

Food and Fitness

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MIND Diet for Dementia— Alzheimer's Disease



Can certain foods or diets really prevent or delay dementia that is caused by Alzheimer's disease? Research is consistently exploring how certain diets and foods impact the body. Evidence

suggests that the foods we eat are affecting the aging brain's ability to think and remember.

According to the National Institute on Aging, dementia is the progressive loss of cognitive functions—including thinking, reasoning, and memory—to an extent that it interferes with a person's daily life. This broad term, which includes conditions like Alzheimer's disease, can significantly affect food consumption. Individuals with dementia may forget to eat, become distracted during meals, or even lose the ability to use utensils. This raises a critical question: could specific diets help slow the progression of memory loss?

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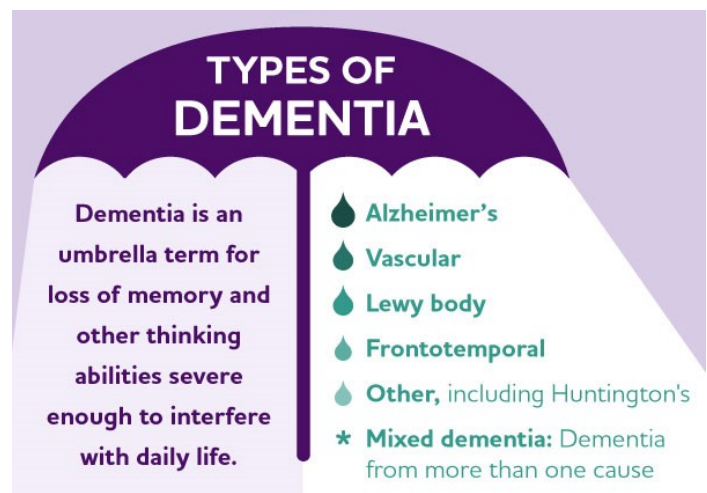
MIND Diet for Dementia—Alzheimer's Disease

One popular diet that researchers are exploring is called the MIND diet. The MIND diet is short for a Mediterranean-DASH (Dietary Approach to Stop Hypertension) Intervention Neurogenerative Delay. It takes two healthy eating plans and combines them together into one. Research is suggesting that the MIND diet may help protect the brain and lower the risk of memory loss in people as they age.

The MIND diet's main focus is to promote foods that are good for the brain, including dark leafy green vegetables, berries, whole grains, nuts, olive oil, fish and beans. These foods are packed with vitamins, minerals, healthy fats and antioxidants that help reduce inflammation and protect brain cells from damage.

The MIND diet emphasizes reducing certain foods as well. It is recommended to eat less butter, red meats, fried foods, sweets, and cheese, as they can raise cholesterol and increase inflammation. This is important because inflammation can harm brain health over time. The diet's focus is to increase the foods that boost brain health while reducing those that may contribute to cognitive decline.

While there is no cure for dementia or Alzheimer's disease, the MIND diet offers hope by potentially slowing their progression. While more research is needed, this evidence is a reminder that the daily food choices we make can possibly change our minds.



MIND diet recommendation

Limit foods

Cheese
 <1 serving/week
Unhealthy fats
 <1 spoon
Red meat and processed meat
 ≤2 servings/week

Fried food
 <1 serving/week
Dessert/added sugar
 <5 servings/week

- Reduce the risk of dementia
- Improve cognitive function



Important foods

Berries
 ≥2 servings/week
Nuts
 ≥5 servings/week
Fish
 ≥1 serving/week

Beans
 ≥3 servings/week
Poultry
 ≥2 servings/week



Core foods

Wholemeal cereals and breads, potatoes, pasta, and rice
 ≥3 servings/day
Green leafy vegetables
 ≥6 servings/week
Other vegetables (non-starchy)
 ≥2 servings/day
Olive oil
 daily cooking oil



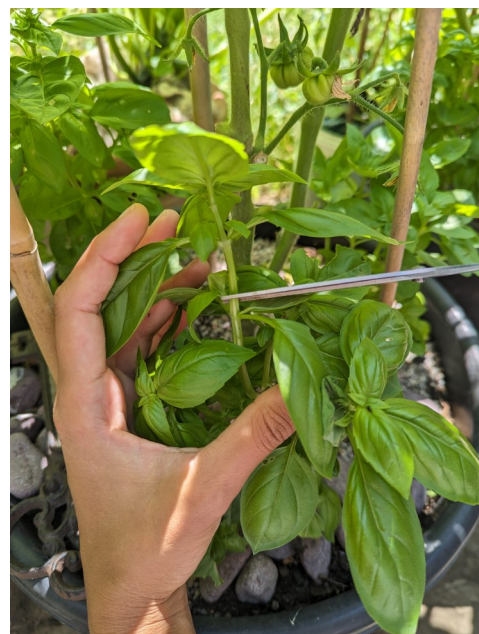
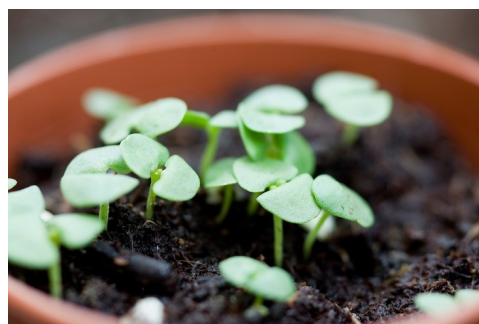
Herbs and Spices—Basil

Basil is a very popular herb around the world. With its fresh, sweet smell and vibrant green leaves, it has become a staple in most homes. Basil is often used in cooking to add flavor to dishes like pasta, pizza and salads.

There are many types of basil, but the most common is sweet basil. Sweet basil is what is used in many Italian dishes. Other types of basil do exist. One type is called Thai basil, which has a slightly spicy taste. Another is called lemon basil; the name speaks for itself because it has a light citrus flavor. Each type of basil has its own unique taste and smell.

Beyond adding some freshness and flavor to dishes, basil offers several health benefits. It contains vitamins A, K and C, as well as antioxidants. These compounds help protect the body by reducing inflammation and supporting a healthy immune system.

Basil has been used by people for thousands of years. It is one of the most popular herbs and continues to be used in kitchens all over the world.



PAIRINGS

WHAT GOES WELL
WITH BASIL

Fruit & Vegetables

Apricot, Asparagus,
Blueberry, Broccoli,
Brussel Sprouts,
Cauliflower, Celeriac,
Coconut, Corn, Cucumber,
Grapefruit, Green bean,
Kiwi, Lemon, Mushroom,
Orange, Radish, Rocket,
Sugar snap peas, Tomato,
Zucchini, Watermelon

Herbs & Spices

Chervil, Chives, Cumin, Mint,
Pine Nuts, Pistachio, Walnuts

Protein, Dairy & Others

Beef, Chickpea, Fish, Squid,
Mozzarella, Parmesan Cheese,

THE SIDESMITH



Recipe—Sue's Spicy Tomato Basil Tortellini

Ingredients

- 1 package (19 ounces) frozen cheese tortellini
- 2 tablespoons olive oil, divided
- 1 pound boneless skinless chicken breasts, cut into 1-inch cubes
- 2 teaspoons Italian seasoning, divided
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 large onion, chopped
- 1 habanero pepper, seeded and finely chopped
- 3 garlic cloves, minced
- 1 can (14-1/2 ounces) fire-roasted diced tomatoes, drained
- 2 cups heavy whipping cream
- 1/2 cup shredded Italian cheese blend
- 1/3 cup chopped fresh basil



Recipe Received From: <https://www.tasteofhome.com/recipes/sue-s-spicy-tomato-basil-tortellini/#RecipeCard>

Instructions

1. Cook pasta according to package directions; drain.
2. Meanwhile, heat 1 Tbsp. oil in a Dutch oven over medium-high heat. Add chicken, 1 tsp. Italian seasoning, salt and pepper; sauté until meat is no longer pink, about 5 minutes. Remove from pan.
3. In the same pan, add onion, habanero pepper, garlic and the remaining 1 teaspoon Italian seasoning and 1 tablespoon oil; reduce heat to medium. Cook and stir until onion is tender, about 5 minutes. Add tomatoes; cook and stir until slightly thickened, about 2 minutes. Stir in cream; bring to a boil. Add tortellini, chicken and cheese; heat through. Top with basil to serve.

Brain Exercise

Don't just exercise your body — work out your brain!

THANKSGIVING Cryptograms



DIRECTIONS: Can you solve these Thanksgiving ciphers? Each of the three different cryptograms has a different solution key.

1. UR XMFG UZCJWD MJ DRQMUABG MD GJRAXZ. UZCJWDXMFMJX
ZCD HMJXD CJB XRGD HZGNG MU TADU XR. IRAN ENCIGN WJRHD
TAYZ TRNG CKRAU MU UZCJ IRA BR.

~FMYURN ZAXR

2. OJHDZNSUAUDS PUDDCXN OHZC CUSJOCCD JVWXN OV
YXCYHXC. OJCT HXC FVDNWLCP UD ORCMAC LUDWOCN. JHMI-
OULCN OHZC ORCMAC LUDWOCN. OJUN UN DVO FVUDFUPCDFC.

~CXLH KVLKCFZ

3. JTO GRXK PGB CTOPUPZ BUNK UNE AUZKN, JTO OGEN RPF
EKGANGO TJ NKG PUZKN, JTO KGRANK RPF JTTF, JTO ATDG
RPF JOUGPFE, JTO GDGOLNKUPZ NKL ZTTFPGEE EGPFE.

~ORAQK BRAFT GCGOETP



November 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 <i>World Vegan Day</i>
2 <i>Deviled Egg Day</i>	3 <i>Sandwich Day</i>	4 <i>Check Your Blood Pressure Day</i>	5 <i>Guy Fawkes Day</i>	6 <i>National Nacho Day</i>	7 <i>Bittersweet Chocolate with Almonds Day</i>	8 <i>Cook Something Bold Day</i>
9 <i>World Freedom Day</i>	10 <i>Forget-Me- Not-Day</i>	11 <i>Veteran's Day</i>	12 <i>National French Dip Day</i>	13 <i>Caregiver Apprecia- tion Day</i>	14 <i>World Diabetes Day</i>	15 <i>Clean Your Refrigera- tor Day</i>
16 <i>National Fast Food Day</i>	17 <i>Homemade Bread Day</i>	18 <i>Apple Cider Day</i>	19 <i>Play Monopoly Day</i>	20 <i>Beautiful Day</i>	21 <i>World Hello Day</i>	22 <i>Adoption Day</i>
23 <i>Eat a Cranberry Day</i>	24 <i>Evolution Day</i>	25 <i>National Parfait Day</i>	26 <i>Interna- tional Cake Day</i>	27 <i>Thanksgiv- ing Day</i>	28 <i>French Toast Day</i>	29 <i>Small Business Saturday</i>
30 <i>National Mason Jar Day</i>						

MONTHLY OBSERVATIONS

- *International Drum Month*
- *Adoption Awareness Month*
- *Caregivers Appreciation Month*
- *Diabetes Awareness Month*
- *Epilepsy Month*
- *Model Railroad Month*
- *Novel Writing Month*
- *Native American Heritage Month*
- *Peanut Butter Lovers Month*
- *Real Jewelry Month*
- *Sleep Comfort Month*
- *World Vegan Month*



THANKSGIVING Cryptograms

SOLUTION

1. TO GIVE THANKS IN SOLITUDE IS ENOUGH. THANKSGIVING
1. UR XMFG UZCJWD MJ DRQMUABG MD GJRAXZ. UZCJWDXMFMJX
HAS WINGS AND GOES WHERE IT MUST GO. YOUR PRAYER KNOWS
ZCD HMJXD CJB XRGD HZGNG MU TADU XR. IRAN ENCIGN WJRHD
MUCH MORE ABOUT IT THAN YOU DO.
TAYZ TRNG CKRAU MU UZCJ IRA BR.

~VICTOR HUGO
~FMYURN ZAXR

2. THANKSGIVING DINNERS TAKE EIGHTEEN HOURS TO
2. OJHDZNSUAUDS PUDDCXN OHZC CUSJOCCD JWXXN OV
PREPARE. THEY ARE CONSUMED IN TWELVE MINUTES. HALF-
YXCYPHXC. OJCT HXC FVDNWLCP UD ORCMAC LUDWOCN. JHMI-
TIMES TAKE TWELVE MINUTES. THIS IS NOT COINCIDENCE.
OULCN OHZC ORCMAC LUDWOCN. OJUN UN DVO FVUDFUPCDFC.

~ERMA BOMBECK
~CXLH KVLKCFZ

3. FOR EACH NEW MORNING WITH ITS LIGHT, FOR REST AND
3. JTO GRXK PGB CTOPUPZ BUNK UNE AUZKN, JTO OGEN RPF
SHELTER OF THE NIGHT, FOR HEALTH AND FOOD, FOR LOVE
EKGANGO TJ NKG PUZKN, JTO KGRANK RPF JTTF, JTO ATDG
AND FRIENDS, FOR EVERYTHING THY GOODNESS SENDS.
RPF JOUGPFE, JTO GDGOLNKUPZ NKL ZTTFPGEE EGPFE.

~RALPH WALDO EMERSON
~ORAQK BRAFT GCGOETP

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