

THE COGNITION KITCHEN



Guide

Choosing the Best Foods for Brain Health



C O N T E N T S



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EATING FOR BRAIN HEALTH:

a priority NO MATTER YOUR AGE



The human brain is remarkable; it's arguably one of the most important organs in the human body. It's running all the time—thinking, remembering, feeling, controlling actions and reactions, and helping every part of the body do its job.

Unfortunately, many of us take our brain health for granted. For some reason, it's easier to wrap our minds around eating for heart health than it is to eat for brain health. But truthfully, diet is one of the lifestyle factors we can utilize to help our brains.

Every day, the scientific community is learning more about the important connections between brain health, mental health, mood, and the food we eat. It makes sense because our brains function best when they get the right fuel—and that fuel comes from eating a healthy diet filled with nutrient-packed foods like fruits (especially wild blueberries), vegetables, eggs, nuts, and seafood.

This Cognition Kitchen Guide to living a brain-healthy lifestyle gives general information on the science behind some of the best foods to add to your family's diet, as well as some recipes to inspire you in the kitchen. Now, let's get cooking!



EATING FOR COGNITION:

WHAT'S GOOD FOR THE HEART *is good for the brain*

Conditions related to increased risk of cardiovascular disease, including high blood pressure, diabetes, and high cholesterol, also increase the risk of developing dementia and Alzheimer's disease later in life. In fact, according to the Alzheimer's Association, this "head-heart" connection is so prevalent that some studies indicate that over 80% of people with Alzheimer's disease also have cardiovascular disease.

But how do you eat a heart- and brain-healthy diet? Enter the MIND Diet. The MIND Diet was specifically created by researchers to target age-related brain health and dementia (the acronym stands for Mediterranean-DASH Intervention for Neurodegenerative Delay). The MIND Diet also specifies 10 foods to incorporate in your eating routine more often (including how many servings per week), and five foods to avoid. Berries are specifically mentioned as a food to consume at least twice a week. Other foods to include are green, leafy veggies and other vegetables, seafood, nuts, eggs, spices, and beans. Interestingly, research suggests that even moderate adherence to the MIND eating plan is associated with lower rates of Alzheimer's disease.

BERRIES ARE SPECIFICALLY MENTIONED AS A FOOD TO CONSUME
at least twice a week.

The MIND Diet

10 FOODS TO PROMOTE BRAIN HEALTH



Green Leafy Vegetables



Other Vegetables



Berries



Nuts



Olive Oil



Whole Grains



Fish



Poultry



Legumes



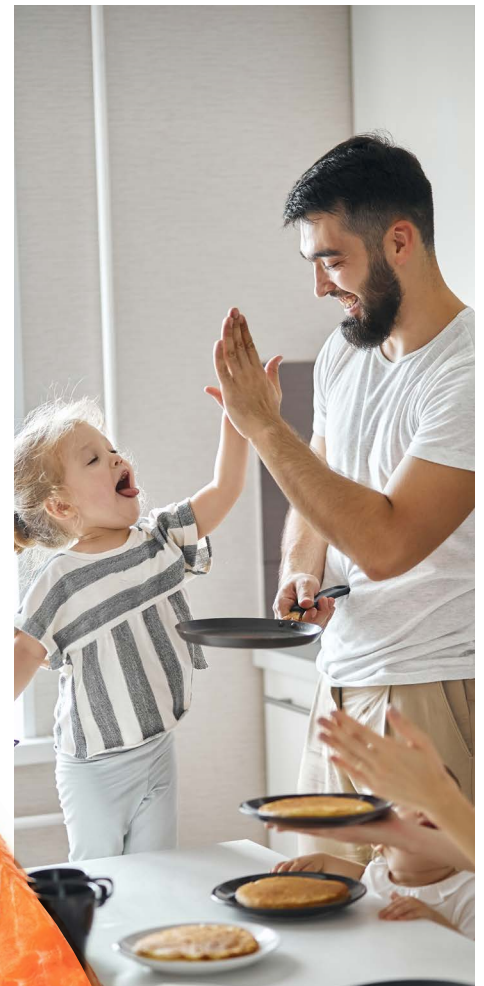
Wine



COOKING FOR COGNITION: ADD THESE FOODS TO YOUR *grocery list*

So, why are brain-healthy foods so important and what is the optimal nourishment for this amazing three-pound organ? It turns out that the foods we eat can have a big impact on the health of our brains. Eating a brain-healthy diet is not only achievable, but it can also support short- and long-term brain function. Here's a quick roundup of the top brain-healthy foods to keep stocked in your refrigerator and freezer.

WILD BLUEBERRIES: Research has linked wild blueberries and cognition since the 1990s and has shown that these tiny blue wonders can improve various measures of cognitive ability for all ages—children, teens, middle-aged adults, and older adults. Much of the focus on cognitive benefits is due to the flavonoid content of the wild berries—particularly the anthocyanins (and by the way, research shows wild blueberries contain more anthocyanins than any other commonly consumed berry in the US diet, including ordinary blueberries)³. What's more, wild blueberries taste amazing—they really bring a more intense blueberry flavor. Find them in the frozen food aisle of the grocery store and **add a healthy scoop of wild blueberries** to your diet every day. [Learn more on pages 7-10.](#)



SEAFOOD: Seafood is a mouth-watering food that is fun for families to eat and offers health benefits throughout life. Fish and shellfish are among the only foods naturally rich in the omega-3 oils EPA and DHA, which boost brain and heart health. The benefits from eating seafood start before we're even born—babies of moms who eat plenty of seafood during pregnancy have improved brain and eye development.¹ As kids enter adolescence, the iron and B vitamins in seafood support rapid growth.² For adults, seafood provides omega-3s to prevent heart disease and vitamin D for strong bones to help protect against osteoporosis.³ Older adults benefit from seafood's high protein content, since protein in the diet helps maintain muscle mass. The omega-3s in seafood contribute to brain health and reduce the risk of dementia as people age. [Learn more on page 13.](#)



COOKING FOR COGNITION: ADD THESE FOODS TO YOUR *grocery list*

EGGS: Eggs are a rich source of choline, a nutrient crucial to fetal brain development and brain health across the lifespan. In fact, the new **2020-2025 Dietary Guidelines** for Americans specifically recommend nutrient-dense eggs as an important first food for infants and toddlers, as well as for pregnant women and lactating moms.¹ New and emerging evidence suggests adequate choline intake during pregnancy, and possibly lactation, may have lasting brain health benefits that



extend into school-age years.^{2,3} The new guidelines affirm that eggs—long known to be a vital source of nutrients for people

of all ages—provide several key nutrients important for babies during the time in which their brains are most rapidly developing, and can contribute to the health and well-being during every life stage.^{4,5,6}

Learn more on pages 21-22.

LEAFY GREENS: Consumption of one serving of leafy greens was associated with slower cognitive decline over about four years in the Memory and Aging Project. Researchers suggest that vitamins K and E, lutein, beta-carotene, folate, and nitrate may play primary roles in the healthy brain effects. Add leafy greens into your diet (hint: they can be paired with any of our Cognition Kitchen Guide recommended foods)!



TREE NUTS: Tree nuts, such as almonds, Brazil nuts, cashews, hazelnuts, macadamias, pecans, pine nuts, pistachios, and walnuts, have been shown to help reduce the risk for chronic diseases such as heart disease and diabetes, and may play a positive role in satiety and maintaining a healthy body weight. Emerging research is suggesting that long-term nut consumption may also improve cognitive function and help reduce cognitive dysfunction, such as dementia. Oxidative stress is believed to play a major role in brain health. Consuming antioxidant-rich foods, such as nuts, may help protect the brain against the effects of oxidative stress, and ultimately help decrease cognitive decline.



Learn more on pages 17-18.



STRONG BRAINS

love WILD BLUEBERRIES



WILD BLUEBERRIES – THE BRAIN BERRIES:

Wild blueberries have earned a reputation as being the brain berry. Why? Because there's a lot of scientific evidence that points to wild blueberries having brain-boosting benefits for people of all ages—from young to old. There's growing evidence from numerous studies suggesting eating wild blueberries daily can be a practical and effective part of a brain-healthy diet. With 33% more deep, purply-blue anthocyanins and 2x the antioxidants of ordinary blueberries, wild blueberries are a tasty way to support healthy brain function.¹⁰

THREE BRAINY REASONS WILD BLUEBERRIES SHOULD BE ON YOUR MENU:

- 1 Boost Brain Health in Kids:** Research has found significant positive effects on memory, decision-making, response times, concentration, and mood when children consumed a wild blueberry beverage before testing.^{1,2,3,4}
- 2 Slow Brain Aging:** A large population study demonstrated that higher intake of anthocyanins is associated with a slower age-related decline in cognitive performance.^{5,7}
- 3 Improve Memory in Older Adults:** Studies indicate daily wild blueberry supplementation for elderly adults experiencing cognitive impairment can enhance neural response in certain areas of the brain.^{5,6,11}



A HEALTHY SCOOP OF GOODNESS
EVERY DAY DOES THE BRAIN
a whole lotta good.



The power IS IN THE PIGMENT



2x THE
ANTIOXIDANTS

33% MORE
BRAIN-HEALTHY
ANTHOCYANINS

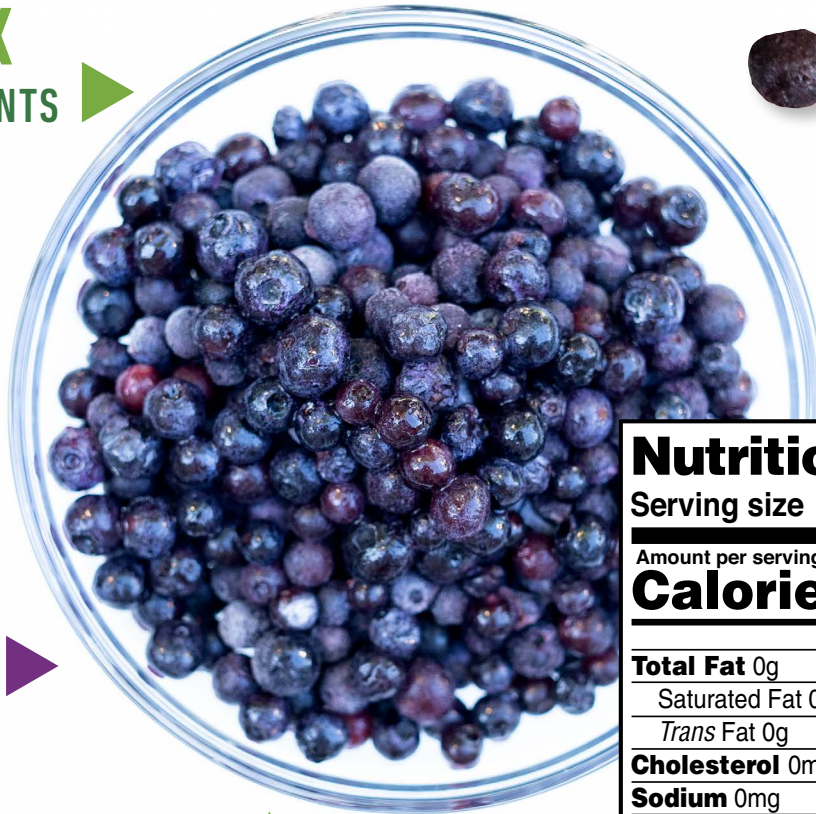
Anthocyanins are the plant compounds found in the skin of the Wild Blueberry that give them their pretty, purply-blue hue.¹⁰ A growing body of research suggests anthocyanins work to reduce inflammation and are beneficial to humans. Wild blueberries have **33% more anthocyanins** than ordinary blueberries—giving you a big leg up when it comes to keeping your brain and body running strong.¹⁰

When you want blueberries, pick wild. Feed your brain the good stuff. The antioxidant king, wild blueberries have **two times more antioxidants** than ordinary blueberries. Studies suggest antioxidants get rid of the free radicals in the body, while fighting the inflammation that leads to long-term chronic disease and aging.¹⁰



wild ABOUT NUTRITION

Wild Blueberries vs. Ordinary Blueberries



33%

MORE ANTHOCYANINS

2x

THE ANTIOXIDANTS

MORE INTENSE
BLUEBERRY TASTE

72%

MORE FIBER

32%

LESS SUGAR

Nutrition Facts

Serving size 1 cup (140g)

Amount per serving
Calories 80

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 19g **7%**

Dietary Fiber 6g **21%**

Total Sugars 10g

Includes 0g Added Sugars **0%**

Protein 0g

Vitamin D 0mcg 0%

Calcium 24mg 2%

Iron 1mg 6%

Potassium 95mg 2%

Zinc 1mg 10%

Manganese 4mg **170%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

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FIND THEM IN THE FROZEN FOOD AISLE.





ARE YOUR BLUEBERRIES *wild?*

HERE'S WHY THEY'RE DIFFERENT

For generations, Maine families have nurtured these wild berries that boast an intense blueberry taste, ranging from tangy tartness to succulent sweetness. Wild blueberries are frozen fresh and loaded with 33% more brain-healthy anthocyanins than ordinary blueberries. Their smaller size means twice the berries—and twice the antioxidants—in every bite. When buying blueberries, make sure to look for the little ones that pack a ton of taste.



- More Intense Blueberry Taste
- More Antioxidant Power
- Smaller (with more punch)
- Grown Wild and Local
- Frozen at Peak Freshness



- Ordinary Taste
- Less Antioxidant Power
- Bigger (and blander)
- Grown by Man and Often Imported
- Picked Before Ripe and Shipped



BRAIN-BOOSTING WILD BLUEBERRY *recipes*

Wild Blueberry MORNING BRAIN-BOOSTING SMOOTHIE

Recipe by Maggie Moon, MS, RD, author of *The MIND Diet*

YIELD: 2.5 CUPS | SERVES: 2

This smoothie is a delicious delivery system for potent brain-boosting pigments from wild blueberries and turmeric, healthy fats and plant protein from almonds, and comforting creaminess from bananas and whole grain oat milk. You'll love this smoothie for breakfast before a big exam or a busy day at the office.

1½ cups frozen wild blueberries	½ teaspoon turmeric
1 medium banana, 7–8" <i>(frozen is recommended, but optional)</i>	⅛ teaspoon black pepper
1 cup almond milk	¼ cup blanched almond slivers
	1 cup oat milk

Add wild blueberries, banana, & almond milk to a high-powered blender & blend on high for 30–60 seconds until well combined. Add turmeric, black pepper & almonds, & blend on high for another 10–15 seconds to incorporate. Finally, add in oat milk & pulse on high for 5–10 seconds or until well-combined. Do not over blend. Enjoy immediately.



WILD FOODS SALAD WITH *Wild Blueberries*

Recipe by Kara Lydon, RD, LDN, RYT, *The Foodie Dietitian*

SERVES: 2



For the salad:

- 1 cup dry wild rice, rinsed
- 2 cups cubed butternut squash
- ½ tablespoon olive oil
- Salt & pepper, to taste
- 1.5 lbs wild salmon
- 2 cups arugula
- 1 cup frozen wild blueberries, defrosted
- ½ cup chopped pecans

For the dressing:

- 1 tablespoon apple cider vinegar
- 1 tablespoon maple syrup
- 1 teaspoon Dijon mustard
- ¼ cup olive oil
- Salt & pepper, to taste

For salad: Preheat oven to 400° F. Line baking sheet with parchment paper. Place rice in saucepan. Add 4 cups water & salt. Bring to boil & reduce heat to simmer. Cover pan & let simmer till rice is tender & chewy, about 45–60 min. When rice is done, drain any remaining liquid. Fluff rice with a fork, transfer to large bowl & let cool. Transfer butternut squash to baking sheet & drizzle with olive oil. Season with salt & pepper, to taste. Toss to coat. Roast squash till tender & lightly browned, about 25–30 min., flipping over halfway through. Transfer butternut squash to the large bowl with rice. Reduce oven temperature to 300° F. Place wild salmon on the same parchment-lined baking sheet & season with salt & pepper. Bake at 300° F till medium or till salmon flakes, about 20–25 min., depending on thickness. In the large bowl with squash & rice, add arugula, wild blueberries & pecans. Add dressing & toss to evenly coat the ingredients. Flake salmon & divide evenly over each serving.

For dressing: In small bowl, whisk together apple cider vinegar, maple syrup & Dijon mustard. Add olive oil while continuing to whisk. Season with salt & pepper, to taste.

► For more brain-healthy wild blueberry recipes
visit: www.wildblueberries.com/recipes



BRAIN-BOOSTING WILD BLUEBERRY *recipes*

Tie-dye OVERNIGHT OATS

Recipe by Frances Largeman-Roth, RDN

4 SERVINGS



½ cup shredded unsweetened coconut, divided
1½ cups gluten-free old-fashioned oats
¼ cup chia seeds
Pinch of salt
2 cups milk, or non-dairy alternative
1 tablespoon, plus 2 teaspoons pure maple syrup, divided
1 (3.5-ounce) packet frozen dragon fruit puree, thawed
1 cup frozen wild blueberries

Preheat oven or toaster oven to 325°F. Spread ¼ cup of the coconut out on a lined baking sheet & bake for 5 minutes, until golden. Let cool. Place the oats, chia seeds, salt & remaining coconut in a bowl. Mix well & transfer ½ cup to each of 4 Mason jars or other lidded containers. In a liquid measuring cup, whisk the milk together with 1 tablespoon of the maple syrup. Pour ½ cup of the milk over the oats in each jar. Spoon a little more than 1 tablespoon of the dragon fruit puree over the oats in each of the 4 jars. Top with ¼ cup of frozen wild blueberries & a tablespoon of the toasted coconut. Drizzle each jar with ½ teaspoon of the remaining maple syrup. Cover & refrigerate overnight. Stir and enjoy!

MIX-IN-THE-PAN *Wild Blueberry* SNACK CAKE

Recipe by Katie Sullivan Morford, MS, RD of Mom's Kitchen Handbook

SERVES: 12 PIECES (16 PIECES FOR SMALLER APPETITES)

1¼ cup whole wheat pastry flour	1 egg
Zest of 1 lemon	½ cup pure maple syrup
½ teaspoon ground cinnamon	⅓ cup olive oil
¾ teaspoon baking powder	½ cup plain Greek yogurt
¾ teaspoon baking soda	1 teaspoon vanilla extract
¼ teaspoon kosher salt	1 cup frozen wild blueberries (<i>not defrosted</i>)

Preheat oven to 350° F. Put the flour, lemon zest, cinnamon, baking powder, baking soda, & salt into an 8-inch square baking pan. Use a fork to thoroughly mix the ingredients together. Use your hands to make a hole in the center of the dry ingredients. Into the hole, crack the egg & add the maple syrup, olive oil, yogurt, & vanilla. Use a fork to mix the ingredients together until smooth & blended, being sure to get all the bits of flour in the corners of the pan. Add the wild blueberries & mix them a few times into the batter so they are evenly distributed, & the cake has a marbled effect. Bake until the cake is fairly firm when you press lightly at its center & a toothpick inserted in the middle comes out clean, about 38 minutes. Remove from oven & leave on the counter to cool for at least 15 minutes. Cut into squares & use a small spatula to lift the pieces from the pan.



► For more brain-healthy wild blueberry recipes visit: www.wildblueberries.com/recipes



SEAFOOD *is* BRAIN FOOD



NATIONAL
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INSTITUTE

DIVE INTO HEALTH WITH NUTRITIOUS SEAFOOD:

The Dietary Guidelines encourage everyone, including moms-to-be, to eat two to three seafood meals each week.² Almost 90 percent of Americans do not meet this recommendation.⁴ Whether fresh, frozen, or canned, seafood is a smart pick at the grocery store and restaurant!

FOUR REASONS SEAFOOD SHOULD BE ON YOUR MENU:

- 1** **The nutrients found in seafood**—omega-3s, iron, vitamin D, protein, and selenium—may help support a healthy immune system.⁵
- 2** **During the last trimester of pregnancy**, the fetal brain and nervous system rapidly develop, requiring about 65 mg/day of omega-3 DHA.⁶
- 3** **Moms-to-be who eat two seafood meals** each week could provide their child with an additional 3.3 IQ points by age 9 years.⁷
- 4** **It is estimated that low seafood/omega-3** intake is responsible for about 84,000 American heart disease deaths each year, which makes seafood deficiency the second-biggest dietary contributor to preventable deaths in the U.S.⁸



WHAT SEAFOOD TO LOOK FOR *at the grocery store:*

- Shrimp
- Salmon
- Canned tuna
- Tilapia
- Alaska Pollock
- Pangasius
- Cod
- Catfish
- Crab
- Scallops

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SEAFOOD *is* HEART-HEALTHY & DELICIOUS



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FISHERIES
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**SHRIMP IS A VERSATILE CROWD-
PLEASER. ADD SHRIMP TO TACOS,
SAVORY BOWLS, SALADS, AND PASTA
AS A SATISFYING LEAN PROTEIN!**

One 3 oz. serving of shrimp provides
the following nutrients:

- 100 calories
- 20g protein
- 10% daily iron needs

EAT SALMON AND ENJOY THE FRESH, HEALTHY FLAVORS OF THE MEDITERRANEAN DIET.

Salmon is a superfood. It's rich in omega-3 oils, which
can help reduce inflammation and lower triglycerides
while boosting heart and brain health.

One 3 oz. serving of salmon provides
the following nutrients:

- 200 calories
- 2g EPA and DGA omega-3s
- 85% daily vitamin D needs



BRAIN-HEALTHY FISH RECIPES *made easy*

COURTESY OF DISH ON FISH

Check out the Dish on Fish
Free Downloadable Cookbook

easy AIR FRYER SALMON

4 SERVINGS

1½ pounds (or 4 fillets) salmon
2 teaspoons olive oil
1½ lemons (*cut the whole lemon into slices,
cut the half lemon in two*)
½ teaspoon sweet paprika
Kosher salt and pepper, to taste

Remove salmon from the refrigerator & let come to room temperature for 15 minutes. Spray air fryer pan with nonstick spray or rub the pan with olive oil. Place salmon in air fryer pan. Drizzle salmon with olive oil and juice from the two half-lemon pieces; sprinkle with the paprika, salt & pepper (to taste). Place lemon slices on top of salmon. Set air fryer to 400°F & set timer to 12 minutes (or to 7 minutes if cooking just one 1½-inch fillet). When timer alarm goes off, check to see if salmon is cooked through (salmon's internal temperature should be at least 145°F & the fish should flake easily). If additional cooking time is needed, keep air fryer at 400°F & continue cooking for 1-2 minutes (do not overcook).



gluten-free CRAB CAKES

4 SERVINGS



2 tablespoons olive oil, divided
½ cup sweet yellow onion, finely diced
1 clove garlic, minced
1 lb. canned lump crabmeat
1½ cups finely grated cauliflower
1 cup gluten-free panko or gluten-free
flour of choice (*almond, chickpea and premade
GF flour mixes work well*)

2 eggs, lightly beaten
3 tablespoons light or olive oil mayonnaise
1 tablespoon Old Bay seasoning
1 tablespoon Dijon mustard
1 tablespoon dried parsley
Fresh lemon wedges, for garnish
Gluten-free tartar sauce, if desired

Heat 1 tablespoon oil in skillet over medium heat. Add onion; sauté until translucent, about 5-6 minutes. Add garlic; sauté another minute more. Remove & let cool for a few minutes. While onion & garlic are cooling, combine crabmeat & next 7 ingredients (through dried parsley) in a medium bowl. Add in cooked onion & garlic. Mix until well-combined; form into 8 patties & put on a baking dish. Cover with wax paper or foil; refrigerate for at least 30 minutes. Return pan to medium heat & add 1 tablespoon of olive oil. Cook patties in single layer (may have to make in batches) over medium heat about 5-6 minutes per side, until crab and cauliflower are cooked & patties are browned. Serve with lemon wedges & favorite gluten-free tartar sauce. Makes 8 crab cakes.

► For more brain-healthy seafood recipes
visit: www.dishonfish.com



BRAIN-HEALTHY FISH RECIPES *made easy*

COURTESY OF DISH ON FISH

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Free Downloadable Cookbook

TURMERIC SMOKED SALMON *breakfast bowl*

2 SERVINGS

- | | |
|--|---|
| 1 large sweet potato, peeled and cubed | 2 radishes, thinly sliced |
| 2 teaspoons olive oil, divided | ½ avocado, peel and pit removed,
sliced lengthwise |
| 3 teaspoons turmeric, divided | 1 tablespoon hemp seeds |
| 1 cup uncooked quinoa | 8 ounces plain Greek yogurt |
| 2 eggs (<i>if you don't like slightly runny eggs,
opt for 2 sliced hard-boiled eggs instead</i>) | 1 teaspoon cayenne pepper or harissa |
| 2 cups mixed greens or spinach, torn | Juice of half a lemon |
| 8 ounces smoked salmon | Salt and pepper, as desired |



Sweet Potatoes: Preheat oven to 400° F. Drizzle 1 teaspoon of olive oil on a baking sheet. Add sweet potatoes & drizzle with remaining 1 teaspoon olive oil. Sprinkle with 2 tsp. turmeric, salt & pepper. Roast for 15 minutes, flipping halfway through cooking time.

Quinoa: Fill medium saucepan with 1½ cups of water & bring to a boil. Add quinoa, stir once; cover & simmer for 12 to 15 minutes or till water is absorbed & quinoa is fluffy.

Eggs: While sweet potatoes & quinoa are cooking, cook eggs. Add eggs to a small saucepan & cover eggs with water; bring to a boil over high heat. When water boils, lower

heat to simmer & cook for 6 min. or till desired doneness. Remove & rinse with cold water. Carefully crack & peel; set aside. Note: If you don't like runny eggs, skip this step & add sliced hard-boiled eggs instead. **Yogurt Sauce:** In a small bowl, mix yogurt with remaining 1 teaspoon turmeric, cayenne pepper or harissa, lemon

juice, & a dash of salt & pepper. **If eating bowls now:** Divide hot quinoa evenly between two bowls. Place greens or spinach on top, followed by sweet potatoes, smoked salmon, avocado & radishes. Slice eggs in half; place one in each bowl, & top with hemp seeds. Drizzle with yogurt-turmeric sauce. **If prepping bowls ahead of time:** Place cooked quinoa & sweet potato in two separate bowls; let cool. Cover with lid & refrigerate. Store yogurt sauce in a small bowl or Mason jar with lid; refrigerate.

When ready to eat, make eggs (or use pre-prepped hard-boiled eggs), reheat the quinoa & sweet potatoes and assemble bowls per instructions above.

BUTTERNUT SQUASH *with* SHRIMP

2 SERVINGS



- | | |
|--|--|
| 2 tablespoons olive oil (<i>plus 1 tsp. for shrimp</i>) | ½ cup uncooked brown rice |
| 2 cloves garlic, minced | 1 cup vegetable broth |
| 3 cups butternut squash, peeled
& cut into ½-inch cubes | 20 medium-size shrimp (<i>approximately 8 oz.</i>) |
| 1 teaspoon rosemary | 1 cup Parmesan cheese, freshly grated |
| 1 teaspoon dried thyme | Salt & pepper, to taste |

COURTESY OF NATIONAL FISHERIES
INSTITUTE/DISH ON FISH AND CARRIE
WALDER, MS, RD, WALDER WELLNESS

Heat a large saucepan or pot over medium heat. Add olive oil & minced garlic. Sauté 1-2 min. till garlic starts to brown & become fragrant. Add cubed butternut squash, rosemary, thyme, salt & pepper to pan. Cook 3-5 minutes, stirring frequently. Add brown rice & vegetable broth to pan. Stir, bring to a boil, then cover & reduce heat. Allow to simmer for about 25 min. or till the liquid has absorbed. Meanwhile, pat shrimp dry with a paper towel & toss in 1 teaspoon of olive oil. Heat a pan to medium-high & cook shrimp 1-2 min. on each side. To ensure adequate space between each shrimp, you may have to do this in batches. Set cooked shrimp aside in a clean bowl. Once the butternut squash-rice mixture has absorbed all the liquid, stir in freshly grated Parmesan. Adjust seasonings to taste. Serve butternut squash rice in bowls & top with sautéed shrimp.

► For more brain-healthy seafood recipes
visit: www.dishonfish.com



NUTS *about* BRAIN HEALTH

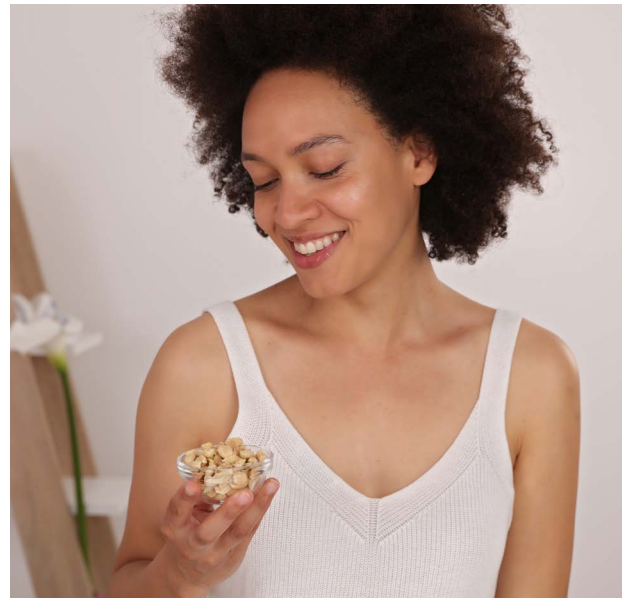


GET CRACKIN':

In addition to their great taste, all tree nuts are cholesterol-free and contain predominantly unsaturated, or “good” fats (i.e., mono- and polyunsaturated fats). And, in the recommended pursuit of enjoying a more plant-based eating plan, nuts deliver protein, fiber, phytochemicals and important vitamins (i.e., vitamin E, folate and niacin) and minerals (i.e., magnesium, calcium and potassium). The key to including nuts in the diet without adding extra fat and calories is portion control. As little as one handful—or 1½ ounces or ⅓ cup—of nuts per day can provide nutritional benefits.

THREE REASONS TO GO NUTS EVERY DAY:

- 1 Tree Nuts and Heart Disease:** Numerous studies have shown that consuming nuts may reduce the risk of heart disease, which may play a role in cognitive decline. In 2003, the FDA approved one of the first qualified health claims: “Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.”
- 2 Tree Nuts and Weight Control:** Being overweight or obese has been associated with higher rates of dementia. Research has shown that nut consumption may help control body weight. In fact, in a recent study, those who consumed mixed tree nuts in a weight management program had significant weight loss and improved satiety.⁵
- 3 Tree Nuts Make a Great Snack:** Most people get about 25% of their calories each day from snacks, and a large proportion come from desserts, sugar-sweetened beverages, sweets, and salty snacks. Replacing just one of those snacks with 1.5 ounces of tree nuts may have a positive impact on cognition and overall health.



ALL TREE NUTS ARE
cholesterol-free
AND CONTAIN MOSTLY
UNSATURATED, OR “GOOD” FATS



nuts ABOUT NUTRITION

Mixed Nuts Benefits

FOLATE

VITAMIN E

TOTAL FAT INCLUDES:

- MONOUNSATURATED FAT 10G
- POLYUNSATURATED FAT 3G

NIACIN

Nutrition Facts	
Serving size	(28g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 1mg	6%
Potassium 182mg	4%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

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BRAIN-BOOSTING MIXED NUTS *recipes*

Spiced ALMOND BANANA SMOOTHIE

1 SERVING

Fire up your morning and your metabolism with the power of almonds, protein, and a hint of sweet spice. Created by Corey Calliet, celebrity fitness trainer, on behalf of Almond Board of California.

- 8 ounces unsweetened almond milk
- ½ medium banana
- 1 date
- ¼ teaspoon vanilla extract
- 1 scoop almond protein powder (or your protein powder of choice)
- ⅛ teaspoon cinnamon
- ⅛ teaspoon cardamom
- ¼ cup ice cubes

Add all ingredients into a blender & blend until smooth. Pour into a glass or to-go cup of your choice & prepare to own your day!



PECAN *protein* PANCAKES

3 SERVINGS



A power packed breakfast that's ready in just 15 minutes. Combine pecan pieces, bananas, rolled oats, protein powder and cinnamon for protein pancakes that are made even more nutritious with pecan halves on top.

- | | |
|---------------------|------------------------------|
| 1 medium banana | 2 scoops protein powder |
| 2 large eggs | ¼ cup pecan pieces |
| ⅔ cup rolled oats | ¼ cup pecan halves |
| ¼ teaspoon cinnamon | ¼ cup maple syrup (optional) |

Add banana, eggs, rolled oats, cinnamon, & protein powder to a blender. Blend on medium speed until mixture is well blended. Heat a large non-stick skillet over medium high heat. Pour ¼ cup of batter into heated pan for each pancake. Sprinkle each pancake with about 1 tablespoon pecan pieces. When edges of pancake begin to look dry, after about 30 to 45 seconds, flip & cook on second side for about 15 seconds or until pancakes are cooked through. Repeat with remaining batter. Top pancakes with pecan halves & drizzle with maple syrup if desired. Serves 2 to 3.



BRAIN-BOOSTING MIXED NUTS *recipes*

PISTACHIO-DUSTED ROAST SALMON *with a light honey glaze*

Recipe by Chef Jesse Brune

3 SERVINGS



A fresh Atlantic salmon is gently drizzled with olive oil, lightly coated with a sweet honey, and topped with finely crushed pistachios.

10 ounces of fresh Atlantic salmon (*a little more than half a pound*)*
½ tablespoon olive oil (*optional*)
1 tablespoon raw honey
¼ cup pistachios, finely crushed & chopped
Salt & pepper

Preheat oven to 375°F. Cut salmon in half to make two 5-ounce pieces. If salmon has skin still attached, leave it on to lock in extra moisture. Gently drizzle olive oil on salmon, leaving an extremely light coat. Lightly season with salt & pepper. Pour honey over salmon halves & gently rub honey into meat using the back of a spoon. Spread chopped pistachios over flat surface of plate & place glazed portion of the fish onto the pistachios, generously covering surface. Place pistachio-covered salmon into an oven-safe dish or on a cookie sheet lined with foil. Place in heated oven for 10 minutes or until done (shouldn't take more than 12 minutes max). To make sure the salmon is done, gently press surface of fish with a fork. There should be a firm bounce. *To save time, buy the salmon scaled & deboned.

PAPPARDELLE *with* CALIFORNIA WALNUT PESTO

Adapted from Chef/Owner Ethan Stowell, Union Restaurant, Seattle, WA.

16 SERVINGS

California walnuts add flavor and texture to crushed herbs and warm pasta in this classic Italian dish. **KITCHEN HACK:** Use an ice cube tray to save leftover sauce.

3½ cups California walnuts, toasted	Salt & pepper to taste
4 cups Italian parsley leaves, packed	4 pounds pappardelle pasta, fresh
2 cups Parmigiano Reggiano cheese, freshly grated	1½ cups California walnuts, toasted, chopped
4 garlic cloves	Parmigiano Reggiano cheese (<i>optional</i>)
1½ cups extra virgin olive oil	

Place half of the walnuts, parsley, cheese & garlic in food processor; process until finely chopped. With motor running, slowly pour in half of the oil; purée until smooth. Transfer to bowl & repeat with remaining ingredients, making a total of 2 batches. Season with salt & pepper; set aside. (Makes approximately 4 cups). Cook pasta in boiling salted water until al dente, about 3 to 4 minutes. Drain, reserving some of the cooking water. For each serving, toss 2 cups cooked pasta with ¼ cup Walnut Pesto adding some of the reserved cooking water as required to thin the pesto; toss well to coat evenly. Transfer to warm pasta bowl; sprinkle with 1 tablespoon chopped walnuts & shaved or grated cheese, as desired. Serve immediately.



► For more brain-healthy nut recipes visit: www.nuthealth.org



BRAIN HEALTH AND EGGS

— *What You* NEED TO KNOW



EGG
NUTRITION
CENTER

REASONS TO BE EGGSTATIC:

Eggs are a naturally nutrient-rich choice providing a good or excellent source of eight essential nutrients, including choline, which is a nutrient that helps reduce the risk of birth defects and supports brain health throughout the lifespan.^{7,8,9} However, more than 90% of Americans¹⁰ (including approximately 90% of pregnant women)¹¹ don't get enough of this essential nutrient and it's not found in high quantities in many foods. Fortunately, eggs are an excellent source of choline.⁴ In fact, two large eggs supply more than half the recommended intake for pregnant women and can help them meet their needs. Plus, eggs supply varying amounts of all the nutrients listed by the American Academy of Pediatrics (AAP) as essential for brain growth.¹² And with 90% of brain growth happening before kindergarten,¹³ eggs help make every bite count, especially when babies are just being introduced to solid foods. For more information on the latest research and delicious recipes, please visit www.EggNutritionCenter.org.

SEVEN REASONS WHY EGGS SHOULD BE IN YOUR REFRIGERATOR:

- 1 Important first food for baby:** The new **2020–2025 Dietary Guidelines**¹ for Americans include recommendations for birth to 24 months old, and specifically recommend eggs as an important first food for infants and toddlers. Long known to be a vital source of nutrients for people of all ages—eggs provide several key nutrients important for babies during the time in which their brains are most rapidly developing.
- 2 Important nutrients for teenagers:** The Guidelines encourage eggs for pre-teens and adolescents, especially girls, because of the protein and choline they provide.
- 3 Muscle repair and bone health:** The high-quality protein in eggs helps maintain and repair muscle while supporting bone health.¹³
- 4 B12 for older adults:** Older adults are at nutritional risk for not getting enough protein and vitamin B12, of which eggs are an excellent source.⁴
- 5 Natural source of vitamin D:** Eggs are one of the only foods that naturally have vitamin D, a nutrient most Americans do not get enough of.⁴
- 6 Spending a lot of time looking at your phone or computer?** Lutein and zeaxanthin found in egg yolks can help protect your eyes from harmful blue light.¹⁵
- 7 Eggs are the perfect complementary food** for a plant-forward eating pattern as they are a carrier for under consumed vegetables. In fact, eggs can help you better absorb the nutrients found in plant foods such as vitamin E and carotenoids.¹⁶

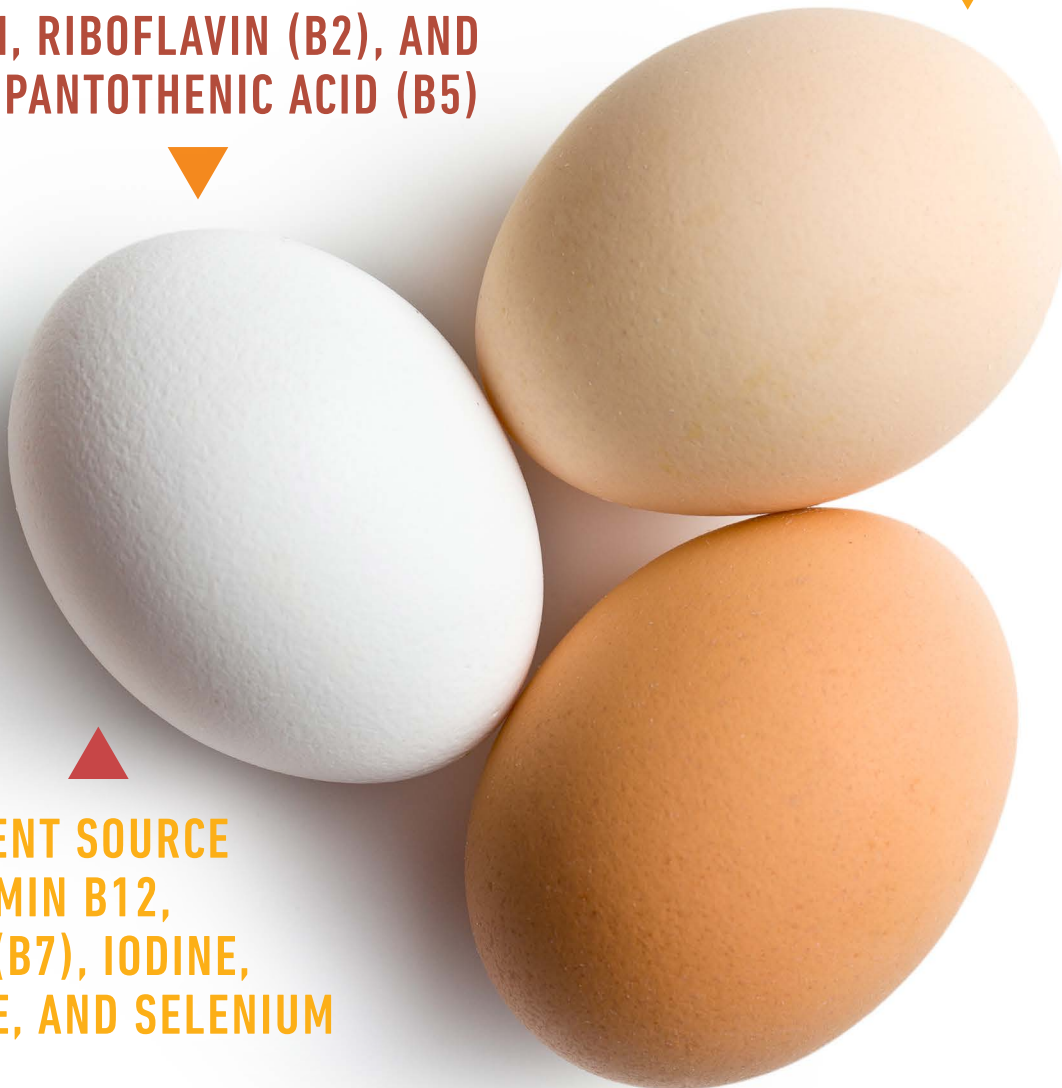


good EGG NUTRITION

Essential for Health

GOOD SOURCE OF HIGH-QUALITY
PROTEIN, RIBOFLAVIN (B2), AND
PANTOTHENIC ACID (B5)

LUTEIN & ZEAXANTHIN (252MCG)



EXCELLENT SOURCE
OF VITAMIN B12,
BIOTIN (B7), IODINE,
CHOLINE, AND SELENIUM

Eggs are naturally nutrient-rich, providing an excellent source of vitamin B12, biotin (B7), iodine, selenium, and choline, a good source of high-quality protein, riboflavin (B2), and pantothenic acid (B5), as well as the carotenoids lutein and zeaxanthin (252 mcg).

LET'S connect!

 **Instagram:** [instagram.com/egg.nutrition/](https://www.instagram.com/egg.nutrition/)

 **Twitter:** twitter.com/EggNutrition

 **FB:** [facebook.com/eggnutritioncenter](https://www.facebook.com/eggnutritioncenter)



EGGCELLENT BRAIN HEALTH *recipes*

broccoli & cauliflower CHEDDAR QUINOA BITES

6 SERVINGS

Sometimes breakfast can be a challenge, but with these quick bites, everyone in the family can start their day out right. These muffins combine whole grains, vegetables, and nutrient-rich eggs—perfect for little hands!

- 10 large eggs
- 1 cup pre-shredded cheddar cheese
- 1 cup cooked quinoa
- 1 cup cherry tomatoes, quartered
- ½ cup finely chopped broccoli florets
- ½ cup finely chopped cauliflower florets
- 2 tablespoons finely chopped fresh basil (*optional*)

Preheat the oven to 350°F. Lightly oil or coat 12 muffin cups with nonstick cooking spray & set aside. Crack the eggs into a large bowl. Whisk until well combined. Stir in the cheese, quinoa, tomatoes, broccoli, cauliflower, & basil as desired until well combined. Use a ¼-cup measuring cup to divide the mixture evenly into the prepared muffin cups. Bake until the eggs are set, 16 to 18 minutes. Allow to cool slightly before serving. (Refrigerate leftovers up to 3 days or freeze for up to 1 month.)



BREAKFAST TACO *with avocado spread* AND SCRAMBLED EGGS

4 SERVINGS



Egg tacos are a quick and easy family favorite for any meal of the day. Creamy avocado spread is quickly blended and smoothed over tortillas, then topped with fluffy scrambled eggs and black beans.

- 2 medium avocados, peeled and pitted
- ½ cup 2% plain Greek yogurt
- 2 teaspoons lime juice (*about ½ a small lime*)
- ½ teaspoon garlic powder
- ½ teaspoon salt
- 8 large eggs, whisked
- 4 (8") flour tortillas, toasted, if desired
- 1 (15 oz.) can black beans, drained & rinsed
- 2 teaspoons taco seasoning blend
- Fresh chives, chopped

Place avocado, yogurt, lime juice, garlic powder & salt in a blender. Blend until smooth, set aside or place avocado, yogurt, lime juice, garlic powder & salt in a bowl & mash to desired consistency. Spray a medium skillet with nonstick cooking spray. Heat over medium heat & pour eggs into skillet. Once edges start to cook, use a spatula to pull edges to the center. Repeat movement until eggs are completely cooked, about 3-5 minutes. In a small bowl, toss together black beans & taco seasoning. Spread equal amounts of avocado spread on tortillas, then top with seasoned black beans & scrambled eggs. Sprinkle with chives. Serve. Refrigerate leftovers up to 3 days.



EGGCELLENT BRAIN HEALTH *recipes*

EGG AND VEGGIE *rice bowl*

3 SERVINGS



This no-fuss meal is great for the whole family to enjoy. Babies especially will love using their hands to dig into a dish that is full of texture and color.

- 1 cup brown rice
- 1 tablespoon olive oil
- 2 cups sweet potato, peeled & diced
- 2 cups frozen peas & carrots
- 2 cups cooked chicken, diced or shredded
- 4 large eggs whisked together

Prepare rice according to package instructions. Set aside. In a large skillet over medium heat, add oil. Once warmed, add sweet potato. Cook until tender, about 7-8 minutes. Add peas, carrots, chicken & cooked rice, about 3-4 minutes. Remove to a bowl. In the same skillet over medium heat, spray with nonstick cooking spray & pour in eggs. Once edges start to cook, use a spatula to pull edges to the center. Repeat movement until eggs are completely cooked, about 3-5 minutes. Add rice mixture back to skillet & gently fold to combine. Refrigerate leftovers up to 3 days.

PEA FRITTERS

16 SERVINGS

These pea fritters are quick to whip up and super versatile. Adults can enjoy them with a poached egg on top, and for the little ones, slice into strips and serve with Greek yogurt dipping sauce.

- | | |
|--|--------------------------------------|
| 4 cups frozen peas | 1 cup 2% plain Greek yogurt |
| 4 large eggs | ¼ teaspoon garlic powder |
| 1¼ cups all-purpose flour or whole wheat flour | ¼ teaspoon onion powder |
| 1 teaspoon baking powder | 1 teaspoon dried thyme |
| 3 tablespoons avocado oil or coconut oil | Poached eggs, for adults, if desired |

Place peas in a microwave safe bowl. Cover with enough water to submerge peas & microwave 1 minute, until tender. Drain water. Place peas, eggs, flour & baking powder in a blender. Blend until combined. In a medium skillet, add oil. Once warmed, drop about 1 tablespoon of pea mixture into skillet at a time. Cook 2-3 minutes on each side, until golden. In a small bowl, combine yogurt, garlic powder, onion powder & thyme. Serve pea fritters with Greek yogurt mixture. For adults, top fritters with a poached egg, if desired. Refrigerate leftovers up to 3 days.



EATING FOR BRAIN HEALTH

and the ALZHEIMER'S CONNECTION

Did you know... that 4 in 10 cases of Alzheimer's may be preventable?¹ You heard that right! There is new scientific evidence to support that living a brain-healthy lifestyle today can help reduce the risk of developing Alzheimer's disease and related dementias tomorrow.

Where to start? A good first step in adopting a brain-healthy lifestyle is fueling your body with nutritious foods. What we eat matters! Food has the power to help improve cognitive function and slow the rate of cognitive decline with age—thus reducing your risk, slowing down the progression, and potentially even preventing Alzheimer's! Almost 6 million

Americans are living with Alzheimer's. Together, we can help drastically change the trajectory of this disease.

Why start now? Alzheimer's can begin to develop 20-30 years before the onset of symptoms²—so it's never too early, or too late, to start caring for your brain. NOW is the time to take action:

- If you are a family caregiver in need: wearehfc.org/programs/
- To learn more about HFC's 5 Brain Health Habits: wearehfc.org/brain-health-habits/
- If you are in high school or college, enroll in HFCUniverse: hfcuniverse.learnworlds.com/

HILARITY FOR CHARITY

HFC is a national nonprofit founded in 2012 by Lauren Miller Rogen and Seth Rogen, on a mission to care for families impacted by Alzheimer's disease, activate the next generation of Alzheimer's advocates, and be a leader in brain health education. To date, HFC has raised over \$17 million, awarded more than 380,000 hours of respite relief to families across North America, and served over 4,000 individuals through its nationally recognized programs. Each year, HFC reaches over half a million people through programs, events, and online communities.



Bringing Light
to Alzheimer's



▶ To join HFC in bringing light to Alzheimer's, visit: wearehfc.org or @wearehfc across social media platforms.



Wild Ways TO A HEALTHY BRAIN



1. Pick Brain-healthy Foods – Make it easy by choosing some of the foods featured in the Cognition Kitchen Guide!



2. Move Every Day – Exercise enhances blood flow to the brain, increases brain cell connections, and requires balance and spatial relation practice.



3. Sleep Well – Brains need a reset each day so don't skimp on the shut-eye.



4. Manage Your Health – Work with your doctor to stay on top of chronic conditions (e.g., high blood pressure or diabetes).



5. Stress Less – Activities like yoga or meditation help reduce anxiety and improve mood and relaxation.



6. Be Social – Spending quality time with friends and family is good for your brain.



7. Stimulate Your Brain – Stay curious. Read, master a new skill, challenge your brain every day.





SHARE YOUR EXPERIENCE *in the* **COGNITION KITCHEN**



Spread the word about brain-healthy foods by:

- 1** **Sharing your Cognition Kitchen recipe(s):** If you make one of the recipes featured in this guide, post a photo on social media and tag @wildblueberries, @nuthealthorg, @dishonfish, and @egg.nutrition + use the hashtag #CognitionKitchen.
- 2** **Spreading the word about this Cognition Kitchen Guide:** Eating for brain health is so important at all ages. Help us spread the word by sharing the link to download the Cognition Kitchen Guide on your personal social media.
- 3** **Following Along:** Wild Blueberries, Tree Nuts Council, Dish on Fish/National Fisheries Institute, and the Egg Nutrition Center are all dedicated to spreading the word about eating for brain health without sacrificing taste. Follow us on social media to stay up to date on all the news and recipes!



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