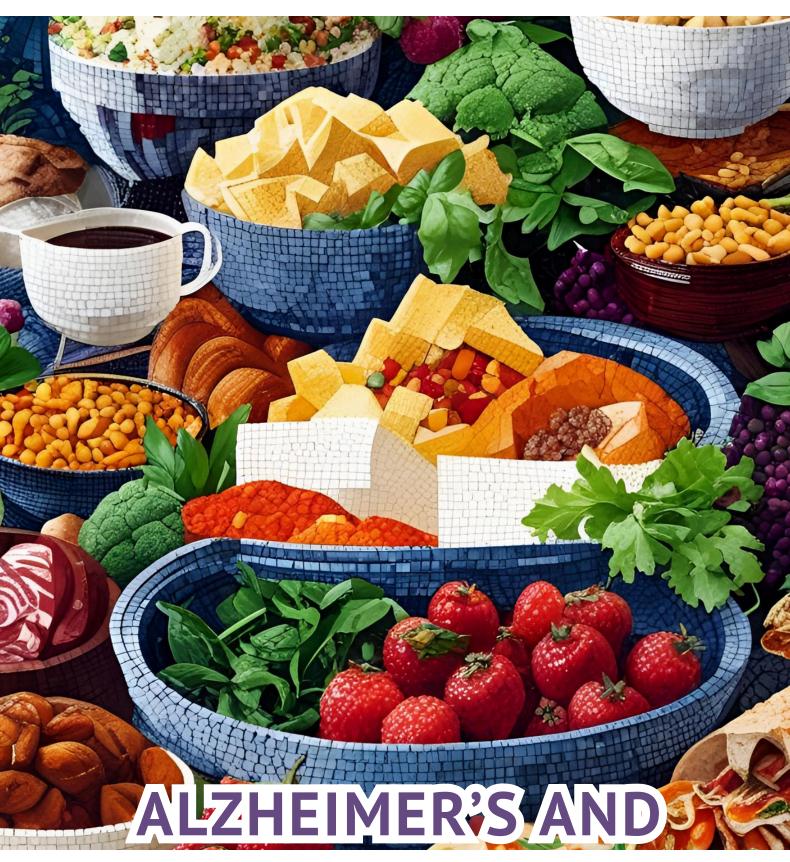


CAREGIVERS GUIDE



DEMENTIA PREVENTION

THE FAMILY CAREGIVER'S GUIDE

TO

THE MIND DIET

There's no magic pill to prevent dementia. But there is a diet that could help to slow cognitive decline. It's known as the MIND Diet, which is short for the Mediterranean-DASH Intervention for Neurodegenerative Delay. Experts believe that the MIND diet may reduce the risk of developing Alzheimer's dementia by as much as 53 percent.*

Here's what you need to know.



10 FOODS TO EAT

The recommended foods on the MIND diet are those that promote brain health. You can eat other foods on this diet but be sure to incorporate these 10 foods each week in the recommended quantities.

POULTRY

Choose two or more servings weekly of lean poultry prepared in a healthy manner. Fried chicken does not count as a healthy poultry option.

OTHER VEGETABLES

Incorporate at least one salad and one other vegetable daily in your diet.

NUTS

Nuts contain healthy fats, fiber and antioxidants. Include a serving of nuts at least five times per week.

WHOLE GRAINS

Brown rice, whole wheat pasta, and whole wheat bread are all examples of whole grain foods.

Try for at least three servings of whole grains daily.



GREEN, LEAFY VEGETABLES

Kale, spinach, broccoli and collard green are vegetables that are packed with vitamins A and C. Try for 6 servings or more weekly for the greatest brain benefit.

FATTY FISH

Salmon, cod, and canned light tuna offer omega-3 fatty acids that contribute to brain health. Fatty fish's healthy unsaturated fats are associated with lower levels of beta-amyloid, which is the protein that forms clumps in the brain associated with Alzheimer's dementia.

BERRIES

Blueberries and strawberries both have a positive effect on cognitive health. Aim for these berries at least twice a week.

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

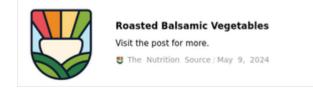
- 1 red pepper
- 2 zucchini
- 2 summer squash
- 1 teaspoon dried oregano
- 1 clove garlic, sliced thin
- 1 tablespoon olive oil
- 2 tablespoons balsamic vinegar
- 1 medium sized tomato, chopped
- ½ cup chopped fresh basil

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)



MOSAIC FOUNDATION

THANK YOU!

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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.

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