

TAKE POSITIVE ACTION, TAKE THE 6 PREVENTION STEPS

DIET AND LIFESTYLE E-
GUIDE TO HELP YOU IN
REDUCING YOUR RISK OF
COGNITIVE DECLINE



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FOOD FOR THE BRAIN
Championing optimum nutrition for the mind

Food for the Brain is a registered charity (No: 1116438) and is limited by guarantee (Company Number 58885305)

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Thank you for supporting and getting involved in our 'Take Positive Action' campaign. Worldwide 46.8 million people have dementia and in the UK, 1 in 14 people over 65 have Alzheimer's, the most prevalent form of dementia; and increasingly dementia sufferers are also struggling with other chronic conditions, such as diabetes and depression. Nutrition and lifestyle has an important role to play in reducing the incidence of dementia and these other chronic conditions.

A lot of communication out there on dementia has led many of us to believe that there's nothing that can be done about this disease until a drug cure is found and that dementia is somehow inevitable and 'in the genes'. However, research to date shows that only 1% of the risk of Alzheimer's is actually caused by genes, and that up to half of the risk of dementia has been linked to diet and lifestyle factors, that can be changed.

Food for the Brain's aim is to promote a more proactive message, providing positive steps that we can all take to reduce our risk and give us back a sense of control over our own mental health.

We would like to see everyone taking our free online Cognitive Function Test to help identify your current cognition levels and specific diet and lifestyle factors to focus on, and then use this guide alongside the test to improve these.

This guide is aimed at providing practical information on 6 key steps, identified in research to date in order to help reduce the risk of cognitive decline and dementia – as well as improve general mental and physical well-being. These six steps can be followed by anyone at any age, however keeping to a healthy diet and lifestyle such as promoted by our 6 steps becomes even more important as we enter our mid-life and beyond in helping us to stay well in mind and body.

In developing this guide, we have been lucky enough to work with a number of corporate supporters, including Holfordirect.com and York Tests who have offered their support, and do try some of the fabulous 'brain friendly' recipes we have also had kindly donated by chefs, Anton Mosimann, Oliver McCabe and LEON restaurants. Please take positive action, take the test, take the 6 steps!

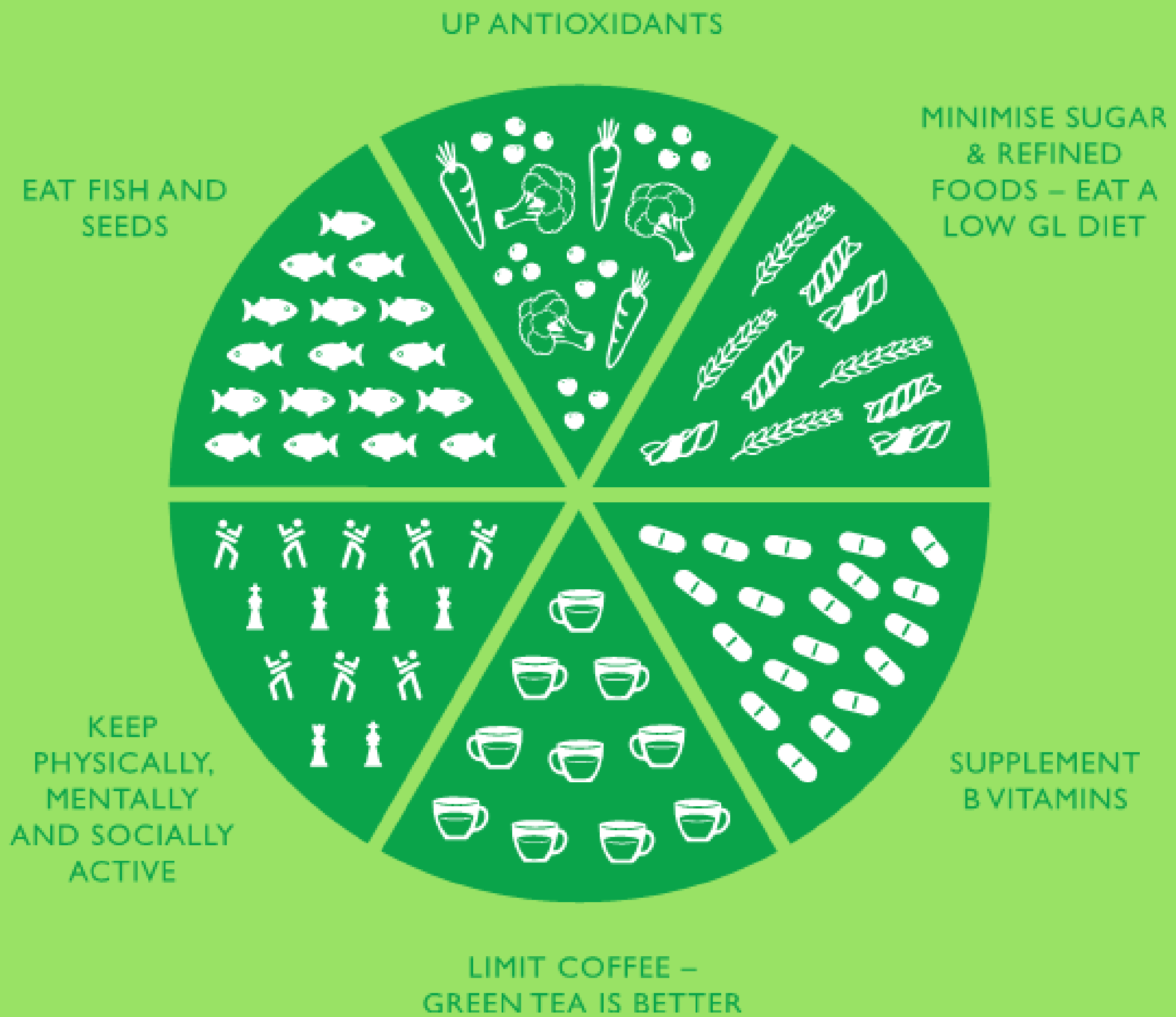
*Jenna Mosimann
CEO, Food for the Brain*

Introduction:

At Food for the Brain we wish to raise awareness of the importance of optimum nutrition in mental health. We are a charitable foundation working to inform organisations and empower individuals to change their diet and lifestyle and take greater control of their own mental health.

Positive Action on Alzheimer's is our key current campaign focused on raising awareness of how nutrition can play an important role in reducing an individual's risk of cognitive decline and furthering research into this important area. We have created the '6 Prevention Steps', supported by studies, to encourage people to take clear, simple diet and lifestyle actions to help reduce the risk of memory loss and Alzheimer's disease later in life. A number of these studies have been supported by randomized controlled trials, which can be found on our website. For more information on these studies, please see our website or [click here](#).

How to use this guide:



The 6 steps as highlighted in the prevention steps ‘wheel’ above have been identified by Food for the Brain as nutrition and lifestyle factors with the most potential in having a beneficial role in cognitive health and in reducing the risk of dementia, based on research available to date. They are also factors that will support better general health and well-being beyond just cognitive health.

New research is constantly emerging on the role of other nutrition and lifestyle factors in dementia, such as Vitamin D, and we will endeavor to develop our resources appropriately as relevant research develops.

Within each step there is an explanation on why this can be helpful in cognitive health, highlighting the positive action you should aim to incorporate or change in your diet and lifestyle. You will also see further resources mentioned, including 'brain-friendly' recipes donated by well-known chefs and restaurateurs as well as discounts off foods, supplements and tests that may be of interest to you as part of following the 6 steps.

The discounts offered within this guide have been offered by our corporate partners to support Food for the Brain in our campaign. In some cases, if you make use of these codes, Food for the Brain will also receive a donation back – for transparency, these are explained alongside each promotional code within the “Additional Resources” section.

Alongside the charity, our not-for-profit clinic, the Brain Bio Centre, helps individuals by utilising nutrition, diet and lifestyle recommendations to assist mental health conditions.

More information about our clinic can be found at www.brainbiocentre.com

Take the Test!

To make best use of this guide, we suggest that you first use our Cognitive Function Test, a free online tool, to provide you with a personalised report on your cognitive score and your diet and lifestyle in relation to the 6 steps.

The test will give you a picture of where you need to focus your efforts the most and also provides the opportunity to redo it in the future to reevaluate how you are doing (we recommend doing the test annually).

Take the Cognitive Function Test free via our website at www.foodforthebrain.org or [click here](#)

We have reached over 200,000 people with this cognitive function test to date (since 2011), helping to provide a positive way forward for those fearful of memory loss and dementia.

Our aim is to try and reach over 400,000 people with this test by the end of 2019 and to develop the test further, creating educational tools and communications to further engage with test users so that individuals, who want to change their diet and lifestyle, have ongoing support to reduce their risk of developing dementia.

Share your Experience!

Finally, we have set up a Facebook page exclusively as a forum for those taking part in the 6 Prevention Steps where you can share your experiences, thoughts on how you feel the nutrition and lifestyle changes are impacting you, advice for other participants and even questions you're burning to ask about other things you can be doing to reduce your risk of Dementia and optimise your health. All you have to do is follow the link below, press like and begin posting! We want to hear from all of you!



<https://www.facebook.com/takepositiveactionalzheimers/>

Step one: Increase Antioxidants



Eat at least six servings of brightly coloured vegetables and berries every day.

Antioxidants are substances that are predominantly found in vegetables and fruits which help to protect the cells of our body from damage. Essentially, they're antidotes to oxidation, a process which is caused by things like exposure to pollutants, cigarette smoke and toxins from the food we eat. They are also vital for supporting thousands of chemical reactions in our bodies such as synthesising hormones, immune cells and creating energy. The more fruit and vegetables you eat the lower is your risk of cognitive decline, with vegetables being particularly protective.

Increase your intake of antioxidants by eating the following foods:

Green leafy vegetables: broccoli, spinach, Brussel sprouts, kale, rainbow chard, collard greens, turnip greens, cabbage, romaine lettuce, bok choy and watercress.

Brightly coloured vegetables: red, yellow and green peppers, carrots, sweet potato, butternut squash, beets, tomatoes, radicchio and red onions.

Fruits highest in antioxidants: blueberries, strawberries, raspberries, dark grapes and blackberries.

Antioxidants such as flavonoids and polyphenols, found not only in fruit and vegetables, but also in green tea, red wine and dark chocolate, are also associated with preserving memory and a number of mechanisms exist to explain their positive actions on cognitive performance. The most protective effect is found eating six servings (500g) a day of fruit and vegetables. Supplementing both vitamin C (1g) and vitamin E combined is associated with halving the risk of Alzheimer's disease.



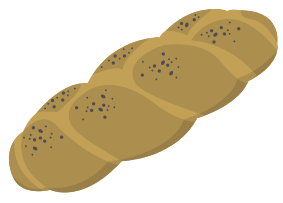
Further Resources:

For ideas on how to get more antioxidant-rich ingredients in your diet, try out some of the breakfast recipes that our supporting chefs have provided at the end of the e-guide such as Oliver McCabe's 'Very Berry Porridge'.

There are also some antioxidant-rich functional foods widely available such as 'Blueberry Active' and 'Cherry Active' products, which can be purchased on Holfordirect.com

Holfordirect.com are offering a 20% discount off on the Advanced Optimum Nutrition with Brain Food. For more information on discounts codes and websites please refer to the 'Additional Resources' section at the end.

Step two: Minimise Sugar and Refined Foods



Follow a low GL diet, with slow-releasing carbohydrates. Minimise sugar, sugary drinks & juices

By keeping your blood sugar levels down, you produce less insulin, which can help to preserve your memory. That means avoiding sugar as much as possible and eating slow-releasing 'whole' carbohydrate foods such as wholegrain bread or pasta and oat cakes. Eating white bread is associated with poorer cognitive test performance, whereas high fibre bread is associated with better performance. When we eat foods high in sugar such as confectionary, baked goods and fizzy drinks as well as refined grains like white bread and pasta, the level of sugar in our blood rises dramatically, initially giving us a burst of energy. However, this is short lived and comes with a sharp crash in energy, leaving us feeling tired and groggy, craving for the next sweet mouthful to get a quick fix.

The glycemic load of food measures the amount of carbohydrate in a portion of food together with how quickly it raises blood glucose levels. It can be a useful way to monitor what quantities of which foods can be used to maintain stable blood sugar levels.

The glycemic load is different to the glycemic index as it not only takes into account the food's impact on blood sugar levels but also the serving size. For example, the glycemic index of a watermelon is high (GI=72) but the glycemic load is low (GL=7) because the quantity of carbohydrate in a slice of watermelon is minimal as it mostly contains water.

The University of Sydney defines low, medium and high glycemic loads as follows:

Low Glycemic Load (low GL): 0 to 10

Medium Glycemic Load (med GL): 11 to 19

High Glycemic Load (high GL): 20 and over

In order to find out the glycemic load of a food you must first know its glycemic index and its carbohydrate content. The next step is to multiply these two numbers and then divide the result by 100, which will give you the glycemic load.

Eating carbohydrate foods with protein, for example brown rice with fish, or porridge oats with seeds, further reduces the glycemic load (GL) of a meal. Best fruits in this respect are berries, cherries and plums, while grapes, raisins and bananas are high GL. These kinds of foods are consistent with a Mediterranean diet which has also been shown to reduce risk. Eat your fruit, don't drink it. Fruit juice has a lot of sugar in it.

Further Resources:

Please see the Glycemic Index table below for information on specific foods.

Our supporting chefs have offered a number of recipes which have a low glycemic load, for example Oliver McCabe’s ‘Eggcado’ breakfast recipe on page 33 is a perfect way to start the day.

	Low GL	High GL
Breads	Pumpernickel, rye, sourdough, soya & linseed, barley & sunflower, granary, seeded breads & pitta breads (moderate GL), oatcakes, rye crackers (moderate GL)	White flours, French stick, rice cakes, cream crackers, bread sticks, crumpets.
Cereals	Whole oats, no added sugar muesli, bran sticks, semolina, quinoa, buckwheat	Sweetened cereals, rice based cereals, bran flakes, wheat biscuits, shredded wheat
Pasta	Egg-based pasta, mung bean noodles, wholemeal pasta,spelt pasta, kamut pasta	White pasta, overcooked pasta and pasta ready-meals requiring re-heating
Rice	Basmati rice, red Camargue rice, brown rice(moderate GL), bulgur or cracked wheat, couscous, pearl barley	Short grain, sticky white rice
Potatoes	Baby new potatoes, sweet potatoes, yams, celeriac, swede	Large floury white potatoes, French fries, mashed potato

Low GL Fruits and Vegetables	
Fruits	Vegetables
Rhubarb, grapes, limes, passion fruit, lemons, grapefruit, avocados, strawberries, raspberries, blueberries, redcurrants, blackcurrants, cherries, nectarines, melons, blackberries, apples pears, gooseberries, plums, satsumas, clementine’s, cranberries, mandarins, tangerines, pears, pomegranates	Leeks, cabbage, watercress, new potatoes, spinach, aubergines, radishes, rocket, spring greens, asparagus, baby carrots, fresh peas, tomatoes, runner beans, lettuce, cucumber, courgettes, peppers, mangetout, pumpkin, onions, fennel, wild mushrooms, squash, turnips, red cabbage, celeriac, swede, Brussels sprouts, chicory, cauliflower, kale, celery, mushrooms, purple sprouting broccoli
Legumes: are also great low GL foods, for example, lentils, beans (eg. butter, haricot, cannellini, kidney, soya)	



Step Three: Supplement B Vitamins – Check your Homocysteine Levels



Supplement vitamin B6 (20mg), B12 (10mcg) and folate (200mcg) as a sensible precaution. But do check your homocysteine level to find out how much you need. If above 10mcmol/l, supplement B6 (20mg), folate (800mcg) and B12 (500mcg).

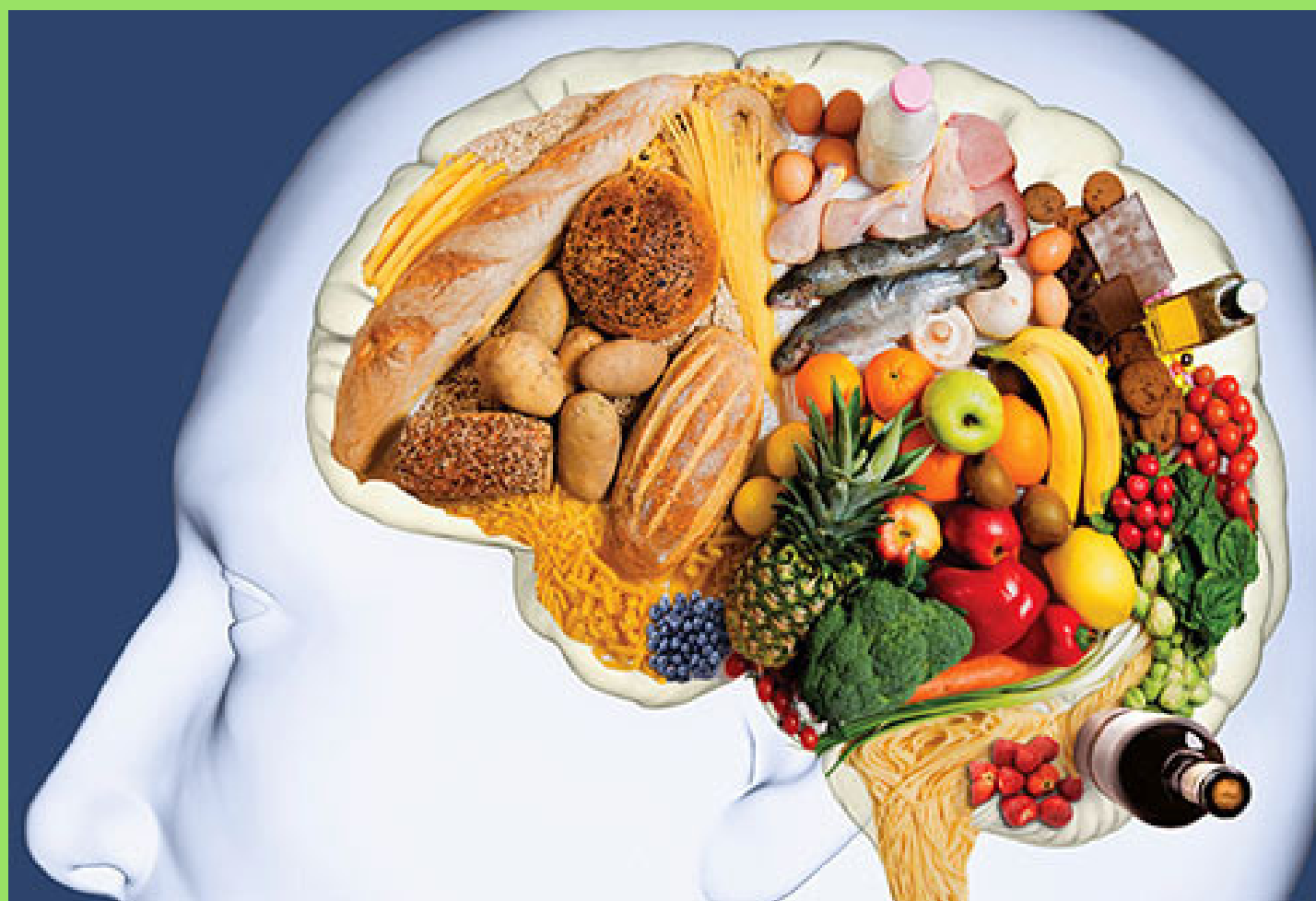
Having a higher intake and blood level of vitamin B12 and folic acid is associated with a quarter of the risk of developing Alzheimer's. Vitamin B6, B12 and folic acid, especially in combination, lower blood levels of homocysteine, which is a key predictor of risk. Lowering your homocysteine, if above 10mcmol/l, by supplementing high dose B6 (20mg), folic acid (800mcg) and B12 (500mcg) has been shown to greatly reduce the rate of brain shrinkage and memory loss in those at risk of Alzheimer's.

That is why it is VITAL to check your homocysteine level and, if above 10, speak with your doctor about supplementing high doses of B vitamins. Otherwise, supplement a daily multivitamin or B complex. B12 absorption can greatly worsen with age, and is inhibited by the diabetes drug metformin, and antacid 'proton-pump inhibitor' (PPI) medication.

If you are taking these be sure your GP checks your homocysteine level.

We can also ensure we are getting an adequate supply of B vitamins from our diets by eating foods such as:

- **Wholemeal grains such as brown rice, brown pasta, brown bread and oats**
- **Dark green leafy vegetables**
- **Organic poultry and grass-fed beef**
- **Organic dairy such as yoghurt, cheese and milk**
- **Pulses such as lentils and all types of beans**
- **Nuts and seeds**

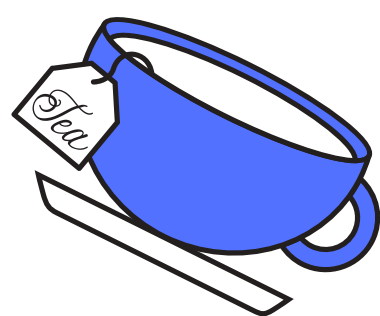


Further Resources:

There are a number of supplements on the market that offer B vitamins in the suggested dosage. Some are listed on our website [here](#).

Homocysteine testing is available through some GP practices, private clinics and via home test kits such as York Test. [Yorktest.com](#) is offering their homocysteine home test kit at a discounted price of £130 (rrp £149) with £5 to Food for the Brain for each test sold. Please find the discount code at the end of the guide in the 'Additional Resources' section.

Step Four: Limit Coffee - Green Tea is Better



Limit coffee and choose herbal or green tea instead

Whilst there is inconsistent evidence linking coffee with more or less risk, drinking lots of coffee both raises homocysteine levels and promotes the excretion of protective B vitamins. For example, two cups of coffee raises homocysteine by 11% in 4 hours.

High coffee consumption has also been linked to an increase in fasting blood sugar levels and insulin resistance by a variety of short-term studies. It can also lead to fluctuations of mood and lead to anxiety in some people.

There are many alternatives to coffee if you feel that you need an energy kick in the morning. Green tea, for example, is associated with a lower risk of cognitive impairment. Ordinary tea drinking is also associated with better cognition. Our advice is to limit coffee to one a day and drink tea, ideally green, instead. If you'd like some great alternatives to your morning coffee, see our recipes below and on page 19.

Green Tea Matcha Latte



Ingredients:

½ cup hot water
½ cup brown rice milk (or
other dairy-free
alternative) 1 teaspoon
matcha tea powder
1 tablespoon honey, maple
syrup, or stevia to taste
(optional)

Add the matcha tea powder to a small amount of hot water in the matcha tea bowl or into your favorite mug.

Mix in the matcha powder with the hot water until it is dissolved to make a thick, green paste. Then pour remaining hot brown rice milk and water to the paste and stir. If adding a sweetener, add here.

Golden Milk

Ingredients to make the golden paste:

1/2 cup organic turmeric powder
1 cm fresh crushed ginger
(1/2 tsp dried ginger also works)
1-2 cm fresh crushed turmeric
1 cup filtered water
0.5 tsp of ground black pepper
2-3 tbsp organic virgin coconut oil



Instructions to make the paste:

To crush fresh ginger and turmeric it is best to use a good garlic press, peel ginger and turmeric first before working through the press.

That way you should get a nice and fine texture. Please make sure you wear gloves as the fresh turmeric will turn your hands and everything else rather orange and it is very hard to get rid of the stains, although lemon juice may work.

Next, mix turmeric powder, pepper and freshly crushed ginger and turmeric (if you have some) with the filtered water in a pot and bring to a boil.

Keep stirring and simmer for around 7-8 minutes. The mix will form a sticky paste, please make sure it does not burn. Remove from the heat and add the coconut oil, mix well together with the paste, fill into a jar, leave to cool and once it has completely cooled down, close the lid tightly and store in the fridge for up to two weeks.

Ingredients for the milk:

2 cups of unsweetened coconut, rice or any nut milk of your choice
1 tsp of golden paste
A little bit of raw honey



Instructions to make the golden milk:

To prepare the golden milk, simply heat up 2 cups of coconut, rice or the nut milk of your choice in a pot, add one teaspoon of golden paste and simmer for a two to three minutes. If using fresh vanilla, cardamom and/ or cinnamon just add to the cooking process and finish the golden milk with a tiny bit of raw honey to taste. Enjoy!!

Keep Physically, Mentally and Socially Active



Keep Physically, Mentally and Socially Active

Keeping fit, learning new things to stimulate your mind and staying in touch with friends and family all help to reduce your risk. If you don't use it, you lose it. There may also be a benefit in exercises that require more mind-body coordination, such as tai chi or yoga, and exercising outdoors – we make vitamin D in the presence of sunlight. These activities also help to reduce stress, which is another prevention step in the right direction, as is keeping your blood pressure down.

Exercise which encourages you to be social is considered the best and it is far more enjoyable than going to the gym. Activities such as dancing, group walking and team sports like tennis are great for meeting new people as well as being low impact, which puts less strain on your body. Keeping the joints lubricated and supple is vital for keeping us mobile for as long as possible, which encourages mental well-being. Even if it's just a short 15-minute sequence repeated every day at a similar time, this can be enough to maintain the health of our muscles and joints.

Please see our recommended yoga sequence on page 13 as a guideline for an everyday practice and our suggested apps for brain exercises at the end of the guide under the further resources section.

PLEASE NOTE: Before starting any exercise program it is advisable to check with your GP. If engaging in exercise you should understand that when participating in any physical activity there is the possibility of injury and you assume all risk of injury yourself.



Further Resources:

Please see the short yoga sequence on pages 23–27 for a simple way to relax and keep the joints lubricated.

Please see the 'Additional Resources' at the end of the guide for information on apps for brain exercises which are designed to help support memory and cognition.

Yoga Sequence

This is a short and simple yoga sequence, which shouldn't take you longer than 15-20 minutes. However, you can stay in any of the positions for as long as you like and repeat them several times if needed. It has been designed so you will need minimal props. A mat is not necessarily important to have but you will need a belt for the leg stretches and perhaps a cushion and a thick book to support your head in child's pose. Please see the instructions next to each position for more information.

Breath Awareness

Come to lying down on your back with your knees bent and feet on the ground at hip wide distance. Allow the knees to lean into each other. Make sure your spine is lengthened along the floor and the shoulders are away from the ears and relaxed. Bring your hands to your lower abdomen and



close your eyes. Begin to draw your awareness to your breath through the nose (unless you are congested and need to breathe through

the mouth) and to the structure of your body. Allow the abdomen to release and relax the root of the tongue and the muscles around your neck and throat. Allow the eyeballs to be heavy. Feel the abdomen gently rise into your hands on an inhalation and on an exhalation feel it soften downwards. Stay here for 5 minutes, noticing the rise and fall of the abdomen. If you feel that your mind is racing, simply keep bring the awareness gently back to the breath.

Simple Twists



Separate the feet so they are hip width distance with the knees pointing upwards and bring your arms by the sides of your body, palms facing up. Breathing through the nose, inhale here and on an exhalation, lower the knees to the right, keeping the feet at hip width distance. On the next inhalation bring the knees back to center again and exhale to the left. Keep the shoulders relaxed as you exhale to either side. Keep going at your own pace, using your inhalation to raise the knees back to centre and the exhalation to release them to each side. Do this a few times, making sure that you have done an even amount on both sides.

Simple Leg Stretches



Lying down on your back, extend the left leg along the ground and place a belt around the ball of the right foot lengthening the right leg upwards towards the ceiling. Hold

each side of the belt in each hand and make sure that the belt is at equal length on either side. If you cannot extend the leg vertically, lower the leg until you can extend it fully. Push the ball of the foot into the belt at the same time as pulling the belt back towards you. Keep the left leg extended fully with the toes pointing upwards.



With the belt in the ball of the right foot, place both sides of the belt in the left hand. Rotate the right thigh outwards so the toes are pointing away from your body and extend the leg towards the left, making sure that the right buttock doesn't come away from the floor. Breathe smoothly and evenly. Use the inhalation to bring the leg back to vertical.



Once you have brought the leg back to vertical, swap both sides of the belt into the right hand. Rotate the thigh outwards so the toes are pointing away from the body. On an exhalation extend the leg over to the right.

Place the left hand on the top of the left thigh to stop yourself from tilting to the right. Press the ball of the foot into the belt and rotate the thigh outwards. After a few breaths, use the inhalation to bring the leg back to vertical once again. Swap over to the other side.

each side of the belt in each hand and make sure that the belt is at equal length on either side. If you cannot extend the leg vertically, lower the leg until you can extend it fully. Push the ball of the foot into the belt at the same time as pulling the belt back towards you. Keep the left leg extended fully with the toes pointing upwards.

Cat/Cow Spine Movements

Come to an all fours position with the hands directly under the shoulder joints and knees under hip joints, toes lengthened back. On an inhalation arch the back tilting the tailbone upwards and rolling the shoulders back. On an exhalation hollow the belly by rounding the spine upwards and pushing the hands into the ground. Allow the neck to lengthen. Do a few rounds like these, using the breath to guide the movement.



Revolved Child's Pose



Come to a table-top position with your hands directly under the shoulders and the knees under the hips. Feed the right hand under the left allowing the right shoulder to rest on the floor.

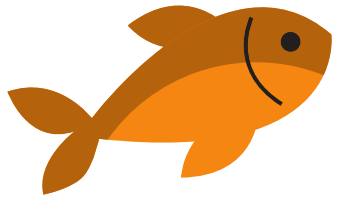
Allow the side of your head to rest so you're looking towards the right fingertips. Press the left hand into the floor and bend the elbow so that the arm is in a 90-degree angle. Stretch through the right fingertips and anchor the right side of the hip back so you feel an opening in the side of the body. Repeat on the other side.

Child's Pose



Come to rest in child's pose by sitting on the heels with the toes lengthened back. Widen the knees so they are a little bit wider than the hips and walk the hands forward to bring the forehead to the ground. If your sitting bones lift up away from the heels of the feet, place a cushion between the sitting bones and the heels. If the forehead doesn't reach the ground place a book or something firm under the forehead to give the head support. Stretch the arms forward and press the fingers into the ground. Breathe softly into the back of the body, feeling lungs expand into the back of the rib cage.

Eat Fish and Seeds



Eat fish 3-4 times a week, with at least 2 servings of oily fish (salmon, mackerel, herrings, kippers, sardines or tuna). Eat more nuts and seeds, preferably raw.

Omega 3 is an essential fatty acid which is found mainly in oily fish and nuts and seeds such as flaxseeds and chia seeds. It is called an essential fatty acid (EFA) because it's vital to our health and as we cannot synthesise it ourselves in our body, we need to obtain it from our diets. Omega 3 is important for a number of reasons. The human brain is nearly 60 percent fat and the type of fat you eat will determine your brain's integrity and ability to perform. Omega 3 plays an important role in the synthesis and functions of neurotransmitters as well as the health of our brain cells. Clinical observation studies have related deficiency of omega 3 to impaired brain performance and diseases.



Brain Food Recipes

Food for the Brain has collected a number of recipes by well-known chefs to inspire you to cook meals which we consider to be 'brain-friendly', containing all the ingredients we have outlined in the 6 Prevention Steps. We have chosen the recipes making sure that they are both tasty and relatively easy to do, so that we can encourage you to start Taking Positive Action today. We have a biography for each of the chefs, as well as details of their wonderful books in the 'further resources section at the end of the guide, if you'd like to read more of their work.

GF : GLUTEN FREE

DF : DAIRY FREE

Oliver McCabe



Oliver McCabe grew up in Dalkey. In 2007 he graduated with a diploma in Diet & Nutrition from the Irish Institute of Nutrition & Health. He has contributed to the Irish Independent, Easy Health magazine, Irish Parent magazine and The Farmer's Journal, and features regularly on television and radio. Select Stores has been awarded 'Best Wholefood Shop' by Bridgestone and Sally & John McKennas' Guides and is included in The Irish Times' Top 10 Best Shops in Ireland 2015/2016 and LovinDublin.com's Top 10 healthiest cafés/delis in Dublin.

Eating one serving of oily fish a week is associated with halving the risk of Alzheimer's. Supplements of one kind of omega 3 fish oil, called DHA, have been shown to enhance memory in adults who don't eat fish, and to prevent memory loss in those in the early stages of memory decline. But it's not just oily fish. The more fish you eat, the better your memory test performance. Fish is also an excellent source of vitamins B12, D and choline, all essential for the brain. Chia and flax seeds are also an excellent source of omega 3.

Further Resources:

For some inspiration on how to get more fish in your diet, try out Anton Mosimann's delicious mackerel and fishcake recipes under the 'Brain Food Recipe' section.

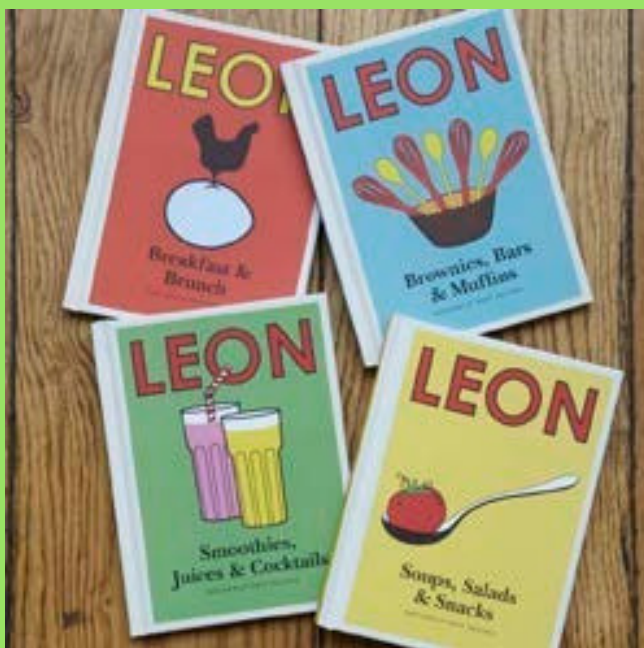
Fish oil supplements as well as chia seeds as a vegetarian option are a great way to supplement your omega 3 intake.

Holfordirect.com are offering 20% discount off their Advanced Optimum Nutrition with Brain Food pack. For more information on where to purchase supplements please refer to 'Additional Resources' at the end of the guide.

"Mental health and the risk of Dementia has never been such a hot topic. With the stresses of everyday life rising, it's no wonder we are relying on poor diets, high in sugar and processed foods, as quick energy sources. However, we can no longer ignore the health implications of eating in this way. The '6 prevention steps' outline positive actions we should all be taking to improve well-being and reduce our risk of mental health problems; and simple changes such as cooking with fresh, wholesome ingredients can be hugely beneficial", Oliver McCabe.

Oliver has kindly allowed us to offer you recipes from his fantastic book 'The Fuel Food Cook Book'.

LEON Restaurants



John Vincent, Co-Founder of fast food chain LEON, has given three recipes from the first LEON cookbook – Ingredients & Recipes. LEON first opened on Carnaby Street in 2004 with an aim to make it easy for

everyone to eat well. They created the category of Naturally Fast Food, based on the concept of fast food in heaven. Food that tastes good, does you good, and is affordable. There are now thirty-five LEONs across the UK, and seven LEO cookbooks bringing some of that heaven home. LEON says: *"These recipes are perfect for feeding your brain well. Food has become more confusing than ever, with so many different rules popping up about the rights and wrongs of eating. One thing we can all agree on, however, is that you can never eat too many plants. Natural, powerful plants. Our bodies thrive on plants, and these three dishes are packed full of them."*

Anton Mosimann



The acclaimed chef, Anton Mosimann, OBE, has very kindly donated recipes from both his '25 years of Mosimann's', a book celebrating 25 years of his prestigious private dining club based in the heart of Belgravia, London, and from his 'Cuisine Naturelle' recipe book, published in 1984. The recipes from this book were based on the new style of cookery that Anton at the time brought to London's Dorchester Hotel, where he went on to gain 2 Michelin Stars. Cuisine Naturelle was based on Anton's belief that the best food is fresh food cooked in a way to hold its flavour and goodness and that it is possible to eat well and at the same time to eat healthily

'My Cuisine Naturelle philosophy has always been about happy food, allying my principles of good cooking to those of good nutrition and health. I hope my recipes and support for 'Take Positive Action' can help to raise awareness of the importance of nutrition in good health and in the prevention of conditions such as Alzheimer's, aiding people in living well, eating well and staying well', Anton Mosimann.

Breakfasts

EGGCADO WITH AVOCADO & CHIVES –SERVES ONE BY OLIVER MCCABE



Ingredients:

2 eggs

1 teaspoon extra virgin olive oil

Himalayan fine rock salt and pepper

1 medium, ripe avocado, peeled and stoned

1 slice of spelt bread Pinch of minced fresh chives

Instructions:

Bring plenty of water to boil in a medium saucepan. Put the eggs into the hot water, reduce the heat to a simmer and cook for about 8 minutes, until they are hard-boiled.

Place the boiled eggs in a sieve and rinse under cold running water, then peel the eggs quickly. Mash the peeled, boiled egg with the olive oil and some salt and pepper in a small bowl.

Add the avocado and mash until it's quite smooth but still has a slightly chunky texture. Toast the spelt bread and slice into soldiers. Serve the mashed egg in a small cup and sprinkle the chopped chives on top. Set the cup on a plate and serve the toast soldiers alongside.

VERY BERRY PORRIDGE – SERVES 2-3

BY OLIVER MCCABE (GF – IF USING GF OATS)



Ingredients:

235ml water

190g jumbo oat flakes

175g fresh strawberries and raspberries

2 tablespoons freshly squeezed lemon juice 1 tablespoon date syrup

1 teaspoon vanilla extract

1 teaspoon ground cinnamon 1

teaspoon ground turmeric 120g

natural yoghurt

2 tablespoons flaked almonds.

Instructions:

Bring the water to a boil in a saucepan, then reduce to a simmer and add the oats. Cook for about 5 minutes, stirring occasionally.

While the oat flakes are cooking, put the berries in a bowl with the lemon juice, date syrup, vanilla extract, cinnamon and turmeric.

Once the oat flakes are cooked and fluffy, pour them into a large bowl and fold in the yoghurt. Layer on the berry mixture and top with the flaked almonds. Serve immediately.

Lunches

FISHCAKES WITH PARSLEY SAUCE – SERVES 4 BY ANTON MOSIMANN (GF)



Ingredients:

250g white fish fillet, skinned and any bones removed
250g salmon fillet, skinned and pin bones removed
2 tbsp finely cut chives
juice of ½ a lemon
2 egg yolks
300g potatoes, peeled and blanched
25g butter
2 tbsp olive oil
salt and freshly ground pepper

Parsely Sauce:

1 small shallot, finely chopped
400ml fish stock (see page 182)
3 tbsp dry white wine
100ml double cream
2 tbsp Noilly Prat
4 tbsp finely chopped parsley

Garnish:

knob of butter
½ small onion, finely chopped
200g spinach leaves, washed and long stalks removed
freshly grated nutmeg
chervil and dill sprigs

Cool the blanched potatoes, then grate and squeeze them lightly to remove excess moisture. Season with salt and pepper.

Shape the fish mixture into eight cakes. Press a thin layer of grated potato onto both sides of each cake. Set aside.

For the parsley sauce, combine the shallots, fish stock and dry white wine in a saucepan and reduce by half. Add the double cream and simmer gently to reduce the sauce to a coating consistency.

Pass the sauce through a fine sieve, then add the Noilly Prat and chopped parsley. Mix the sauce with a hand blender to get a rich green colour. Season to taste, and reheat gently.

Preheat the oven to 200°C/Gas Mark 6.

Heat the butter and olive oil together in a non-stick frying pan and sauté the fishcakes gently on both sides until crisp and golden brown (about 2 minutes). Transfer to the oven for 1-2 minutes. Drain well on kitchen paper.

Meanwhile, prepare the spinach. Melt the butter and sauté the onion until transparent. Add the spinach and stir until wilted. Season with nutmeg, salt and pepper. Divide the spinach between four plates.

Place the fish cakes on top of the spinach, garnish with chervil and dill sprigs and serve with the parsley sauce.

RAINBOW SUPERFOOD SALAD – SERVES 6 BY LEON (GF & DF)



Ingredients:

3 medium raw beetroot
(unpeeled)
6 vine-ripened tomatoes, halved
lengthways 8 tablespoons extra
virgin olive oil
1 small butternut squash (about

600g), peeled and chopped into 3cm dice

2 cloves of garlic

200g chestnut mushrooms 2 tablespoons lemon juice

½ head of broccoli

3 tablespoons quinoa

150g red cabbage, finely shredded

60g fresh or frozen peas (if fresh, use 250g unshelled
pods) 3 tablespoons toasted seeds

30 alfalfa sprouts Salt and pepper

Instructions:

Preheat the oven to 200/gas mark 6. Put two of the
beetroot into a small roasting tray with a good sprinkle
of salt and about 100ml water. Cover with foil, and put
them into the oven on the top shelf until a knife goes in
without a lot of resistance – about an hour and a bit.

Lay the cut side of the tomatoes on a baking tray, facing
heavenwards, season with salt and drizzle liberally with
a couple of tablespoons of olive oil.

Pop them into the oven for around 1 hour on the lowest shelf. Put the cubes of butternut squash on another baking tray and roll them in a little oil and plenty of seasoning. Roast them in the oven on the middle shelf for 45 minutes, then stir, moving everything around at least once during the cooking time.

Now all three of your oven shelves should be cookin' away – toms on the bottom, butternut in the middle and beets up top. When the veg are all done, leave them to cool, but peel the beetroot while they are still warm and cut into wedges.

Put another couple of tablespoons of oil into a hot frying pan and sauté the garlic for a moment, swiftly followed by the mushrooms. Season with salt, pepper and lemon juice and get them out of the pan in less than 4 minutes.

Put a small pan on to boil with a l of salt in it. Cut the broccoli florets off the trunk, blanch them in the boiling water for a couple of minutes with the peas, then drain and run them under cold water until completely cooled.

Stir the quinoa into the broccoli water and simmer for 15 minutes, then drain. Grate the last (raw) beetroot and mix with the shredded cabbage.

Meanwhile, start building this labour of love, starting with the cabbage/beetroot mix on the bottom, then the broccoli, peas, tomatoes, mushrooms, toasted seeds and finishing with the alfalfa sprouts. All that remains is to season from a height and dress sharply.

CAULIFLOWER, ALMOND & TURMERIC SOUP – SERVES 4-5 BY LEON (GF)



Ingredients:

1 very large cauliflower, about 1.5kg
50g butter
1 very large onion
3 cloves of garlic, chopped
1 teaspoon turmeric

½ teaspoon ground (whole) fenugreek

½ teaspoon ground ginger
70g ground almonds

1 litre vegetable stock
600ml full-fat milk

A small handful of whole almonds, skin on, slightly crushed

Lemon wedges

Salt and pepper

Instructions:

Cut the florets off the central trunk and very roughly chop them. Quarter the trunk and slice that too.

Melt the butter in a pan, add the onion, garlic, turmeric, fenugreek, ground ginger and sliced cauliflower stalk, and cook until the onion begins to soften.

Stir in the ground almonds, making sure everything is well coated, then pour on the stock.

Simmer for about 10 minutes, then add the cauliflower florets – not all the cauliflower may be below the level of the liquid but as it begins to cook stir occasionally and it will all get there.

Simmer for a further 20–25 minutes, until all the cauliflower bits are very tender but not mushy – check that the stalks are soft too.

Then stir in the milk and blitz until completely smooth.

Finish with ground white pepper or fresh cracked black. Add some salt. Top it off with some crushed whole almonds (or flaked), and serve with a wedge of lemon on the side for a bit of last-minute freshness.

Dinners

GRILLED MACKEREL WITH CIDER SAUCE – SERVES 4 BY ANTON MOSIMANN (GF)



Ingredients:

4 large mackerel fillets, skin on 25g
butter, melted
salt and freshly ground pepper herb
sprigs (basil, chervil and dill)

Cider Sauce:

200ml fish stock (see page 182)
200ml dry cider

100ml double cream

generous pinch of saffron strands

2 tomatoes, skinned, de-seeded and diced 2 tbsp finely
cut chives

Instructions:

To make the sauce, combine 150ml of fish stock and most of the cider (reserve a little for moistening the fish) in a saucepan and boil until reduced by half.

Add the cream and saffron, and boil gently until the mixture reaches a rich sauce consistency. Remove from the heat and keep warm. Preheat the grill to medium-high.

Score the skin of the mackerel fillets at regular intervals with a sharp knife, then season lightly.

Place them skin-side up in a buttered ovenproof dish, and moisten the dish with the reserved cider and fish stock.

Brush the fish skin with melted butter. Grill for about 5 minutes, until the skin is crispy and the fish is opaque. Remove the fish and keep warm.

Reheat the sauce, add the tomato and chives and season to taste.

To serve, spoon the sauce onto four warmed plates and place the fish on top. Garnish with a little bouquet of herbs and serve immediately.

POACHED CHICKEN AND VEGETABLES – SERVES 4 BY ANTON MOSIMANN (GF & DF)



Ingredients:

1 free-range or organic chicken, weighing about 1.5kg
2 litres white chicken stock (see page 183)

2 onions, peeled and each studded with 2 cloves
1 bay leaf

a few white peppercorns, crushed

small bunch of mixed fresh herbs, such as thyme, rosemary and parsley

8 small carrots, peeled

8 celery sticks, about 5cm in length
1 large leek, cut into thick rings

1 small celeriac, peeled and cut into pieces
salt and freshly ground pepper
flat-leaf parsley, chopped

Instructions:

Blanch the whole chicken in salted water. In a large pan, bring the chicken stock to a simmer. Add the chicken with the onions, bay leaf, peppercorns, and bunch of herbs. Simmer, covered, for 15 minutes. Add the vegetables to the stock and simmer for about 15 minutes until just tender. Drain and keep the chicken and vegetables warm. Boil the chicken stock to reduce by half. Season to taste, then strain.

Carve the chicken and arrange on plates with the vegetables. Add some well-seasoned stock and garnish with parsley.

JOSSY'S MOORISH VEGETABLE TAGINE – SERVES 4

BY LEON (GF & DF)



Ingredients:

2 tablespoons olive oil
Juice of 1 lemon
1 tablespoon of tomato purée
2 teaspoons paprika
2 teaspoons ground cinnamon

4 plum tomatoes, skinned and chopped (can use tinned)
2 red peppers, cut into small pieces (grilled and skinned would be nicer, but this is more work)
75g unpeeled almonds
75g pitted prunes, roughly chopped
½ thumb-sized piece of root ginger, peeled and chopped
2-3 cloves of garlic, peeled and chopped
2 medium courgettes, cut into medium-thin rounds 1 x
400g tin of chickpeas, drained
tablespoon honey
A handful of coriander, chopped
Salt and pepper

Instructions:

Heat the olive oil in a casserole and stir in the lemon juice and tomato puree with the paprika and cinnamon, then season with salt and pepper. Add the chopped tomatoes and peppers and cover the dish.

Cook over a very gentle heat, stirring occasionally, for about 20-30 minutes. Stir in the almonds, prunes, ginger and garlic and cook for another 15 minutes.

When the peppers are good and soft, add the courgettes and chickpeas, giving them a good nuzzle in the sauce.

Cover the dish again and cook until courgettes are tender but not too soft – about 10 minutes. Finally stir in the honey and throw on the coriander leaves at the end.

Desserts

MAMA'S BLUEBERRY, PEAR AND APPLE CRUMBLE – SERVES 6 BY OLIVER MCCABE



Ingredients:

300g blueberries

4 apples, cut into chunks 4 pears,
cut into chunks

1 tablespoon freshly squeezed
lemon juice Small pinch of

Himalayan fine rock salt 120g

dark brown sugar

90g brown rice flour

70g unsalted butter, diced

60g oat flakes (or millet flakes for a gluten-free option)

½ teaspoon ground cinnamon

Instructions:

Preheat the oven to 200°C/gas mark 6/400°F.

Combine the fruit, lemon juice and a small pinch of salt in a large bowl, then spoon into a medium- sized baking dish.

Pulse the remaining ingredients in a food processor until they resemble coarse breadcrumbs and cover the fruit with the crumble topping.

Place in the oven and bake for 30 minutes, until the top has browned and the fruit is bubbling. This crumble can be served hot or at room temperature. It goes very well with ice cream, coconut ice cream or smooth almond butter.

ALMOND BUTTER CHOCOLATE MOUSSE – SERVES 3 BY OLIVER MCCABE (GF & DF)



Ingredients:

3 ripe avocados, stoned and peeled
120g cacao powder
160ml maple syrup 120ml water
Pinch of ground cinnamon
1 teaspoon natural vanilla essence
160g crunchy almond butter with no oil

6 fresh Medjool dates, pitted and roughly chopped

½–1 teaspoon vanilla essence

Small pinch of Himalayan fine rock salt

Instructions:

To make the mousse, put everything into a food processor and blend it all up. Add more water if required to create a smooth, velvety, mousse-like texture.

Pour or spoon the mixture evenly into three wide whiskey glasses and put in the fridge for 1 hour before serving.

These will keep in the fridge for up to five days when placed in an airtight container. This mousse is delicious served with some fresh berries.

CHIA OVERNIGHT MOUSSE WITH ALMOND AND COCONUT – SERVES 2, BY OLIVER MCCABE (GF & DF)



Ingredients:

100g ripe banana, peeled and
mashed 470ml coconut drinking milk
2 tablespoons almond butter 1
teaspoon vanilla extract
½ teaspoon ground cinnamon 180g
chia seeds

Instructions:

Blend the banana, coconut milk, almond butter, vanilla extract and cinnamon in a high-speed blender for 5 seconds. Transfer to two glass jars and stir in the chia seeds, dividing the seeds evenly between the two jars.

Seal the jars, put in the fridge and leave overnight. By morning, the pudding will be set as the chia seeds will have soaked up the milk and become jelly-like.

Enjoy with seasonal fruit and/or berries, toasted coconut flakes, ground flaxseeds and a drizzle of honey if you like it sweet. It's handy to have as a healthy go-to snack at work or in the evening. This will keep for three days in the fridge.

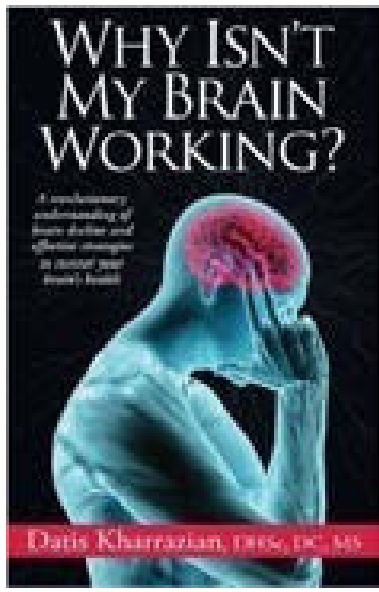
Additional Resources

BOOKS:

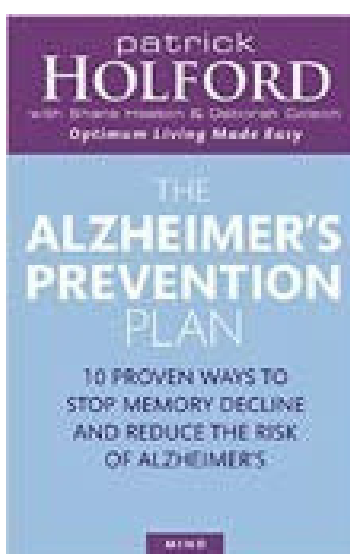
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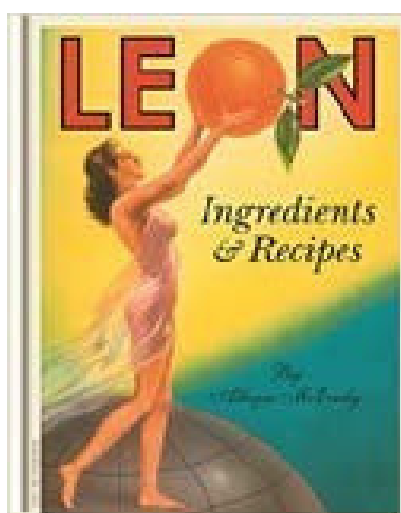
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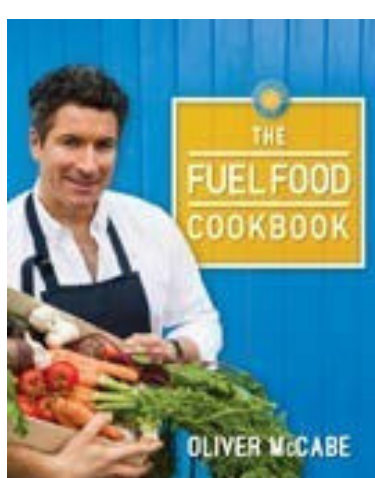
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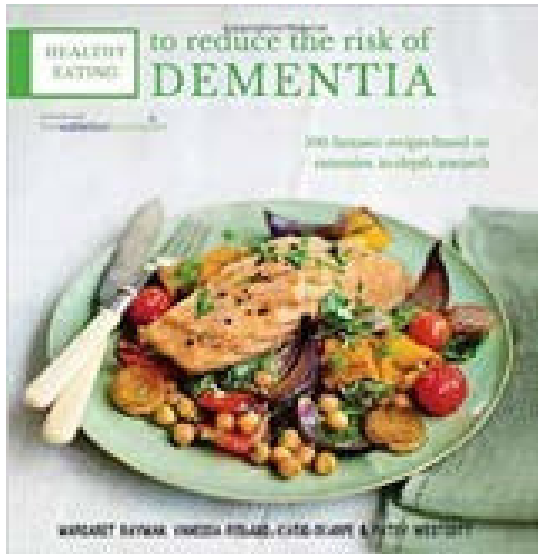
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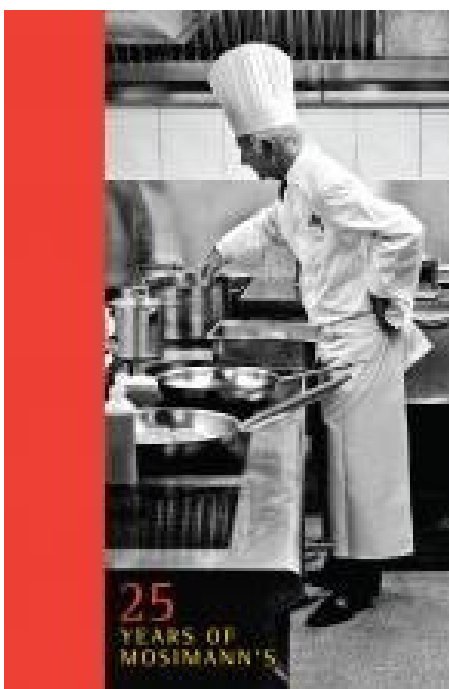
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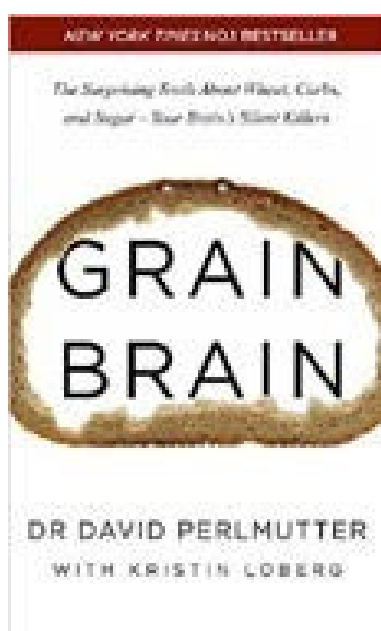
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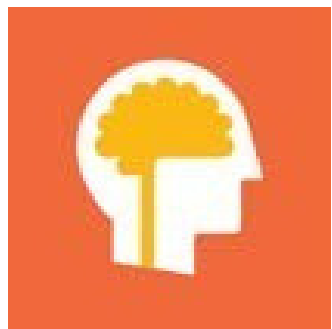


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Brain Exercise Apps:



Luminosity

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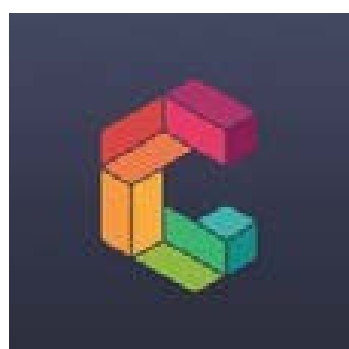
Fitbrains

Fitbrains helps you train crucial brain skills such as memory, concentration, problem-solving, processing speed, language, and visual-spatial recognition



Elevate

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Cognito

The games in Cognito are designed to engage five core functions: memory, focus, speed, adaptability, and reasoning. These fundamental cognitive building blocks are scientifically validated to be enhanced by practice.

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