



**BRAIN HEALTHY
COOKING**

Boost your brain health by eating well!

Brain Healthy Shopping List

Fruit

- ☐ Blackberries
- ☐ Blueberries
- ☐ Cherries
- ☐ Oranges
- ☐ Plums
- ☐ Pomegranates
- ☐ Prunes
- ☐ Raspberries
- ☐ Red Grapes
- ☐ Strawberries

Vegetables

- ☐ Alfalfa Sprouts
- ☐ Avocados
- ☐ Beets
- ☐ Broccoli
- ☐ Brussel Sprouts
- ☐ Corn
- ☐ Eggplant
- ☐ Kale
- ☐ Onion
- ☐ Red Bell Pepper
- ☐ Spinach

Nuts & Seeds

- ☐ Almonds
- ☐ Brazil Nuts
- ☐ Cashews
- ☐ Chia Seeds
- ☐ Ground Flax Seed
- ☐ Hazelnuts
- ☐ Peanuts
- ☐ Pumpkin Seeds
- ☐ Sesame Seeds
- ☐ Sunflower Seeds
- ☐ Walnuts

Fish (wild caught)

- ☐ Halibut
- ☐ Mackerel
- ☐ Salmon
- ☐ Sardines
- ☐ Trout
- ☐ Tuna

Meat

- ☐ Free Range Lean Beef and Chicken

Dairy

- ☐ Omega 3 Enriched Eggs

Spices

- ☐ Cumin
- ☐ Dried Red Pepper
- ☐ Dulce Flakes (salt substitute)
- ☐ Garlic
- ☐ Ginger
- ☐ Oregano
- ☐ Rosemary
- ☐ Saffron
- ☐ Saigon Cassia Cinnamon
- ☐ Stevia (natural sugar substitute)
- ☐ Thyme
- ☐ Turmeric

Groceries

- ☐ Black Beans
- ☐ Brown Rice
- ☐ Cod Liver Oil (do not cook with-use in dressings and marinades)
- ☐ Dark Chocolate
- ☐ Extra Virgin Olive Oil
- ☐ Green or Black Tea
- ☐ Lentils
- ☐ Oatmeal
- ☐ Wheat Germ
- ☐ Whole Grain Cereal



A growing body of scientific research points to the important role played by diet in the cause, prevention and management of Alzheimer's disease. Our easy recipes, cooking videos, nutrition guidelines and grocery shopping lists will get you started on the road to a healthier mind and improved memory.

Brain healthy shopping tips from the kitchen of 

Visit The Brain Healthy Cooking Guide at SeniorLivingResidences.com