed crackers) and top with chopped chives or arugula, and mashed or whole sardines.
4. Drizzle with extra virgin olive oil, and serve.

Ingredients

Quantity	Measure	Item
1	Medium	Avocado
1/2	Small	Lime
1/2	tsp	Chili powder
1-2	Tin (approx 4oz)	Wild sardines in spring water
1	Handful	Arugula or chives
2	Slices	Low carb and gluten free bread or crackers
1	Drizzle	Extra virgin olive oil

Nutrient	Serving
Fat (g)	23.15
Protein (g)	17.74
Sodium (mg) varies by brand - go low!	194.75
Carbs (g)	23.52

Lunch

Ingredients

Quantity	Measure	Item
4	Cup	Fresh arugula
1	4.5oz	Steamed, skinless chicken breast, sliced
2	Cup	Chopped strawberries
Dressing		
1	Tblsp	Seeded mustard
1	Tblsp	Apple cider vinegar
1/2	Tblsp	Dijon mustard
2	Tblsp	Extra virgin olive oil
1	Tblsp	Shallots, finely chopped

Nutrient	Serving
Fat (g)	18.47
Protein (g)	19.49
Sodium (mg)	194
Carbs (g)	29.37

Prep

1. Combine the ingredients for the dressing in a bowl, and set aside.
2. Mix salad ingredients, and steamed chicken slices together in a salad bowl.
3. Lightly dress the salad, and toss to coat.
4. Serve immediately.

Arugula and Chicken Salad (Serves 2)

Prep

1. Steam the shrimp. Set aside.
2. Heat oil gently in a pan, and add garlic, shallots, and ginger. Soften for 2 minutes.
3. Add lime juice and wine. Simmer until the sauce is reduced.
4. Add the steamed shrimp to the pan. Add the chili pepper, and stir another minute.
5. Serve with your favorite romesco sauce and a leafy green salad. (See Side Dishes for an example).

Chili Lime Shrimp (Serves 2-4)

Ingredients

Quantity	Measure	Item
1 1/2	lb	Shrimp, deveined & peeled
2	Tblsp	Coconut or olive oil
2	Cloves	Garlic, minced
1	Large	Shallot, chopped
1	Tblsp	Fresh ginger, grated
1/4	Cup	Lime juice
1/4	Cup	White wine
2	Tblsp	Sweet chili sauce

Nutrient	Serving (2)	Nutrient	Serving (2)
Fat (g)	15.28	Sodium (mg)	628
Protein (g)	69.48	Carbs (g)	16.47

Ingredients

Qty	Measure	Item
½	Cup	Dried, split, red lentils (soaked overnight)
1	Cup	Parsley leaves (loosely packed)
1	Cup	Cilantro leaves (loosely packed)
2	Cloves	Garlic, crushed
1	Small	Red onion
1	Small	Red chili (chopped finely)
1	Tblsp	Tahini paste
1	Tblsp	Olive oil
1	tsp	Cumin and coriander mix
½	tsp	Baking soda
2	Tblsp	Chickpea flour
		Salt and pepper to taste

Prep

1. Drain lentils, and add to food processor until roughly ground. Then add parsley, cilantro, garlic, onion, and chili, and continue to pulse.
2. Drizzle in the tahini paste, olive oil, cumin & coriander mix, and blend till smooth. Season to taste with salt and pepper.
3. Add baking soda, and gradually add a little chickpea flour until the mixture becomes less liquidy - leave in fridge for 30 mins.
4. Roll into balls, and bake on a baking sheet for 18-20 mins at 375F- spray with oil for crispy outer coating prior to baking.
5. Serve with leafy green salad and tahini dressing (see Side Dishes for examples).

Red Lentil Falafel Salad (Serves 2)

Nutrient	Serving		
Fat (g)	13	Sodium (mg)	41
Protein (g)	18.37	Carbs (g)	52.15

Ingredients

Quantity	Measure	Item
1	Can (5oz)	Tuna, drained
2	Medium	Tomatoes, chopped
1/3	Cup	French beans, trimmed
2	Little	Gem lettuce hearts, quartered lengthwise
1	Small	Red onion, finely sliced
2	Medium	Eggs, boiled and halved
3	Small	Anchovy fillets, thinly cut lengthwise
1/2	Cup	Olives (Whole and brine cured Nicoise or Kalamata. Pit before eating if desired.)

Prep

1. Make your dressing of choice in advance. (See Side Dishes, Salads and Snacks for recipe ideas).
2. Drain the can of tuna. Look for an environmentally sustainable option. Check if the label reads, pole, troll, or handline catch. The Marine Stewardship Council (MSC) certified seal is a certification of sustainability.
3. Lay lettuce leaves onto a large plate and add the lettuce hearts, onion, tomatoes, tuna, beans, and anchovies.
4. Drizzle over a dressing of choice, then finish by adding the eggs, and olives.
5. Garnish with flat leaf parsley.

Nutrient	Serving	Nutrient	Serving
Fat (g)	11.89	Sodium (mg)	800
Protein (g)	25.14	Carbs (g)	13

Salad Nicoise (Serves 2)

Spicy Chicken Avocado Bowl (Serves 2)

Ingredients

Quantity	Measure	Item
1	4.5oz	Cooked, skinless chicken breast
1/2	Medium	Diced avocado
1	tsp	Cayenne pepper
1/2	tsp	Chilli flakes
1	Tblsp	Pine nut oil
1	tsp	Lemon juice
1	Pinch	Salt
2	Cup	Curly kale
1/4	Cup	Pomegranate seeds

Nutrient	Serving
Fat (g)	14.13
Protein (g)	17.65
Sodium (mg)	121
Carbs (g)	10

Prep

1. Chop up chicken breast into bite-sized pieces. Mix in cayenne pepper, and chili flakes.
2. In a bowl, combine pine nut oil, lemon juice, and salt.
3. Combine all ingredients, and drizzle with pine nut dressing.
4. Serve and enjoy!

Simple Crockpot Turkey Chili (Serves 2)

Ingredients

Quantity	Measure	Item
1	lb	Ground turkey
4	Medium	Chopped & sieved tomatoes
2	Cloves	Minced garlic
1	Cup	Organic, low sodium, chicken broth
1/2	Cup	Water
1	Tblsp	Chili flakes
1/2	Medium	Finely chopped jalapeno pepper

Nutrient	Serving
Fat (g)	17.75
Protein (g)	46.88
Sodium (mg)	211.33
Carbs (g)	8.72

Prep

1. Add all ingredients to a crockpot, and cook on medium for four hours. Season with salt and pepper to taste, and stir occasionally.
2. Serve with the Broccoli Sesame Side dish (see Side Dishes for recipe).

Zesty Lentil Salad (Serves 2)

Ingredients

Quantity	Measure	Item
2/3	Cup	Dried lentils
	Pinch	Salt, to taste
1 1/3	Cup	Tomatoes, diced
2	Cup	Baby spinach

Prep

1. Boil lentils with garlic and salt, until tender (approximately 15-25 minutes). Allow to cool.
2. Once cool, combine all ingredients together, and drizzle the dressing on top. (See Side Dishes for dressing recipe suggestions).
3. Serve and enjoy!

Nutrient	Serving
Fat (g)	0.75
Protein (g)	17.25
Sodium (mg)	170
Carbs (g)	45

Dinner

Prep

1. Prepare the artichoke in advance. Use baby artichokes as these are simpler to prepare. There are a number of instructional videos on You Tube on how to do this. Search for - Baby Artichoke Preparation.
2. Add all ingredients to a crockpot, and cook on low for eight hours. Season with salt and pepper to taste, and stir occasionally.
3. Serve with lightly steamed baby spinach leaves or salad of choice (see Side Dishes for ideas).

Beef & Artichoke Stew (Serves 2)

Ingredients

Quantity	Measure	Item
1/2	lb	Stewing steak
3-4	Medium	Fresh, chopped tomatoes
2	Cloves	Garlic (minced)
1	Cup	Sliced white mushrooms
1	Small	Chopped onion
2	Small	Baby artichoke
1/2	Cup	Red wine
1/2	Cup	Oregano, parsley, basil (freshly chopped)
1	tsp	Cumin powder

Nutrient	Serving
Fat (g)	5.7
Protein (g)	31.55
Sodium (mg)	162
Carbs (g)	31.16

Black Bean Stew (Serves 2)

Ingredients

Quantity	Measure	Item
2/3	Cup	Black beans, soaked overnight
4	Cups	Shiitake mushroom
1	Tblsp	Coconut, avocado or olive oil
3/4	Cup	Baby (pearl) onions
1	Stalk	Celery
1	tsp	Paprika
3/4	Cup	Vegetable stock
1	Small	Green or red, sweet pepper
		Salt and pepper to taste

Prep

1. Chop shiitake mushrooms, and sweet pepper into large chunks. Thickly slice celery.
2. Place these, and all other ingredients, into a slow cooker. Stir to mix.
3. Cook on low for 8 hours.
4. Serve hot, and enjoy!

Nutrient	Serving
Fat (g)	5
Protein (g)	5.10
Sodium (mg)	765
Carbs (g)	14.79

Prep

1. Remove heads, tails, and fins from the fish. Place in a large pan, cover with a pint of water, and simmer for 15 mins. Then strain fish, and retain the water.
2. Soak the saffron strands in 10-15ml hot water.
3. Soften the onion, leak, and celery gently in a large pan with the oil. Add the garlic, bouquet garni, fennel seeds, and tomatoes.
4. Stir in the saffron (with water), and fish stock, season with salt and pepper, then bring to the boil, and simmer for 30-40 mins.
5. Add the shellfish, and cook for 6 mins, chop fish into large chunks, and add to pan. Cook for a further 6 mins.
6. Transfer fish and shellfish to a warm platter, keep the liquid boiling, add the tomato puree, and stir.
7. To serve, place broth in a bowl, add fish, but keep the shellfish separately. Sprinkle with parsley, and eat with a salad of choice.

Bouillabaisse (Serves 2-4)

Ingredients

Qty	Measure	Item
1	lb	Mixed white fish and shellfish (e.g. seabass, halibut, cod, mussels,clams, shrimp/crayfish)
4	Ounce	Ripe tomatoes (peeled and roughly chopped)
1	Pinch	Saffron strands
2	Tblsp	Coconut, avocado or olive oil
1	Medium	Onion, sliced
1	Stick	Celery, sliced
2	Cloves	Garlic, crushed
1	Small	Bouquet garni
¼	tsp	Fennel seeds
½	Tblsp	Tomato puree
Salt and pepper to taste		

Nutrient	Serving (2)	Nutrient	Serving (2)
Fat (g)	24.36	Sodium (mg)	573.25
Protein (g)	52.12	Carbs (g)	25.98

Ingredients

Quantity	Measure	Item
1	Tblsp	Coconut or olive oil
1	Large	Onion, diced
1	tsp	Ground cumin
1	tsp	Ground coriander
1	Clove	Garlic, minced
1	Large	Eggplant
1	Can	Chickpeas, drained and rinsed
1	Can	Chopped tomatoes
1/2	tsp	Ground cinnamon
1	tsp	Curry paste

Prep

1. Soften onions and garlic in pan with oil over a medium heat, do not brown.
2. Stir in the cumin and coriander, and cook for a few minutes. Add the eggplant, chickpeas, tomatoes, cinnamon, curry paste, water, and salt.
3. Bring the stew to the boil, then lower the heat, and simmer for about 40 minutes until the vegetables are tender, and the mixture has thickened.
4. Spoon the stew into a bowl, and serve with a leafy green salad (see Side Dishes for an example).

Chickpea and Eggplant Stew (Serves 2)

Nutrient	Serving	Nutrient	Serving
Fat (g)	12.7	Sodium (mg)	539
Protein (g)	25.2	Carbs (g)	47.1

Prep

1. Heat oil in a deep casserole dish over a medium heat. Add the onions, and cook until softened. Add the garlic, and all the ground spices, and cook for 2 minutes.
2. Add the lamb to the pot, and cook for 5 minutes, stirring regularly. Add the tomatoes, prunes, and stock, and simmer. Add 100 ml water, and simmer gently for 3 hours. Stir occasionally so it doesn't stick or burn on the bottom. If it reduces and thickens too quickly, add more water.
3. Stir in the chickpeas, and lemon juice, and cook for the last 30 minutes. Stir through some pomegranate seeds. Taste and season with salt and pepper.
4. Serve garnished with fresh parsley leaves.

Moroccan Lamb Tagine (Serves 2-4)

Ingredients

Qty	Measure	Item
1	Tblsp	Coconut, avocado or olive oil
1	Medium	Red onion, sliced
2	Cloves	Garlic, crushed
5	tsp	Equal portions of ground; ginger, cinnamon, cumin, sweet paprika, and turmeric
1	lb	Lamb shoulder, diced
1	Can	Chopped tomatoes
5	Ounces	Prunes, stoned and chopped
1	Cup	Chicken stock
1	Can	Chickpeas, drained and rinsed
½	Medium	Lemon, juiced
1	Handful	Pomegranate seeds

Nutrient	Serving (2)	Nutrient	Serving (2)
Fat (g)	27.9	Sodium (mg)	266
Protein (g)	56.82	Carbs (g)	93.63

Ingredients

Quantity	Measure	Item
2	Fillets	Salmon, skin removed (3 oz. each)
1	Tblsp	Extra virgin olive oil
1	Dash	Salt and pepper
3	Cup	Cooked brown rice
1	Handful	Mustard greens

Prep

1. Chop and soak mustard greens in crushed garlic, and extra virgin olive oil overnight, then steam before serving.
2. Preheat oven to 425 F.
3. Season salmon with a dash of salt, pepper, and refined olive oil. Wrap in foil, and bake for 15 minutes.
4. Top with Mango Salsa (see Side Dishes for recipe).
5. Garnish with lemon, and serve on a bed of wilted mustard greens.

Nutrient	Serving
Fat (g)	3.7
Protein (g)	22
Sodium (mg)	230
Carbs (g)	19.6

Salmon with Mango Salsa (Serves 2)

Slow Cooked Chicken Curry (Serves 2)

Ingredients

Quantity	Measure	Item
1	Cup	Brown rice, cooked
1	tsp	Coconut, avocado or olive oil
1	Medium	Onion, chopped
1	Clove	Garlic, minced
2	9oz	Skinless chicken breast, sliced
2	Tblsp	Curry paste
1/2	tsp	Turmeric
1	Cup	Organic, low sodium, chicken broth
1	Cup	Green peas

Nutrient	Serving
Fat (g)	11.71
Protein (g)	38.74
Sodium (mg)	385.50
Carbs (g)	54.98

Prep

1. Add all ingredients to a crockpot, and cook on slow for six hours.
2. Season with salt and pepper, and serve with brown rice, and the broccoli or a salad from the side dishes (see Side Dishes for recipe). Enjoy!

Sides, Salads, and Snacks

Ingredients

Qty	Measure	Item
1	Cup	Broccoli florets
½	Medium	Red bell pepper
1	Tblsp	Sesame seeds

Prep

1. Chop the broccoli 45 minutes prior to cooking, and set aside.
2. Steam the broccoli for 2-3 minutes.
3. Add the steamed broccoli, bell pepper, and sesame seeds to pan, and soften over a medium heat (no oil required).

Nutrient	Serving	Nutrient	Serving
Fat (g)	2.44	Sodium (mg)	15
Protein (g)	2.13	Carbs (g)	4.53

Broccoli Sesame Side (Serves 2)

Carotenoid-Rich Salad

Base Ingredients

Qty	Item
A medium handful of each	Baby or regular kale
	Baby or regular spinach
	Baby or regular swiss chard

Nutrient	Serving	Nutrient	Serving
Fat (g)	2.08	Sodium (mg)	345
Protein (g)	7.58	Carbs (g)	11.79

Prep

1. Mix or prepare base ingredients in any combination preferred. These are your carotenoid-rich greens, and can be purchased fresh, or pre-washed and chopped from your local store for simplicity.
2. Add any combination of the optional ingredients of your choice (tomatoes and red bell peppers provide lycopene) for added nutrition, and toss them well before adding your chosen dressing (see dressing in Side Dishes and Accompaniments for an example).
3. To keep fresh, only add the dressing when ready to serve, and keep high water content items (such as cucumber) separate until you are going to use it. It will keep in a glass screw top jar in the fridge for up to four days.

Optional Ingredients (as desired)

Item	Fat	Protein	Carbs	Sodium
Arugula	0.66	2.58	3.65	27
Watercress	0.1	2.30	1.29	41
Cucumber	0.11	0.65	3.63	2
Spring onions/scallions	0.19	1.83	7.36	16
Thinly sliced fennel bulb	0.20	1.24	7.30	52
Cherry tomatoes (or other prefered variety)	0.00	0.75	4.51	0
½ Avocado (sliced or diced)	10.48	1.33	5.88	5
Sliced red bell peppers	0.0	0.68	4.73	3
Mixed fresh herbs (parsley, cilantro, dill, chives etc.)	Traces of four main elements			

Ingredients

Quantity	Measure	Item
Mango Salsa		
1	Cup	Fresh mango, diced
1	Cup	Red bell pepper, diced
1/4	Cup	Red onion, diced
1/4	Cup	Fresh cilantro, minced
1	Small	Jalapeno pepper, minced
1	Tblsp	Lime juice

Prep

1. Mix ingredients for the salsa together in a bowl.
2. Squeeze the lime juice over the mixture, and store in the fridge until required.

Nutrient	Serving
Fat (g)	1.65
Protein (g)	0.54
Sodium (mg)	8
Carbs (g)	20.09

Mango Salsa

Base Ingredients

Qty	Measure	Item
1	Medium	Radicchio
1	Large	Blood orange
1	Tblsp	Red wine vinegar
2	Tblsp	Extra virgin olive oil
1	Cup	Thinly sliced red onions

Nutrient	Serving	Nutrient	Serving
Fat (g)	14.74	Sodium (mg)	48
Protein (g)	4.27	Carbs (g)	25.16

Prep

1. Pour the red wine vinegar over a cup of thinly sliced red onions, and place into the fridge.
2. Soak chopped radicchio in water while you prepare the orange.
3. Peel the orange, and individually remove the flesh from each segment into a bowl.
4. Drain and dry the the radicchio by patting down in a folded tea towel, place in a bowl, and add the orange and any juices.
5. Add any or all of the optional ingredients according to taste.
6. Pour the red onions and red wine vinegar over the salad and add enough EVOO to taste - toss and serve.

Optional Ingredients

Item	Fat	Protein	Carbs	Sodium
Endive leaves	0.19	1.25	3.35	22
Thinly sliced fennel bulb	0.20	1.24	7.30	52
Raspberries	0.65	1.20	11.94	1
Mixed fresh herbs (parsley, cilantro, dill, chives)	Traces of the four main elements - dependent on choice			

Polyphenol-Rich Salad

Suggestions

Berries
Blueberries
Raspberries
Blackberries
Strawberries
Cherries
Bilberries

Nuts
Almonds
Walnuts
Pine Nuts
Pistachios
Pecan Nuts
Brazil Nuts

Notes

Berries and nuts are the ideal brain snack food.

Combine with your favorite unsweetened yogurt, or nibble on some dark chocolate (70% or higher cacao) to make this snack a go-to in between meals favorite.

A delicious alternate is your favorite nut or seed butter spread on a celery stalk, or on a sliced carrot. Gluten free and low calorie crackers are a nice option too.

Nutrient	Serving (5oz)
Fat (g)	0.5
Protein (g)	1
Carbs (g)	1-21

Nutrient	Serving (1oz)
Fat (g)	15
Protein (g)	6
Carbs (g)	5

Snacking Brain Food (Individual Servings)

Ingredients

Qty	Measure	Item
⅓	Cup	Tahini paste
1	Small	Lemon (juice only)
3	Tblsp	Water
1	Clove	Crushed garlic
¼	Cup	Chopped parsley
½	tsp	Paprika
Season to taste		

Prep

1. Whisk the tahini paste, lemon juice, and water together until creamy.
2. Mix in the grated garlic clove, minced parsley, paprika, and season to taste with salt and pepper.
3. Keep in the fridge until needed.

Nutrient	Serving	Nutrient	Serving
Fat (g)	40.2	Sodium (mg)	37
Protein (g)	14.02	Carbs (g)	21.99

Tahini Dressing

Base Ingredients

Qty	Measure	Item
1	Tblsp	Apple cider vinegar
3	Tblsp	Extra virgin olive oil
½	Tblsp	Lemon juice
1	Pinch	Black pepper (to taste)

Prep

1. Simply place all of the base ingredients together in a glass jar, secure the lid, and shake vigorously. This will mix (emulsify) the oil and vinegar as they naturally like to separate.
2. The dressing will keep in the fridge for up to a week, or until needed.
3. Add a selection of freshly chopped herbs to vary the taste sensation, and shake again before serving.
4. Only add to the salad just before serving so as not to soften the salad leaves.

Nutrient	Serving	Nutrient	Serving
Fat (g)	14	Sodium (mg)	1
Protein (g)	0.02	Carbs (g)	0.71

Vinaigrette

Optional Fresh Chopped Herbs

Add a selection of freshly chopped herbs according to your taste, and/or the occasion or dish that the salad will accompany.

Nutritionally there are only traces of the four key elements so this will not be detrimental to your daily allowance.

Examples of herbs that you could add to the ingredients are: Dill, Thyme, Basil, Mint, Cilantro, Parsley, Tarragon etc.

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