



**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](http://SeniorLivingResidences.com)