



Welcome to the 2023 Cha Chi Ming Educational Series on Brain Health

Food for Thought: Meal Planning for Optimal Brain Health

Presented by Kelly Morrow, MS, RDN, FAND

Cooking Demonstration by Chef Jared Batson

August 24, 2023

The UW Osher Center provides Integrative Medicine Consults, Integrative Primary Care, and Acupuncture.

We bring together conventional and complementary practices in a coordinated manner to promote health, illness prevention, and healthy living. We emphasize a holistic, patient-focused approach to health care and wellness – treating the whole person.

For more information:

<https://familymedicine.uw.edu/osher/patients/>



Brain Health & Nutrition

6:00-7:15pm (virtual)

May 18

Mom Your Brain

Dr. Emily Wong presents

Learn how we can engage mindset and purpose to take care of our physical brains

June 22

Healthy Gut, Healthy Brain

Dr. Iman Majd presents

Optimizing gut microbiome for better brain function

Chef Jared Batson leads interactive cooking

July 27

Food for Thought: Meal Planning for Optimal Brain Health

Kelly Morrow, MS, RDN, FAND

Incorporating nutrient-packed foods into balanced, flavorful meals to fuel our brains

August 24

Food or Supplements?

Dr. Debra Bell presents

Do we need to take supplements for better brain function?

Chef Jared Batson leads interactive cooking

September 28

Food and Mood

Dr. Tom Yang presents

How does food affect our mood?

Chef Jared Batson leads interactive cooking

SCAN TO REGISTER



Scan for recording of Mom Your Brain



link: bit.ly/41ENSrH

Kelly Morrow, MS, RDN, FAND

Kelly Morrow, MS, RDN, FAND is a Registered Dietitian Nutritionist and Fellow of the Academy of Nutrition and Dietetics. She has been on the faculty at Bastyr University since 2002 where she has supervised clinical rotations at the Bastyr Center for Natural Health and taught in the Departments of Nutrition and Exercise Science, Naturopathic Medicine, Midwifery and Acupuncture and East Asian Medicine.

Kelly has been in private practice since 2000 and has previously worked at Evergreen Hospital in radiation oncology, the Booth Gardner Parkinson's Center and in Community Health Promotions. Currently, she sees patients at Seattle Integrative Medicine.

As a nutrition educator, Kelly helps people learn about how food affects health. As a nutrition counselor, she helps people with motivation and making sustainable changes while supporting personal preferences, lifestyle, and culture. Kelly uses an integrative, body positive, gender affirming and non-diet approach.

Chef Jared Batson

At the age of fifteen Jared began his journey into the food industry and never looked back. As a chef, he has cooked and traveled across the country and worldwide, working under accomplished chefs in Chicago, California, and at the esteemed Ballymaloe Cookery School in Ireland. He is proud to have been mentored by James Beard & Bocuse d'Or winners alike, and would credit them for his own Jean Banchet Award, won with his business and team in Chicago. From a culinary standpoint both locally and abroad, Jared has fostered his desire to support sustainable agriculture and forward thinking restaurants that are pushing for impact beyond their menu.

More recently, while still living in Chicago, he brought this mindset to the acclaimed Green City Market, where he served as a Board Member and operated his popular wood-fired catering business for over four years. After passing the torch onto a fellow employee, Jared spent time consulting for various Chicago-Land food businesses, in addition to serving as the Executive Chef of Research & Development for a successful Chicago-Based multi-unit national restaurant group.



Food for Thought: Meal Planning for Optimal Brain Health

Kelly Morrow, MS, RDN, FAND

Affiliate Dietitian, Osher Center for Integrative Medicine

UW MEDICINE

Image credit: <https://www.eatingwell.com/category/4274/mediterranean-diet-center/>

Roadmap for Today

- Explore important nutrients and foods that support brain health and cognitive function
- Discuss simple and practical ways to incorporate brain supportive foods into your everyday diet
- Review strategies to improve motivation and make lasting dietary changes for better health



Image Credit: <https://spectrum.ieee.org/we-could-build-an-artificial-brain-right-now>

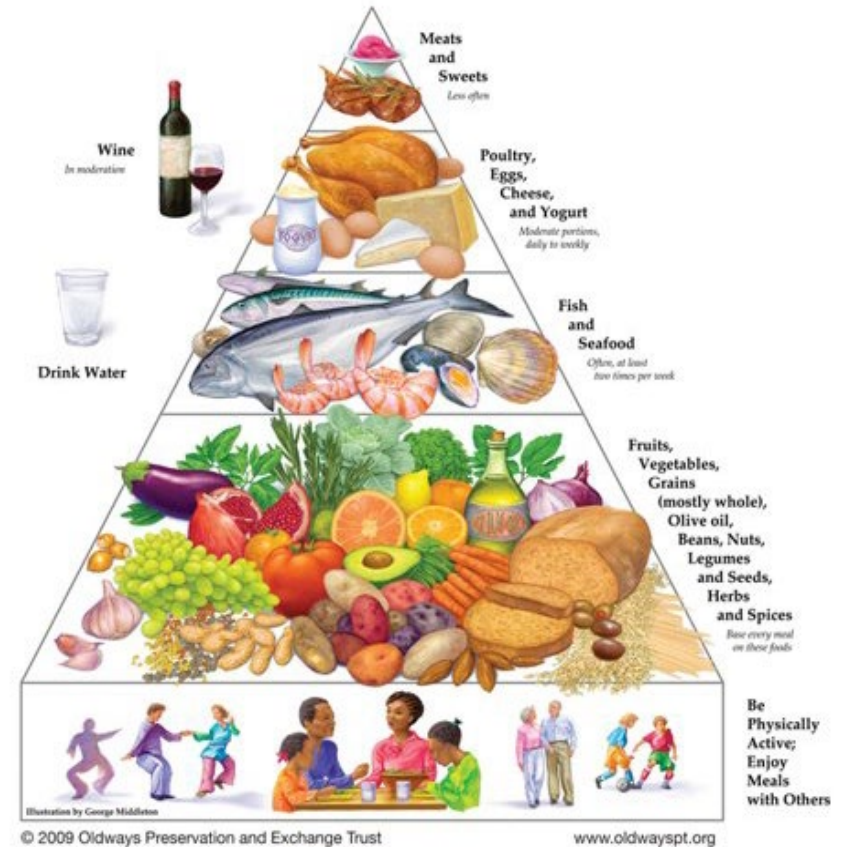
Dietary Pattern that Supports Brain Health

- **Mostly plant based** diet pattern
- **Abundant fruits and vegetables** (at least 5 servings daily)
- **Whole grains** instead of refined grains
- **Low sugar** intake (below 50g/d)
- **Less Saturated Fats** red meat and full fat dairy (butter, cream...)
- **High quality plant fats** (nuts and seeds, olive oil, avocado...)
- **Fish at least 2-3x a week**

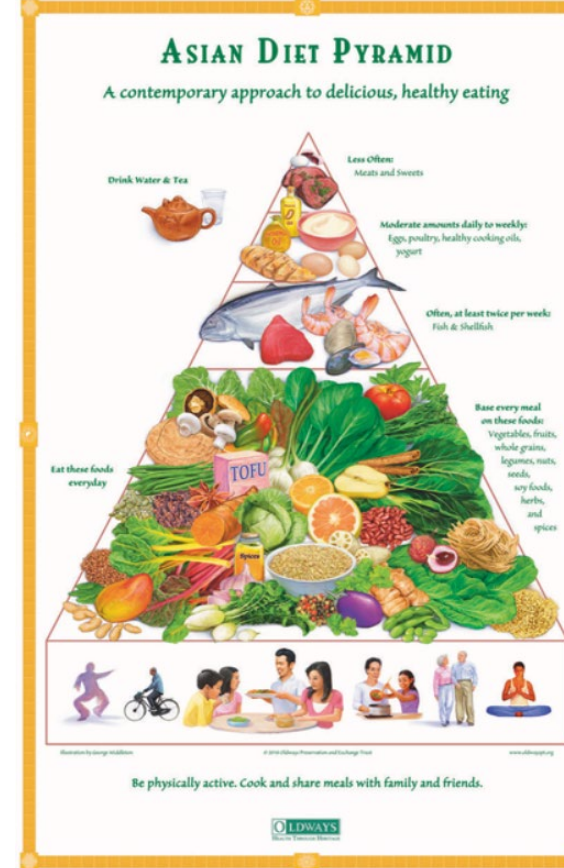
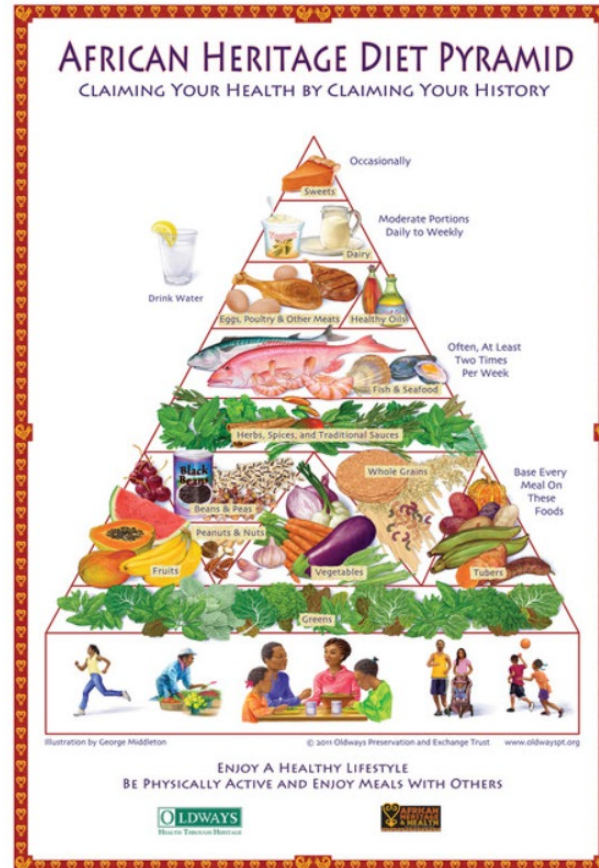
Also.....

- **Physical Activity** (aim for 150 minutes a week)
- Spend **Quality Time with Others**
- **Optimal Sleep** (7-8 hours a night)

Mediterranean Diet Pyramid



Dietary Patterns and Brain Health – Heritage Foods



Old Ways Foundation <https://oldwayspt.org/>

WHAT'S ON THE MIND DIET?

 AT LEAST **THREE SERVINGS** OF WHOLE GRAINS EACH DAY

AT LEAST ONE DARK GREEN SALAD AND ONE OTHER VEGETABLE EACH DAY



BERRIES AT LEAST TWICE A WEEK

 AT LEAST A ONE-OUNCE SERVING OF NUTS EACH DAY 

 **BEANS OR LEGUMES AT LEAST EVERY OTHER DAY**

POULTRY AT LEAST TWICE A WEEK



 **FISH AT LEAST ONCE A WEEK**

NO MORE THAN ONE TABLESPOON A DAY OF BUTTER OR MARGARINE; CHOOSE OLIVE OIL INSTEAD

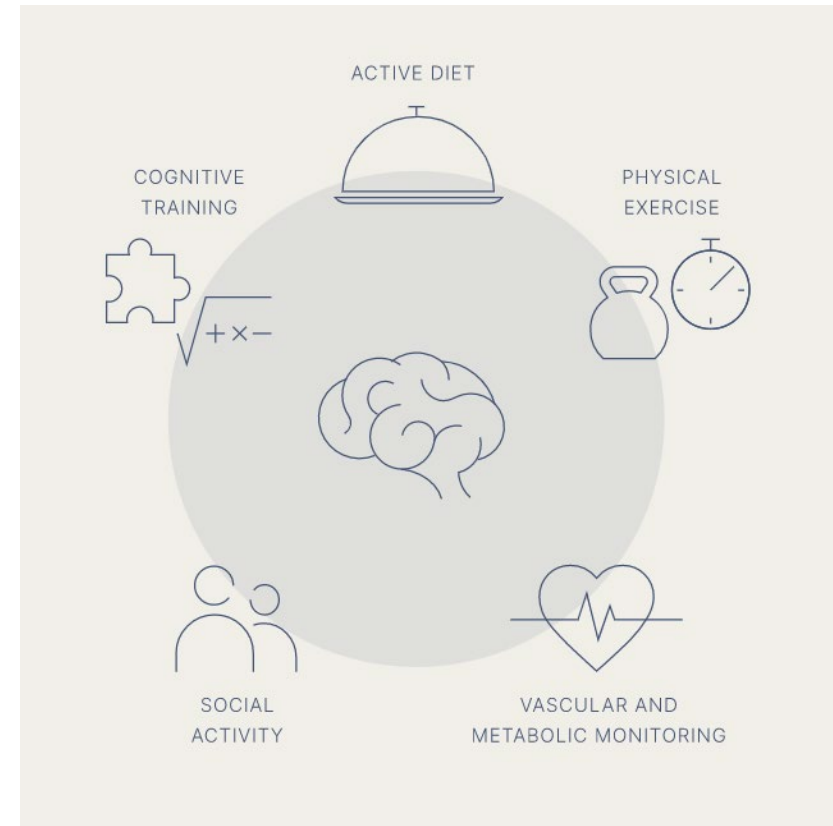


CHEESE, FRIED FOOD AND FAST FOOD NO MORE THAN ONCE A WEEK

PASTRIES AND SWEETS LESS THAN FIVE TIMES A WEEK 

Image credit: <https://www.pacificneuroscienceinstitute.org/blog/education/what-is-the-mind-diet/>

The Finnish Geriatric Intervention Study to Prevent Cognitive Impairment and Disability (FINGER)



<https://wwfingers.com/#about>

Bastyr Healthy Plate

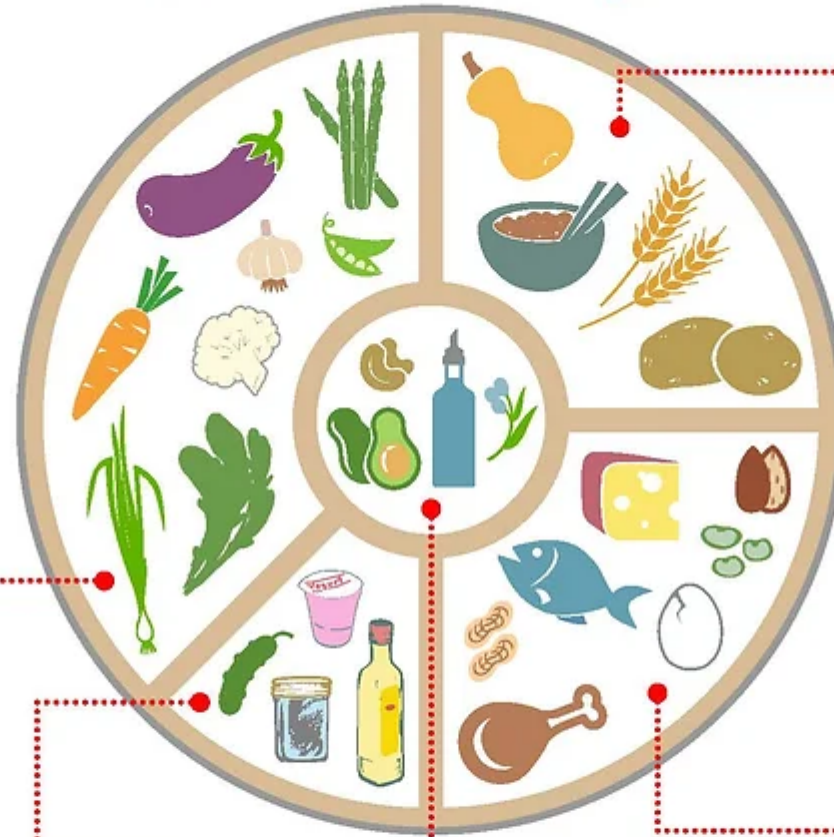
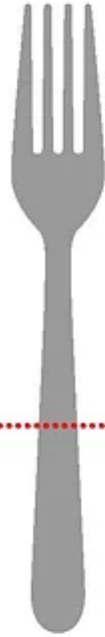


FRUITS

Consume a variety of fruits each day with meals, snacks or as a healthy dessert choice.

VEGETABLES

Fill your plate with a variety of raw and cooked vegetables. Include at least one green vegetable and one other color of vegetable with every meal.



WHOLE GRAINS & STARCHES

Include high-fiber whole grains such as brown rice, quinoa, oats, whole grain breads and pastas or starchy vegetables like sweet potatoes and squash. Limit refined grains: white rice, white breads and pastas.

DIGESTIVES

Fermented foods such as sauerkraut, yogurt, miso, tempeh, kimchi, apple cider vinegar, kombucha, kefir and lacto fermented vegetables can aid in immune function, digestion and support the normal flora of the digestive tract.

HEALTHY FAT

Includes fats from whole foods such as avocado, nuts, seeds and fatty fish. Use cold pressed oils such as olive and sesame for dressings and marinades and olive oil, coconut oil and butter for cooking and baking.

PROTEINS

Include a variety of healthy plant proteins such as legumes, nuts and seeds, and animal proteins like fish, poultry, eggs and dairy. Select organic, free-range or grass-fed animal proteins when possible.

BASTYR CENTER
FOR NATURAL HEALTH

*the teaching clinic
of Bastyr University*

www.BastyrCenter.org



Phytonutrient Spectrum Foods

RED

Foods	Cranberries	Pomegranate	Rhubarb	Benefits	Gastrointestinal health
Apples	Cherries	Potatoes	Rooibos tea	Anti-cancer	Heart health
Beans (<i>adzuki, kidney, red</i>)	Grapefruit (<i>pink</i>)	Radicchio	Tomato	Anti-inflammatory	Hormone health
Beets	Goji berries	Radishes	Watermelon	Cell protection	Liver health
Bell peppers	Grapes	Raspberries			
Blood oranges	Onions	Strawberries			
	Plums	Sweet red peppers			

ORANGE

Foods	Mango	Pumpkin	Tangerines	Benefits	Reduced mortality
Apricots	Nectarine	Squash (<i>acorn, butternut, butternut, winter</i>)	Tumeric root	Anti-cancer	Reproductive health
Bell peppers	Orange	Sweet potato	Yams	Anti-bacterial	Skin health
Cantaloupe	Papaya			Immune health	Source of vitamin A
Carrots	Persimmons			Cell protection	

YELLOW

Foods	Bell peppers	Lemon	Starfruit	Benefits	Eye health
Apple	Corn	Millet	Succotash	Anti-cancer	Heart health
Asian pears	Corn-on-the-cob	Pineapple	Summer squash	Anti-inflammatory	Skin health
Banana	Ginger root			Cell protection	Vascular health
				Cognition	

GREEN

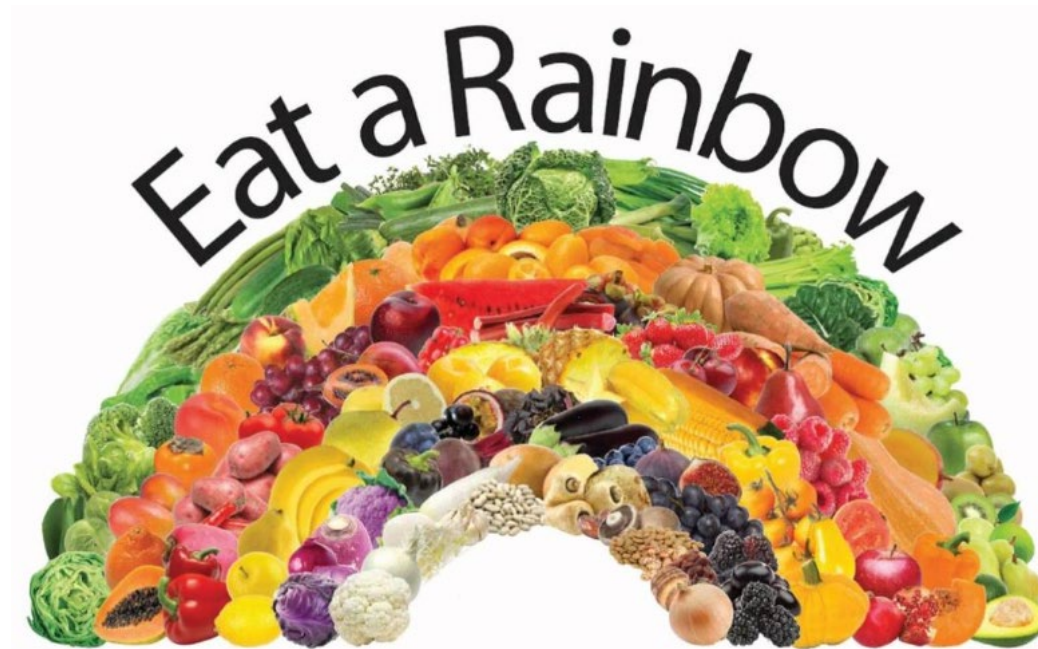
Foods	Bok choy	Green peas	Okra	Benefits	Skin health
Apples	Broccoli	Green tea	Olives	Anti-cancer	Hormone balance
Artichoke	Broccolini	Greens (<i>arugula, beet, chard/swiss chard, collard, dandelion, kale, lettuce, mustard, spinach, turnip</i>)	Pears	Anti-inflammatory	Heart health
Asparagus	Brussels sprouts	Limes	Snow peas	Brain health	Liver health
Avocado	Cabbage		Watercress	Cell protection	
Bamboo sprouts	Celery		Zucchini		
Bean sprouts	Cucumbers				
Bell peppers	Edamame/Soy beans				
Bitter melon	Green beans				

BLUE/PURPLE/BLACK

Foods	Cabbage	Grapes	Prunes	Benefits	Cognitive health
Bell peppers	Carrots	Kale	Raisins	Anti-cancer	Heart health
Berries (<i>blue, black, boysenberries, huckleberries, marionberries</i>)	Cauliflower	Olives	Rice (<i>black or purple</i>)	Anti-inflammatory	Liver health
	Eggplant	Plums		Cell protection	
	Figs	Potatoes			

WHITE/TAN/BROWN

Foods	Dates	Mushrooms	Shallots	Benefits	Heart health
Apples	Garlic	Nuts (<i>almonds, cashews, pecans, walnuts</i>)	Soy	Anti-cancer	Hormone health
Applesauce	Ginger	Onions	Tahini	Anti-microbial	Liver health
Bean dips	Jicama	Pears	Tea (<i>black, white</i>)	Cell protection	
Cauliflower	Legumes (<i>chickpeas, dried beans or peas, hummus, lentils, peanuts, refried beans/low-fat</i>)	Sauerkraut	Whole grains (<i>barley, brown, rice, oat, quinoa, rye, spelt, wheat</i>)	Gastrointestinal health	
Cocoa		Seeds (<i>flax, hemp, pumpkin, sesame, sunflower</i>)			
Coconut					
Coffee					



Eat a Rainbow

How many colours can you eat today?

<https://www.gardeningaustin.com/blog/eating-a-rainbow>

Food is....

Fuel

Nourishment

Supportive

Regenerative

Connection

Comfort

Medicine





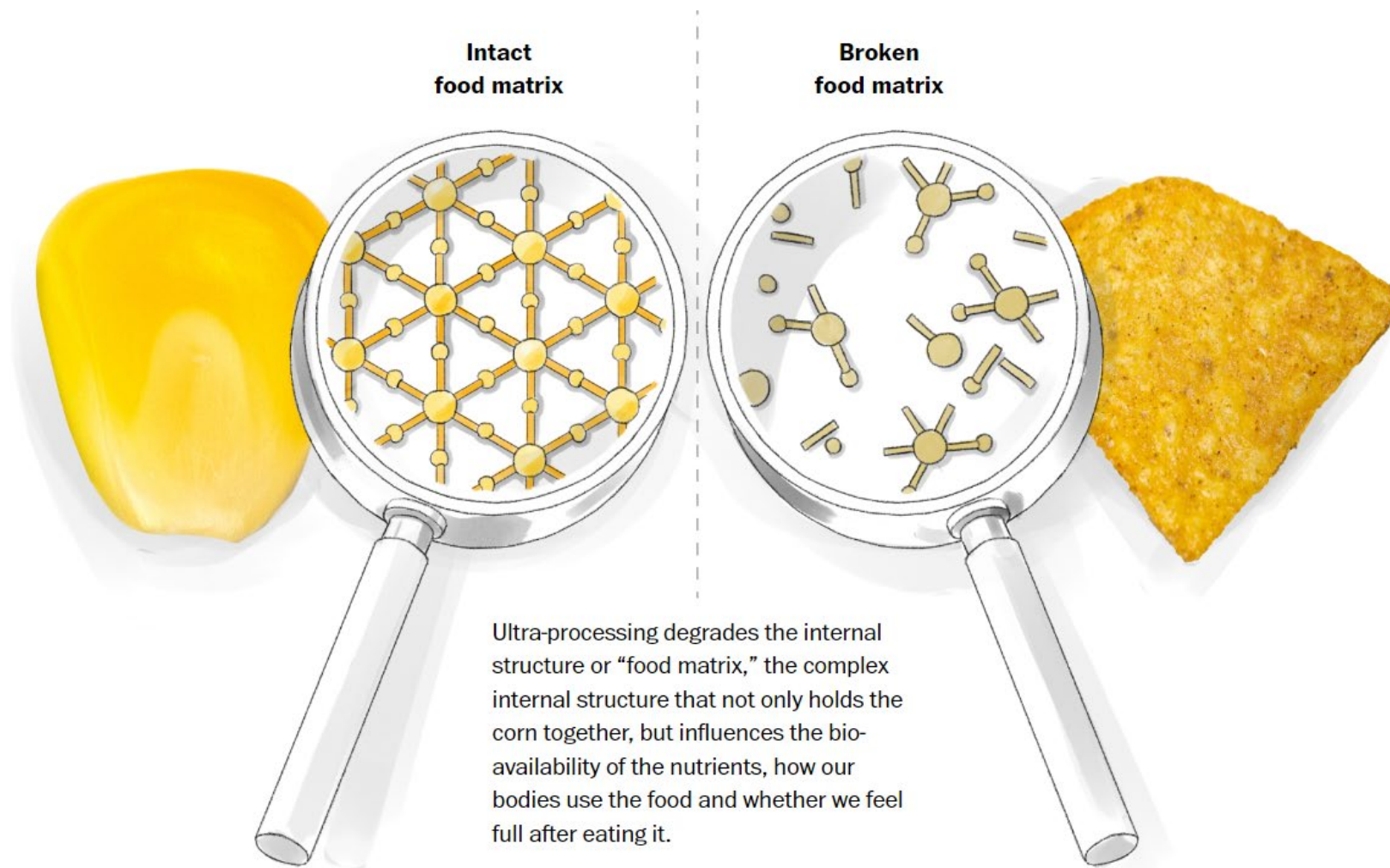
<https://www.freepik.com/free-photos-vectors/personal-computer>

Food is also Information

Your Body is a Sophisticated Computer

What software/programs are you running?

Are you taking in garbled information?



**Intact
food matrix**

**Broken
food matrix**

Ultra-processing degrades the internal structure or "food matrix," the complex internal structure that not only holds the corn together, but influences the bio-availability of the nutrients, how our bodies use the food and whether we feel full after eating it.

[Why many ultra-processed foods are so unhealthy - The Washington Post](#)

Defining Processed Foods

Minimally processed

Highly processed

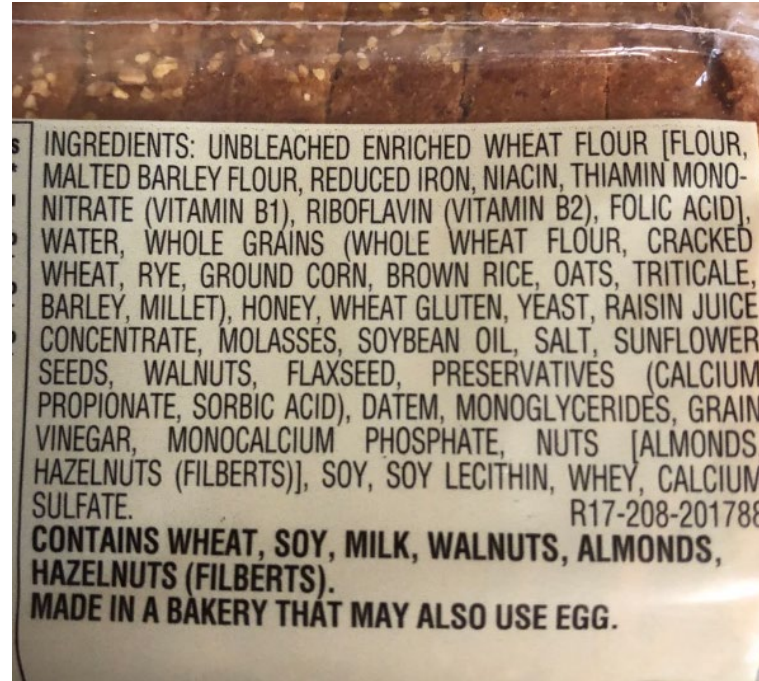
Ultra processed

Nutrition Facts			
About 4.5 servings per container			
Serving size		2 oz (56g)	
Amount Per Serving	per 2oz (56g)	per 3.5oz (100g)	
Calories	180	330	
	% Daily Value*	% Daily Value*	
Total Fat	1.5g	2%	2.5g 3%
Saturated Fat	0g	0%	0.5g 3%
Trans Fat	0g		0g
Cholesterol	0mg	0%	0mg 0%
Sodium	0mg	0%	0mg 0%
Total Carbohydrate	34g	12%	61g 22%
Dietary Fiber	6g	21%	11g 39%
Soluble Fiber	3g		6g
Insoluble Fiber	3g		5g
Total Sugars	1g		2g
Protein	13g	14%	23g 25%
Vitamin D	0mcg	0%	0mcg 0%
Calcium	17mg	2%	31mg 2%
Iron	3mg	15%	6mg 35%
Potassium	518mg	10%	925mg 20%

Not a significant source of added sugars.

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS:
RED LENTIL FLOUR.



Nutrition Facts			
Serving Size 1 Package (61.5g)			
Servings Per Container 36			
Amount Per Serving			
Calories 250	Calories from fat 25		
	% Daily Value*		
Total Fat 2.5g			4%
Saturated Fat 2.5g			13%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 20mg			1%
Total Carbohydrate 56g			19%
Dietary Fiber 0g			0%
Sugars 45g			
Protein 0g			
Vitamin A 0%		Vitamin C 0%	
Calcium 0%		Iron 0%	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:	2,000	2,000
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Total Fat	Less than 65g	80g
Sat. Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

MADE OF: SUGAR, CORN SYRUP, HYDROGENATED PALM KERNEL OIL; LESS THAN 2% OF: CITRIC ACID, TAPIOCA DEXTRIN, MODIFIED CORN STARCH, NATURAL AND ARTIFICIAL FLAVORS, COLORS (TITANIUM DIOXIDE, RED 40 LAKE, RED 40, YELLOW 5 LAKE, BLUE 1 LAKE, YELLOW 5, BLUE 1, YELLOW 6, BLUE 2 LAKE), SODIUM CITRATE, CARNAUBA WAX. Gluten-Free, Gelatin-Free

PRODUCED WITH GENETIC ENGINEERING

Minimally Processed Foods

Can you identify each ingredient as a food?

Does this food have all of its original parts or has anything been removed?

Does each ingredient have an identity (tied to region, season, culture)?

Does it have the capacity to spoil / break down?

Would your ancestors recognize it as food?



Amount per serving	
Calories	110
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 4g	14%
Total Sugars 20g	
Includes 0g Added Sugars	0%
Protein less than 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	0%
Potassium 210mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: APPLES AND CINNAMON.
Manufactured for Bare Foods Co., Purchase, New York 10577
© Bare Foods Co.

CAUTION: Due to the natural way our fruit is baked, this bag may contain occasional seed, stem or core fragments.

NON-GMO Project VERIFIED
nongmoproject.org

U



What to look for on the label

- Quality of carbohydrates
 - 100% whole grain? Fiber?
 - How much sugar? 4g = 1 teaspoon
- Quality of Fats
 - Use olive oil or avocado oil?
 - Or cold pressed minimally processed oils
 - Nuts or seeds
- Added ingredients
 - Does it look like a science project?
 - Can you pronounce everything?
 - How much salt?



A serving size tells you how much of a food or a liquid is in 1 serving.

Nutrition Facts	
Serving Size ½ cup (130g)	
Serving Per Can 3½	
Amount Per Serving	
Calories 140	Calories from Fat 0
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g 0%	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 510g	21%
Total Carbohydrates 28g	9%
Dietary Fiber 6g	24%
Sugars 11g	
Protein 6g	
Vitamin A 2%	Vitamin C 0%
Calcium 6%	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

This number tells you how many grams (g) of fiber are in 1 serving.

Ingredients

Organic Whole Kernel Rye, Water, Organic Whole Rye Flour, Organic Sunflower Seed, Sea Salt, Yeast

Nutrients and Food Components for a Healthy Brain

Nutrient	What it does	Food Sources
Omega 3	Reduce inflammation, makes cells more responsive to hormone signals and neurotransmitters, support learning, memory and mood	Fish and seafood, flax, chia and hemp seeds, walnuts, green leafy vegetables
B Vitamins	Cofactor for making ATP (energy for cells), neurotransmitters, cell regeneration	Whole grains, nuts and seeds, beans); legumes (beans), leafy greens, meats and poultry, eggs, seafood, yogurt, nutritional yeast, wheat germ
Choline	Component of cell membranes and neurotransmitters, supports memory, mood and brain cell production	Egg yolk, soybeans, fish, poultry, wheat germ, beans (legumes), whole grains
Magnesium	Cofactor for neurotransmitter and energy production, lowers dementia and stroke risk	Leafy greens, nuts and seeds, beans (legumes), whole grains
Polyphenols	Reduce inflammation, protect cells from degeneration, microbiome support (healthy gut supports healthy brain)	Berries, pomegranate, dark chocolate, green and black tea, turmeric, red wine, coffee, onions, garlic, herbs and spices, many fruits and vegetables
High Fiber Carbohydrates	Nourishes the microbiome, stabilizes blood sugar, fuel for the brain, B Vitamins and Magnesium	Whole grains, root vegetables, beans (legumes), nuts and seeds, fruits and vegetables

Meal Planning

“It takes as much energy to wish as it does to plan”

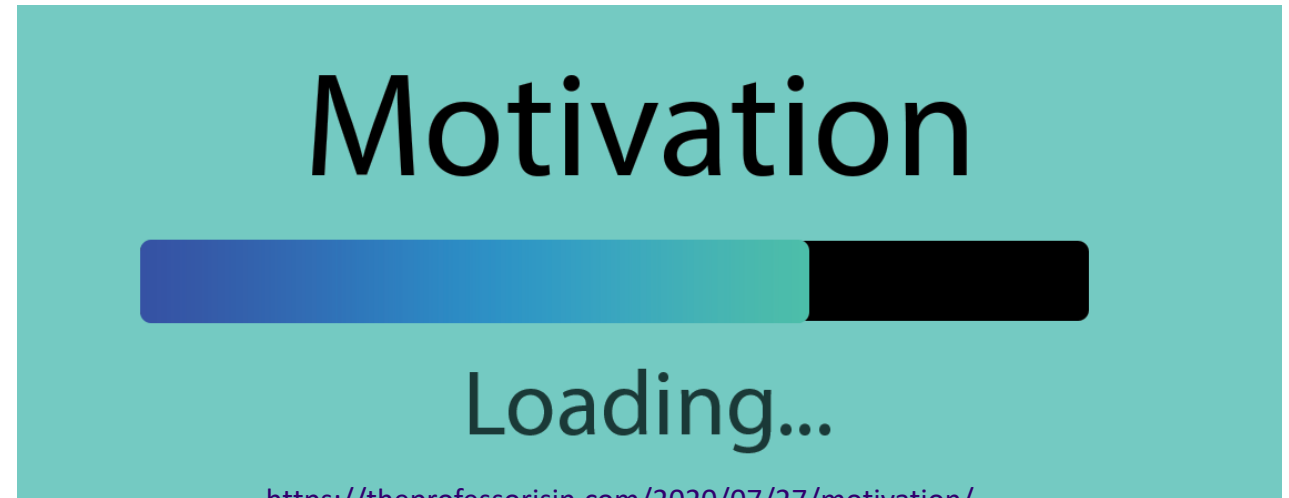
Attributed to Eleanor Roosevelt



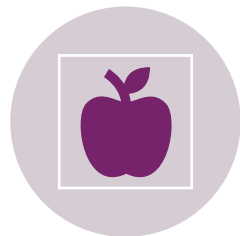
Image credit: <https://www.chieflearningofficer.com>

Finding your Motivation

- What really matters to you?
 - What are the benefits?
 - What are the barriers?
-
- Usually, motivation grows when you take action



Making the Case for Cooking



RECOGNIZING THE HEALTH
VALUE OF MAKING YOUR
OWN FRESH FOOD



IMPROVING YOUR SKILLS



USING SUPPORTIVE
EQUIPMENT/ TOOLS



SHIFTING YOUR MINDSET



KEEP IT SIMPLE

Equipment than makes cooking easier

- Crock pot or instapot
- Air frier
- Panini press
- Blender
- Vegetable chopper
- Salad spinner
- A good knife



Meal planning strategies and tips

- Find a planning tool – online, notebook...
- Schedule a time every week to meal plan
 - Start small if it feels like a lot
 - 2 breakfasts
 - Leftovers for lunch + 2 others as back up
 - 2-3 dinners
- Plan for leftovers – use in another meal
 - Use the sweet potatoes from dinner and eat with eggs for breakfast or in a salad at lunch the next day
- Keep staples on hand - grains, beans, frozen foods, condiments
 - Pick a couple each week to base your meals from
- Keep a running list of what you run out of (for example: erasable whiteboard)

weekly meal planner

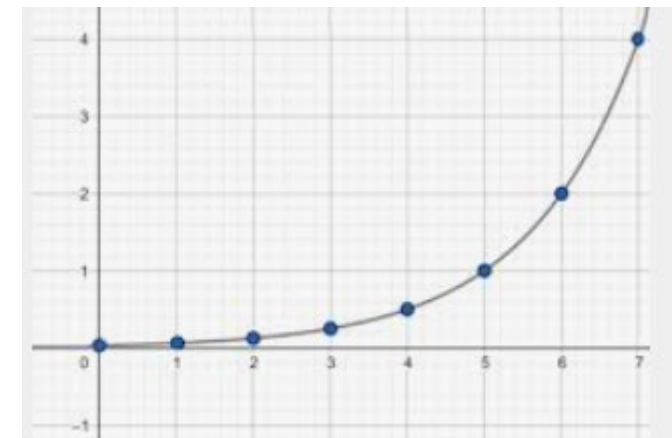
FOR THE WEEK OF: _____

MONDAY	SHOPPING LIST
B	
L	
D	
TUESDAY	
B	
L	
D	
WEDNESDAY	
B	
L	
D	
THURSDAY	
B	
L	
D	
FRIDAY	
B	
L	
D	
SATURDAY	
B	
L	
D	
SUNDAY	
B	
L	
D	



Make a Goal and a Plan

- What will be your goal for the week?
 - Plan a meal?
 - Cook something from scratch?
 - Try a new recipe using MIND / MEDI ingredients?
- Take it step by step – multiple small changes add up over time



Inspiration for Cooking

- **Mediterranean Diet Recipes:**

- Old Ways Foundation (website)
- Eating Well Magazine Mediterranean Diet Center (website)

- **Mind Diet Recipes:**

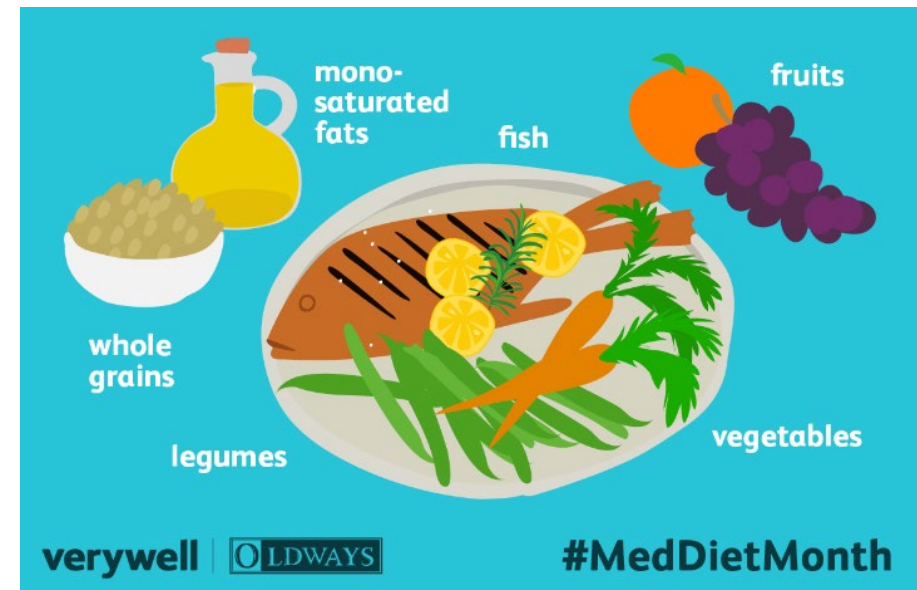
- Mind Diet Recipes by Julie Andrews MS, RDN (book)
- Mind Diet for Beginners by Kelli McGrane, MS, RDN (book)
- Diet for the Mind by Dr. Martha Clare Morris (book)
- The MIND Diet: A Scientific Approach to Enhancing Brain Function by Maggie Moon, MS, RDN (book)

- **Whole Grain Recipes:**

- Whole Grains Council (website)

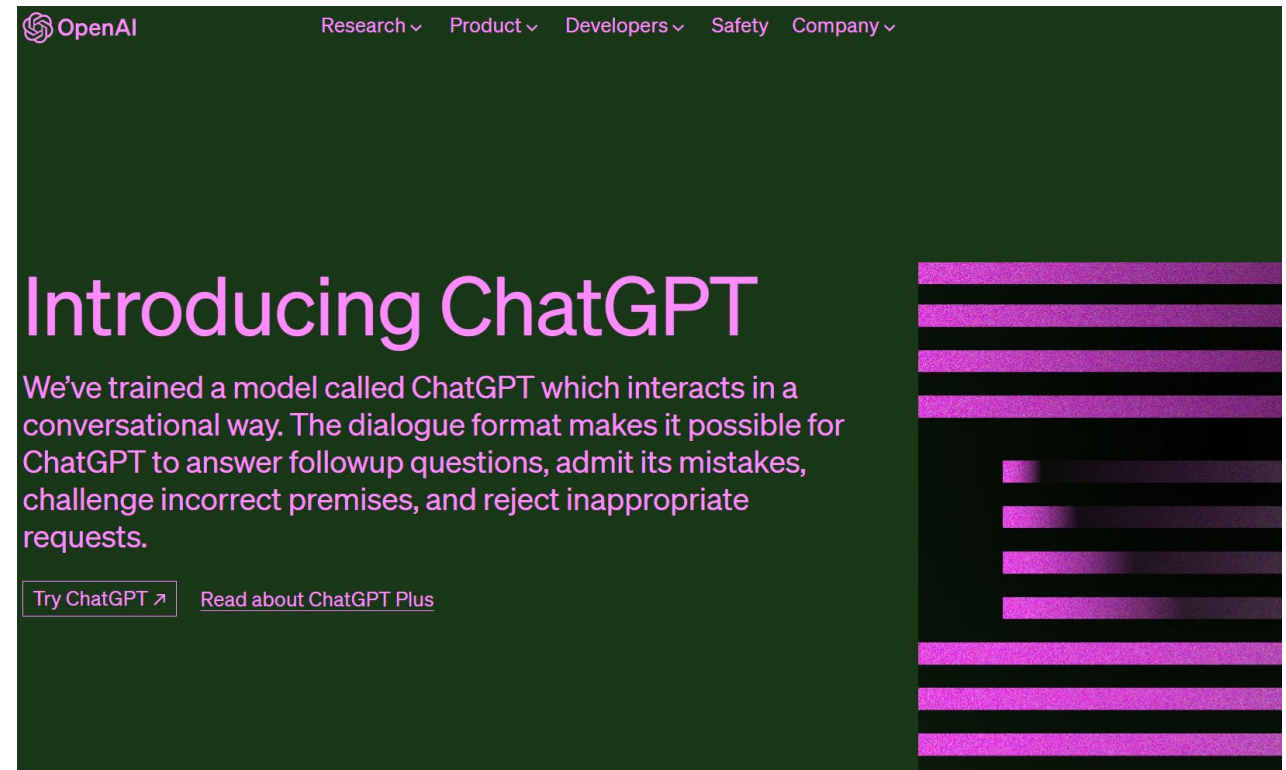
- **Bean Recipes:**

- The Bean Institute (website)



Chat GPT – Artificial Intelligence online tool can help with meal ideas, recipes and shopping lists

- <https://openai.com/blog/chatgpt>
- Ask it how to ask it:
 - What would you need to know to make a meal plan for me?
- Potential prompts:
 - Can you give me 3 dinners using MIND diet principles that can be made in 20 minutes or less
 - Provide recipes and a shopping list for these meals....
 - Provide a recipe for how to use these three ingredients (enter ingredients) based on a Mediterranean diet
 - Create a shopping list for the recipes you just gave me



Turmeric — Anti-Inflammatory, Neuroprotective

- Turmeric Tea
- Golden Milk
- Curry
- Add to foods: eggs, rice, sauteed vegetables, smoothies, soups...



Image credit: <https://www.indiamart.com/proddetail/turmeric-curcuma-longa-8663125997.html>

Berries — fiber, polyphenols, omega 3's, prebiotics

Berry Jam

- 3 cups fresh or 2 cups frozen berries
- 2 Tablespoons chia seeds
- 1-2 Tablespoons maple syrup (optional)
- 2 Tablespoons lemon zest (optional)

- Combine ingredients in a pot and simmer over medium heat until bubbly – use a fork to mash some of the berries
- Remove from heat and store in a jar for up to 1 week



- Use in place of jam
- Stir into oatmeal or yogurt
- Top whole grain pancakes, toast or waffles
- Add to smoothies

Choline – memory, mood,
brain cell production, neurotransmitters

Turmeric Deviled Eggs

6 eggs

¼ cup olive oil mayo

1 tsp ground mustard seed

2 Tablespoons lemon juice

¾ teaspoon turmeric powder

1/8 teaspoon salt

Ground pepper to taste

Garnish with paprika and dill



1. Boil eggs until hard cooked (5-7 minutes) – let cool
2. Peel eggs and cut in half lengthwise
3. Scoop out the yolks and place in a medium mixing bowl
4. Add remaining ingredients (except for garnish) and mix well with a fork
5. Scoop a portion of the yolk mixture back into each egg, dividing equally
6. Garnish with paprika and dill

Recipe credit (based on): <https://thenaturalnurturer.com/turmeric-deviled-eggs/#recipe>

Eat More Nuts and Seeds

Add to.....

- Salads, stir fry, curry, grains and cooked vegetables to add more protein and crunch
- Cereal and oats (overnight oats)
- Smoothies

- Have a mix of nuts, seeds, dried fruit and dark chocolate
- Make a veggie, fruit and nut plate for a snack



Eat More Beans - can you eat ½ - 1 cup a day or at least several times a week?

Hummus / Hommus

Bean Dip

Bean soup

Roasted chickpeas with spices

Edamame (green soybeans)

Add beans and lentils to your salads, vegetable and pasta dishes

Have eggs with black beans and salsa

Have as a side dish



<https://beaninstitute.com/>

Roasted Curry Cauliflower with Chickpeas — fiber, B vitamins, magnesium, neuro protective

- Preheat oven to 350 – 400 degrees
- Wash and chop 1 head cauliflower (or buy prewashed and chopped)
- Drain a can of garbanzo beans
- Place cauliflower and beans in a large mixing bowl
- Add 1-2 Tablespoons olive oil and 1-2 Tablespoons curry powder and salt to taste and toss to coat
- Spread onto a baking sheet and bake for 30 – 35 minutes
- Squeeze the juice of one lemon over the top and sprinkle feta cheese and pine nuts (optional)
- Add chopped arugula or fresh herbs (dill, parsley, tarragon, chives) to the top (optional)



Image credit: <https://www.onegreenplanet.org/vegan-recipe/turmeric-roasted-cauliflower-with-chickpeas/>

Saffron — Neuroprotective, Anti-depressant, Anti-anxiety

- Saffron tea
- Saffron rice
- Add to soups and stews
- Add a pinch – it goes a long way

Traditionally it is ground into a powder

Saffron Tea

~10 threads of Saffron
1 cup hot water
1 teaspoon honey (optional)

Let steep covered for 10 minutes



Saffron Crocus:
<https://safaroma.com>

Resources for Further Reading:

- Harvard Review: MIND Diet: <https://www.hsph.harvard.edu/nutritionsource/healthy-weight/diet-reviews/mind-diet/>
- FINGERS research: <https://wwfingers.com/>
- Mediterranean Diet: Old Ways Foundation <https://oldwayspt.org/health-studies>
- B Vitamins and the Brain: Kennedy DO. B Vitamins and the Brain: Mechanisms, Dose and Efficacy--A Review. *Nutrients*. 2016 Jan 27;8(2):68. doi: 10.3390/nu8020068. PMID: 26828517; PMCID: PMC4772032.
- Blue Zones (Book) by Dan Buettner <https://www.bluezones.com/>

QUESTIONS?

