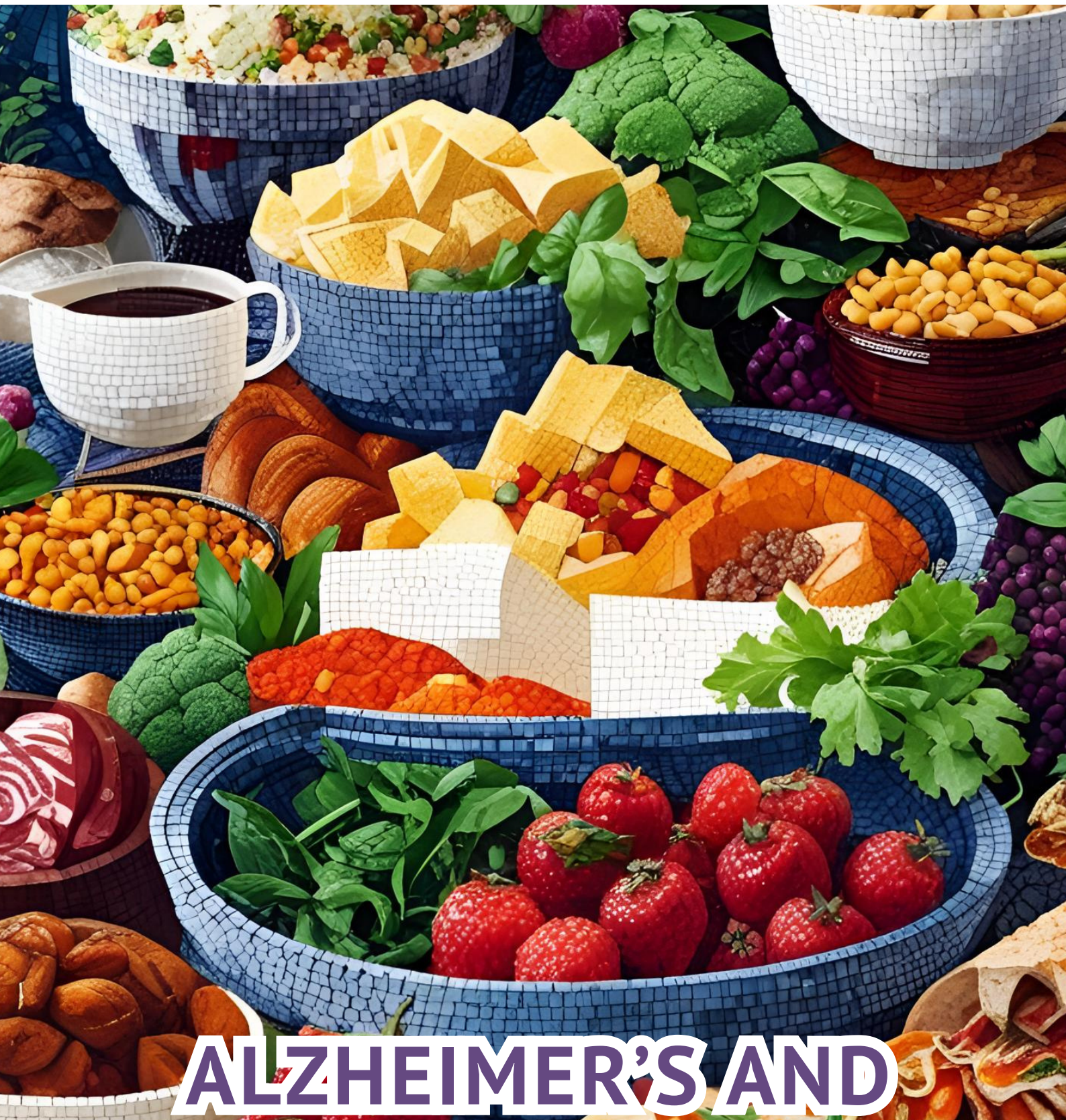




· ENRICHING ELDER LIVES ·

MOSAIC

CAREGIVERS GUIDE



**ALZHEIMER'S AND
DEMENTIA PREVENTION**

THE MIND DIET

Here's what you need to know.



BEANS

Beans are high in protein and fiber, and low in calories and fat.

Incorporate them in your diet at least three times a week.

WINE

If medication and/or diet restrictions allow, one glass of wine daily is said to have a positive effect. There is no added effect from additional glasses.

OLIVE OIL

Use olive oil as your primary fat, instead of butter or margarine



5 FOODS TO LIMIT OR AVOID

In addition to foods to include in your diet, you will want to avoid these foods, which could be counterproductive to the healthier MIND diet.

1. Red meat

- a. Limit your consumption of red meat to no more than four servings a week.

2. Butter and margarine

- a. You should be consuming less than a tablespoon daily of butter or margarine. Use olive oil instead.

3. Cheese

- a. Limit cheese in your diet to no more than once a week.

4. Pastries and sweets

- a. You should have no more than five treats weekly.

5. Fried food/Fast food

- a. Limit fried food and fast food to once a week at most.

RECIPE CORNER

ROASTED BALSAMIC VEGETABLES



INGREDIENTS

- 1 red pepper
- 2 zucchini
- 2 summer squash
- 1 teaspoon dried oregano
- 1 clove garlic, sliced thin
- 1 tablespoon olive oil
- 2 tablespoons balsamic vinegar
- 1 medium sized tomato, chopped
- ¼ cup chopped fresh basil

Preparation:

1. Preheat the oven to 350 degrees Fahrenheit.
2. Cut the pepper, zucchini, and summer squash into 2-inch pieces.
3. In a large bowl, combine the pepper, zucchini, summer squash, and garlic slices. Drizzle with the oil, add the oregano, and toss.
4. Place the vegetables on a sheet pan in a single layer and bake until tender.
5. Remove from the oven, drizzle with the balsamic vinegar and return to the oven for 2 to 3 minutes.
6. Remove from the oven, add the tomato and basil, toss, and serve.

Nutrition facts:

Per 1/4 of recipe 70 calories 2 grams of protein 8 grams of carbohydrates 2 grams of fiber 10 milligrams of sodium 3 grams of fat (2 grams of monounsaturated fat 1 gram of polyunsaturated fat)



Roasted Balsamic Vegetables

Visit the post for more.

 The Nutrition Source / May 9, 2024

MOSAIC FOUNDATION

THANK YOU!

Mosaic

PO Box 352

Absecon, NJ 08201

office@mosaicgiving.org

mosaicgiving.org

(609) 916-6520

Seashore Gardens Foundation DBA Mosaic is a trusted nonprofit leader in promoting and enhancing services and programs for the elderly. Its mission is to enrich the quality of life for the aged in Southern New Jersey.

Tax ID #56-424727