



Alzheimer Society

MINDFUL EATING

Dementia-Friendly Recipes

Why mindful eating?

Everything in the body is connected. What is good for the heart is good for the brain. Being mindful of what we eat is not just important for our whole bodies, but also for our brains.

To help us stay mindful, we worked with our friend Chef Liz to put together this short, digital recipe book. Throughout, Chef Liz shares her story, and why mindful eating is so important for everyone, especially those living with dementia.

In the search for ways to preserve brain health, try her Mind Diet inspired dishes! Find nutrient-packed and easy-to-make recipes that will energize your mind, strengthen your body, and pave a path to health to reduce the risk of cognitive decline.



BROCCOLI SALAD

This salad holds up well and is even better the next day after marinating. Take it to a summer BBQ or picnic and enjoy the neuroprotective ingredients this salad has to offer!

INGREDIENTS

1 large or 2 small bunch of broccoli - chopped into very thin florets

2 carrots, shredded

2 stalks of celery, diced

1 apple, peeled and thinly sliced

1/4 cup red onion, diced
(or more!)

1/4 cup roasted pumpkin seeds or walnuts

FOR DRESSING

1/3 cup extra virgin olive oil *or avocado oil*

2 to 3 tbsp red wine vinegar *or apple cider*

1 tbsp Dijon mustard

2 tsp maple syrup - *optional*

3/4 tsp fine sea salt, *to taste*



DIRECTIONS

1. Combine all salad ingredients in a large bowl. Mix well.
2. Combine all dressing ingredients in a small bowl. Whisk well. Alternatively, pour ingredients into a jar with a tight-fitting lid and shake it well.
3. Pour half of the dressing over the salad and stir well to combine. Taste and add more dressing as desired.
4. Let marinate in the fridge for an hour before serving.
5. Add a little more dressing before serving to taste.

A close-up, high-contrast photograph of several blueberries. The berries are a deep blue color with some lighter, almost white, highlights on their surfaces, suggesting a wet or dewy texture. They are arranged in a way that fills the entire frame, with some berries in sharp focus and others slightly blurred in the background.

DID YOU KNOW?

There's a

36%

**lower risk of developing Alzheimer's
disease when following a similar diet
to the Brain Health Food Guide?***

*<https://bit.ly/39FRHae>

QUINOA CHICKPEA SALAD

This salad is hearty enough to eat as a lunch entrée, but also makes an excellent side. It contains many items listed as essential on the Mind Diet like beans, whole grains, lots of veggies, and olive oil.

INGREDIENTS

1 cup quinoa, cooked

1 19 oz can of chickpeas,
rinsed & drained

1 cup shredded carrots
(*approx. 1 large carrot*)

1 red pepper, diced

1 yellow pepper, diced

3 or more green onions,
thinly sliced

1 cup celery stalks,
sliced

1/4 cup chopped
parsley

2 tbsp chopped mint

FOR DRESSING

1 clove of garlic, minced
or pressed (*optional*)

1/4 cup lemon juice
(*1 or more lemons*)

1/3 cup extra virgin
olive oil

1/4 tsp of sea salt,
to taste

Freshly ground pepper,
to taste

DIRECTIONS

1. Combine all salad ingredients in a large bowl. Mix well.
2. Combine all dressing ingredients in a small bowl. Whisk well. Alternatively, pour ingredients into a jar with a tight-fitting lid and shake it well.
3. Pour almost all of the dressing over the salad and mix well to combine. Taste and add more dressing as desired.
4. Reserve remaining dressing, if desired, to use when serving. *Serves 4-6.*



DID YOU KNOW?

A healthy diet provides the fuel and nutrients that our bodies need to function efficiently, maintain general health and provide energy.

INGREDIENTS

2-3 tbsp extra virgin olive oil

1 medium onion, chopped

2 carrots, diced

2 stalks of celery, sliced

1 red pepper, diced
(*optional - nice for colour and sweetness*)

3 cloves of garlic, minced or pressed

1 tsp dried thyme OR
1 tbsp fresh thyme, plucked

1/2 tsp red pepper flakes (*optional*)

Pinch of sea salt and black pepper, *to taste*

1 19 oz can cannellini beans (also called white kidney beans), rinsed and drained

8 cups vegetable stock – *either tetra packs, pre-mixed veggie cubes in warm water, or home-made stock*

1 bunch Tuscan or curly kale, cleaned, stemmed, and chopped.



TUSCAN WHITE BEAN SOUP WITH KALE

This hearty, yet refreshing soup, checks many boxes on the Mind Diet's list of healthy foods to consume daily. Consuming green leafy veggies, in particular, has been associated with a slower decline in brain function, as published in *Neurology* in Jan 2018, and the researchers at Tufts University discovered that lovers of leafy greens were the equivalent of 11 years younger than those who didn't eat their greens!

DIRECTIONS

1. Heat a soup pot on medium heat and add the oil.
2. When warmed, sauté the onions, carrots, and celery for a few minutes, until starting to soften.
3. Add the red pepper (if using), garlic, thyme, red pepper flakes, salt and pepper. Stir well and let cook for a couple of minutes until fragrant.
4. Add the cannellini beans and veggie stock. Stir, cover, and bring to a boil.
5. When the soup comes to a boil, turn it down to a simmer for 5 minutes and add the chopped kale. Simmer for 1 more minute, turn off the heat, and cover until ready to serve.
6. Taste and adjust seasoning before serving.
7. To serve, ladle the soup in the bowl, top with croutons, freshly sliced basil, and lemon wedge.
8. Note: *Feel free to add any other veggies or skinless boneless chicken, to serve. Freezes well!*



About Chef Liz

Currently a private chef in Toronto and a graduate of The Natural Gourmet Institute for Health and Culinary Arts, Chef Liz always wanted to be a chef. As a little kid, she watched cooking shows and was mesmerized by all the activities going on in the kitchen.

In her teenage years, Liz's father passed away due to brain cancer which inspired her to eat and prepare foods that are focused on brain health.

Her cuisine incorporates her passion for nutritional eating along with the easy-to-make techniques and ideas she acquired from years working in health food stores in Canada. Chef Liz started her own 90% vegan restaurant in Regina, and it is still going strong today!

To learn more about Chef Liz, visit www.cheflizmurray.com.