



What to eat every week for a healthier brain

Your brain uses 20% of your energy every day — so it's important to fuel it with the right foods. Add these smart choices to the rotation, and you may boost your brain health and your cognitive function too.

□ **Eggs:** Egg yolks come packed with choline, a type of nutrient that can help sharpen your memory and cognition.

□ **Butternut squash:** It's a great source of beta-carotene, a type of carotenoid. Research shows that carotenoid supplements help improve memory and verbal skills.

□ **Yogurt:** Fermented foods support healthy bacteria in your gut. And many key brain chemicals are made in your gut.

□ **Walnuts:** Research shows that eating 1 to 2 ounces of walnuts a day can improve brain function. That's thanks to high levels of a key omega-3 fatty acid. They also contain antioxidants that help your body fight brain-damaging inflammation.

□ **Salmon:** Fatty fish like salmon is also rich in omega-3 fatty acids. Studies have shown that these can lower your risk of developing Alzheimer's disease and other forms of dementia.

□ **Chicken:** Chicken has vitamins B6, B12, and choline — all nutrients that can protect your brain cells from damage.

□ **Milk:** Regular milk drinkers may have higher brain levels of glutathione. This antioxidant helps protect your brain from damage as you age.

See page 2 for delicious recipes featuring some of these foods!



Easy, brain-friendly recipes

Breakfast

Egg tortilla cups

Preheat oven to 350°F. Place **12 small (4½" to 5") flour tortillas** in a stack and wrap in a damp paper towel. Microwave for 30 seconds. (This makes the tortillas more pliable.)

Press each tortilla into the cavity of a 12-cup muffin tin. Crack 1 egg into each muffin cup (**12 eggs** total), then top each egg with 1 Tbsp of **pico de gallo**. Sprinkle tops of filled cups with a pinch of salt and pepper. Bake 22 to 25 minutes. Serves 6.

Lunch

Easy butternut squash soup

Cut skin off of **1 large butternut squash**, then cut squash into cubes. Add **3 to 4 Tbsp olive oil** to a large saucepan, then add squash, plus **½ tsp salt** and **¼ tsp pepper**. Cook about 7 minutes. Add **1 small onion** (chopped), and **1 minced garlic clove**. Cook about 15 minutes until vegetables are soft. Add **⅛ tsp cardamom**, **⅛ tsp nutmeg**, **2 cups vegetable broth**, and **½ cup canned coconut milk**. Heat, then pour mixture into blender and blend until smooth. Serves 4.

Snack

Yogurt smoothie

Pour **1 cup plain Greek yogurt** and **1 cup orange juice** into a blender. Add **2 cups frozen fruit** (good options include strawberries, blueberries, peaches, or mixed berries). Blend on high speed until smooth. Pour smoothies into two tall glasses and add straws. Serves 2.

Dinner

Grilled salmon

In a large bowl, make a marinade by combining **½ cup orange juice**, **1 Tbsp olive oil**, **2 Tbsp lemon juice**, **1 minced garlic clove**, **¼ tsp salt** and **¼ tsp pepper**. Pour marinade into a quart-size zip-top bag, then add **4 salmon fillets** (about 6 ounces each). Refrigerate 2 to 3 hours. Preheat grill to medium-high and lightly oil grate. Cook salmon for 6 minutes, flip with a spatula, then cook 6 minutes more. Serves 4.

For a full list of foods that are good — and not so good — for your brain, check out the MIND diet!