

## Nutrition Newsletter: Nutrition for Alzheimer's & Brain Health

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Alzheimer's disease, which is the most common form of dementia, is a disease that affects memory, thinking, and behavior. Alzheimer's worsens over time eventually leading to severe symptoms that can impair daily living. Although we cannot completely prevent Alzheimer's and dementia there are many things we can do to help reduce our risk such as getting enough sleep, socializing regularly with family and friends, and staying mentally & physically active. Nutrition and diet also play a role in reducing the risk of dementia. Studies show that eating more foods that are high in antioxidants, fiber, healthy fats, and lean proteins reduce risk of dementia and support brain health.






**Beans:** Beans are a great source of antioxidants and dietary fiber. The beans with the highest level of antioxidants are red beans, kidney beans, pinto beans, and black beans. Aim to eat beans at least a few times per week. Try enjoying them in soups, salads and side dishes.

**Fruit:** Fruit is packed with antioxidants, vitamins, and phytochemicals that are beneficial for health. Berries such as blueberries, raspberries, cranberries, strawberries and cherries tend to pack the most antioxidants. However, apples, prunes, plums, citrus fruits, and papaya are other great choices. Aim to eat two servings of fruit each day.

**Vegetables:** Dark leafy greens are very high in vitamins, minerals, and antioxidants. Other vegetables that are high in antioxidants include russet potatoes, cabbage, artichokes, beets, carrots, and peppers. Aim to eat 2-3 servings of vegetables each day and choose dark leafy greens more often.

**Whole Grains:** Whole grains like oats, barley, quinoa, amaranth, buckwheat and whole wheat are all great sources of dietary fiber. They also contain B-vitamins and minerals like magnesium, zinc, and selenium to support brain health. Aim to eat 2-3 servings of whole grains each day.

**Lean Proteins:** Fish such as salmon, mackerel, and tuna are rich in omega-3 fatty acids and protein which are both essential for healthy brain function. Other lean proteins include chicken, low-fat dairy, tofu, beans, nuts, and seeds. Eating a variety of these foods daily can help you reach your protein needs.

Top Foods to Support Brain Health	
	<b>Whole Grains</b>
	<b>Beans/Legumes</b>
	<b>Dark Leafy Greens</b>
	<b>Berries</b>
	<b>Fish</b>