



Maintain Your Mind



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Week 2: Feed Your Brain

Eating well is not only good for your body—it's good for your brain! In fact, research shows that a healthy eating style, which includes plenty of brightly colored fruits and vegetables, fatty fish, nuts, legumes and more, may reduce your risk of age-related brain diseases, such as Alzheimer's disease and dementia (*National Institutes of Health (NIH), National Institute on Aging (NIA), 2009*). So as it turns out, the food you choose is one way to **MAINTAIN YOUR MIND.**

What you eat can either support healthy aging or cause health problems. The NIA scientists, along with other researchers, have found certain components of food, like saturated fats, cholesterol and trans fats, may increase the risk of age-related disease, whereas foods like vegetables, fruits, fish and nuts may have health benefits.

This Week's HEADlines

In this week's newsletter, you will discover delicious and innovative ways to optimize your brain health and performance by what you put in your mouth! We'll make suggestions for practical ways to incorporate brain-building nutrients into your daily diet and share brain-boosting recipes that you and your family will love.

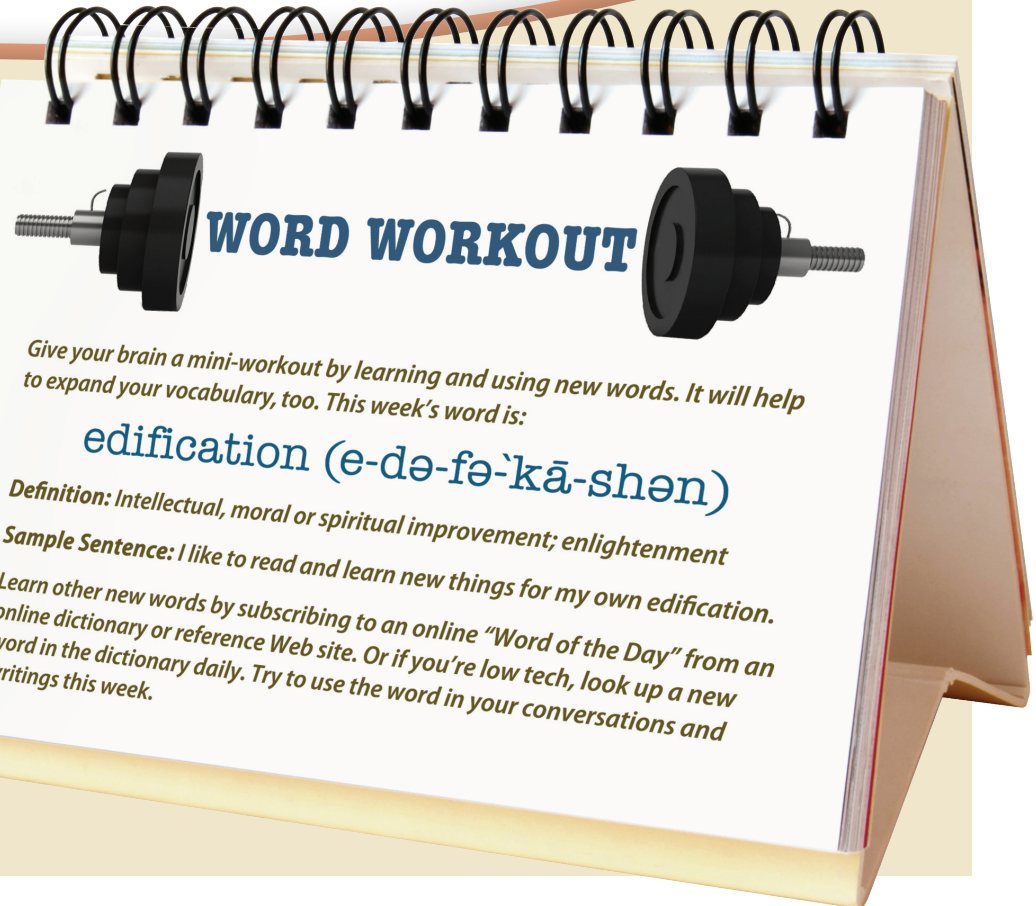
BRAIN-BOOST CHALLENGE I

(Words to know before you begin reading.)

PHYTOCHEMICALS are plant chemicals that do not provide nutrients, but have protection or disease preventive properties. There are more than 1,000 known phytochemicals.

ANTIOXIDANTS are substances found in many foods that may protect cells against the effects of free radicals.

FREE RADICALS are molecules produced when your body breaks down food or by environmental exposures like tobacco smoke and radiation. Free radicals can damage cells, and may play a role in heart disease, cancer and other diseases.



The Numbers Game of Your Body and Brain

The food choices you make can increase or decrease your risk for many diseases and chronic health conditions. There is now substantial evidence that high blood pressure, high cholesterol, diabetes and being overweight—all things that are impacted by dietary choices—not only increase risk for heart disease, but also for cognitive decline (Hendrie *et al*, 2006). For that reason, knowing and managing your “numbers” is just as important for your brain as it is for your body.

The first step is to “know your numbers” and aim for the optimal levels listed here (or speak with your health care provider, who is the best source for determining your health goals):

- **Total Cholesterol:** Less than 200 mg/dL
- **LDL “Bad” Cholesterol:** Less than 100 mg/dL
- **HDL “Good” Cholesterol:** Greater than 40 mg/dL (Ideally greater than 60 mg/dL)
- **Blood Pressure:** Less than 120/80 mmHg
- **Fasting Blood Sugar:** Less than 100 mg/dL
- **BMI (Body Mass Index):** 18.5 – 24.9

Body Mass Index (BMI) is calculated from a person’s weight and height and provides a reasonable indicator of body fatness and weight categories that may lead to health problems.

TO CALCULATE YOUR BMI, USE THIS SIMPLE EQUATION:

- BMI = Weight (in pounds) ÷ Height (in inches) ÷ Height (in inches) x 703
- Or, use the chart below to determine your BMI. You can also find many BMI Calculators online.

BODY MASS INDEX TABLE																				
	NORMAL						OVERWEIGHT					OBESE					EXTREME OBESE			
BMI	19	20	21	22	23	24	25	26	27	28	29	30	32	34	36	38	40	42	44	
Height (in.)	BODY WEIGHT (POUNDS)																			
58	91	98	100	105	110	115	119	124	129	134	138	143	153	162	172	181	191	201	210	
59	94	99	104	109	114	119	124	128	131	138	143	148	158	168	178	188	198	208	217	
60	97	102	107	112	118	123	128	133	138	143	148	153	163	174	184	194	204	215	225	
61	100	106	111	116	122	127	132	137	143	148	153	158	169	180	190	201	211	222	232	
62	104	109	115	120	126	131	136	142	147	153	158	164	175	186	196	207	218	229	240	
63	107	113	118	124	130	135	141	146	152	158	163	169	180	191	203	214	225	237	248	
64	110	116	122	128	134	140	145	151	157	163	169	174	186	197	209	221	232	244	256	
65	114	120	126	132	138	144	150	156	162	168	174	180	192	204	216	228	240	252	264	
66	118	124	130	136	142	148	155	161	167	173	179	186	198	210	223	235	247	260	272	
67	121	127	134	140	146	153	159	166	172	178	185	191	204	217	230	242	255	268	280	
68	125	131	138	144	151	158	164	171	177	184	190	197	210	223	236	249	262	276	289	
69	128	135	142	149	155	162	169	176	182	189	196	203	216	230	243	257	270	284	297	
70	132	139	146	153	160	167	174	181	188	195	202	207	222	236	250	264	278	292	306	
71	136	143	150	157	165	172	179	186	193	200	208	215	229	243	257	272	286	301	315	
72	140	147	154	162	169	177	184	191	199	206	213	221	235	250	265	279	294	309	324	
73	144	151	159	166	174	182	189	197	204	212	219	227	242	257	272	288	302	318	333	
74	148	155	163	171	179	186	194	202	210	218	225	233	249	264	280	285	311	326	342	
75	152	160	168	176	184	192	200	208	216	224	232	240	256	272	287	303	319	335	351	

What’s the bottom line? It’s important to know your numbers to help you set goals for making lifestyle changes to **MAINTAIN YOUR MIND**. Healthy lifestyle habits to manage blood pressure, cholesterol, blood sugar levels and body weight also contribute to healthier aging and may decrease the risk for cognitive decline.

Nutrition and Cognition

Several nutrients and other chemicals in foods help your brain perform at its peak and may protect you from conditions, such as Alzheimer's disease and dementia. Antioxidants (i.e. carotenoids and selenium), phytochemicals (i.e. lycopene and resveratrol) and Omega-3 fatty acids preserve and promote the health of your brain in a number of ways. Here are a few examples:

ANTIOXIDANTS

Antioxidants, such as vitamins A, C and E, beta-carotene and selenium, are found in fruits, vegetables, whole grains, legumes and nuts. They destroy free radicals in the body and brain and may help prevent cell damage that leads to cognitive decline (*Nussbaum, 2007*).

PHYTOCHEMICALS

Like antioxidants, phytochemicals, found in colorful fruits and vegetables, destroy free radicals that cause cell damage.

Some phytochemicals may also help extend

the life of brain cells, keeping the brain healthier, longer (*Nussbaum, 2007*).

OMEGA-3 FATTY ACIDS

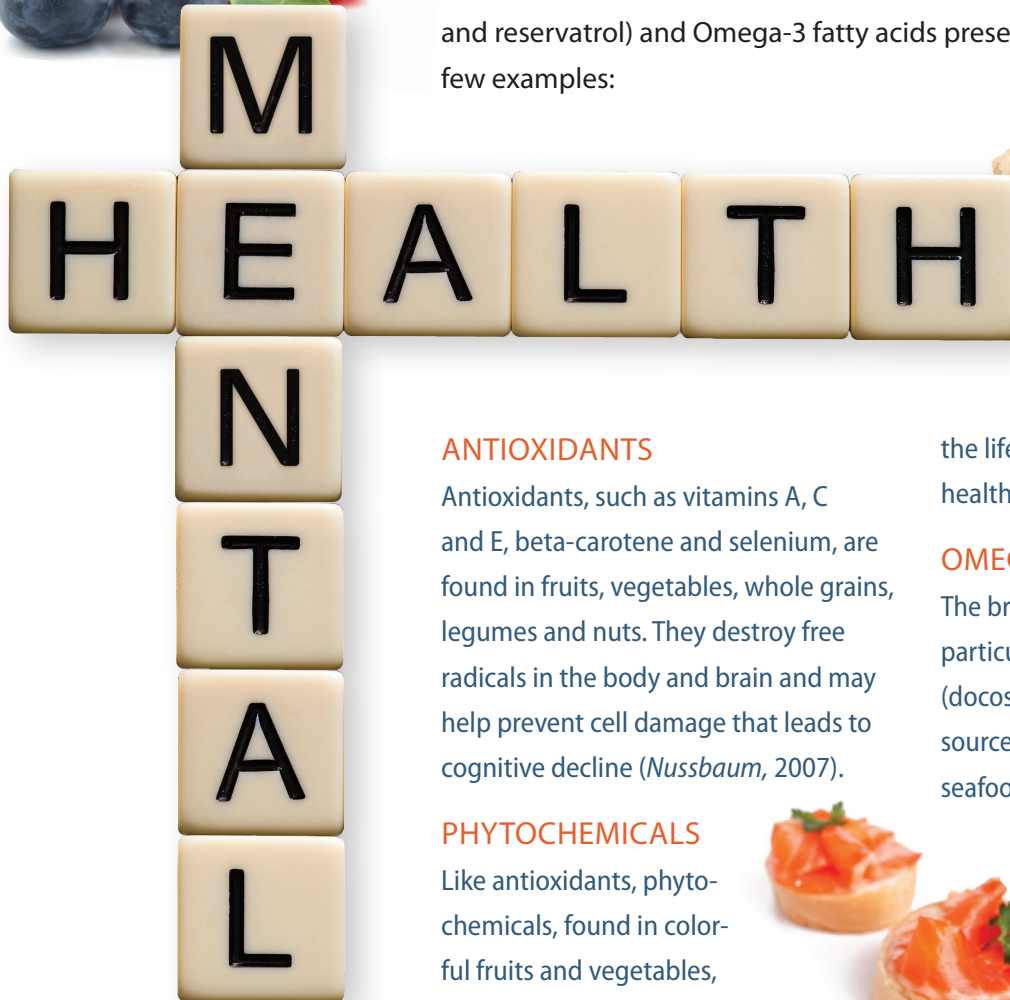
The brain is made up of mostly fat, in particular, the Omega-3 fatty acid DHA (docosahexaenoic acid). Consuming sources of Omega-3 fats—especially seafood, which is high in DHA—replaces

losses of these essential fats in the brain and may therefore reduce the risk of Alzheimer's disease and dementia (*Freund-Levi et al, 2006*). According to another study, people who ate fish once a week reduced their risk for

Alzheimer's disease by 60% compared to people who rarely or never ate fish (*Arch Neurology, July 2003*). (Speak with your health care provider about whether taking an Omega-3 fatty acid fish oil supplement is right for you.)

It should also be noted that there is insufficient evidence to support the use of dietary supplements in the prevention of cognitive decline or Alzheimer's disease (*NIH, 2010*).

This is all good information to know, but how does it translate into food? After all, eating isn't just about nutrition and health—it's about enjoyment and great food.

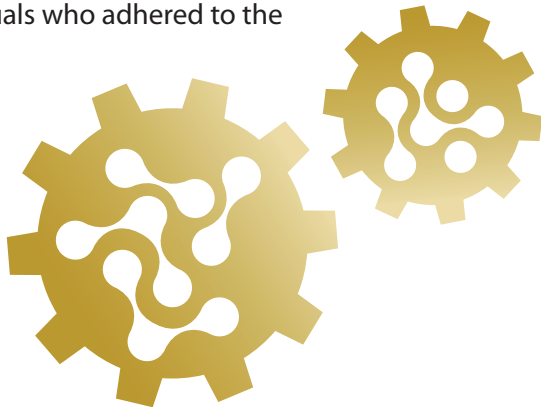


Food on the Brain

A Mediterranean eating style has long been celebrated as the gold standard of healthy diets, because not only does it taste great, but it also promotes good health and quality of life. Now, research also shows that following this healthful diet reduced the risk of mild cognitive impairment, which was defined in the research as forgetfulness and difficulty concentrating (Scarmeas et al, 2009). In addition, a 2006 article published in the *Journal of the American Medical Association (JAMA)* showed that a Mediterranean eating style was associated with a significantly lower risk for Alzheimer's disease even after other factors were considered. Another more recent study published in JAMA found that elderly individuals who were very physically active had a 33% risk reduction of Alzheimer's disease and individuals who adhered to the

Mediterranean eating style more strongly had a 40% risk reduction. However, those individuals who were both physically active and adhered to a strong Mediterranean eating style showed an even greater reduction of 60% (Scarmeas et al, 2009).

Olive oil contains a compound that may help prevent Alzheimer's. Extra virgin olive oil—a mainstay of the Mediterranean eating style—contains Oleocanthal, a naturally-occurring compound, which appears to help prevent damage to the brain's nerve cells from neurotoxic proteins, which is a crucial first step in Alzheimer's development (*Toxicology and Applied Pharmacology*, Breslin, 2009).



Feed Your Brain: Eat the Mediterranean Way When it comes to feeding your brain, what you DO eat seems to be more important than what you do NOT eat. Feed your brain by using the **Mediterranean Diet Pyramid** to help you plan your meals and snacks:

1. Eat an abundance of food from plant sources, including fruits and vegetables, potatoes, breads and grains, beans, nuts and seeds. Choose whole, minimally-processed grains, vegetables and fresh fruits at most meals. Become a “locavore” and focus on seasonally fresh and locally grown foods, whenever possible.

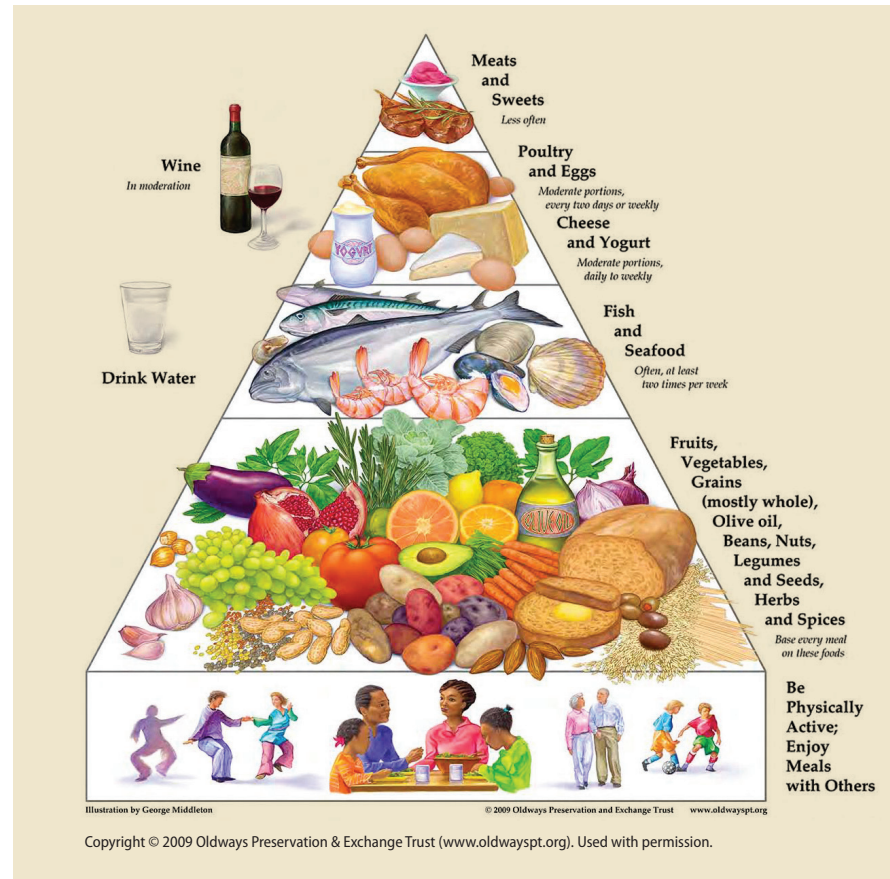
2. Use olives and olive oil, in moderation, for cooking, baking and flavoring in place of butter and margarine.

3. Cook with herbs and spices to add flavor and aroma, and reduce the need to add salt or fat.

4. Use nuts, beans, legumes and seeds for health-value of fats, protein and fiber and the enjoyment-value of flavor and texture.

5. Choose calcium-rich, low-fat and non-fat dairy products daily, like cheese and yogurt, in low to moderate amounts.

6. Choose low to moderate amounts of fish, shellfish and poultry twice weekly, and up to



seven eggs per week (including those used in cooking and baking), especially for individuals who do not eat meat. Prepare using healthy cooking techniques—do not deep-fry.

7. Eat red meat only in small portions and only a few times per month (recent research suggests that if red meat is eaten, its consumption

should be limited to a maximum of 12 to 16 ounces per month); choose lean versions over fattier cuts.

8. Choose fresh fruit for a dessert at the end of each meal. Consume sweets a few times a week in small portions.

9. Drink wine in moderation. Moderation is defined as up to one five-ounce glass of wine per day for women and up to two five-ounce glasses for men. (Wine should be considered optional. Individuals should only drink wine if they are medically able to do so, and should consult their doctor.)

10. Drink adequate water throughout the day. It's an important contribution to health, well-being and energy levels.

11. Eat in moderation—both in terms of portion size and frequency.

12. Be physically active every day by including regular exercise and fun, yet productive leisure activities (Oldways, 2010).

Be Mindful of Other Benefits

The Mediterranean eating style places a definite focus on plant foods (fruits, vegetables, grains, nuts, legumes, seeds, olives and olive oil) to emphasize their health benefits. In other words, the Mediterranean eating style emphasizes the foods and nutrients that are known to preserve and promote brain health. Science has shown that this style of eating is also associated with a lower risk of high blood pressure and cholesterol, overweight and obesity, insulin resistance that may lead to diabetes, and heart and vascular disease. Here's a sample menu:

BREAKFAST

Oatmeal with
non-fat milk and
strawberries
Water

SNACK

Handful of walnuts
and pistachios
Water

LUNCH

Greek salad made with leafy greens, tomatoes, cucumbers,
peppers, olives, feta cheese and olive oil vinaigrette
Whole-wheat pita with hummus
Water

SNACK

Non-fat yogurt
Apple
Water

DINNER

Herb-seasoned salmon
Spinach sautéed with garlic and olive oil
Brown rice and lentil pilaf
Glass of red wine
Fresh fruit for dessert

Common Foods of the Mediterranean Eating Style

- Whole-grain breads and pastas, rice, couscous, bulgur, polenta, oats, farro and potatoes
- Olives, avocados, grapes, clementines, cherries, dates, figs, strawberries and citrus
- Spinach, eggplant, tomatoes, broccoli, peppers, mushrooms, greens, arugula, kale, leeks, turnips and garlic
- Almonds, pine nuts, pistachios, walnuts, chickpeas (garbanzo beans), fava, kidney, cannellini or white beans, split peas and lentils
- Cheese and yogurt
- Fish (like tuna, herring, sardines, tilapia and salmon), shellfish, crustaceans (including mussels, clams and shrimp), chicken and eggs



Foods with Brain- Boosting Benefits

The following six foods, in particular, have been shown to promote and preserve brain health. Choose them often for their brain-boosting benefits.

1. BLUEBERRIES

are filled with powerful antioxidants to enhance brain health. Sprinkle them on cereal or oatmeal. Stir them into yogurt or cottage cheese. Drop them in a salad. Or blend them into a smoothie.

2. **GREEN TEA** is concentrated with the brain-protecting antioxidant catechins. Start your day with a cup or two. Enjoy a cup for a mid-afternoon break. Load up a glass with ice for a refreshing iced-tea version.

3. **FATTY FISH** contain brain-boosting Omega-3 fats—DHA in particular. Strive for two servings per week. If you can't do two, start with one. For an even bigger brain-boost, choose wild salmon.

4. **WALNUTS** are another source of Omega-3 fats. Toss some in a salad, or enjoy a small handful. Toast them in the oven at 350 degrees F for several minutes to boost the flavor. Seven walnuts a day is all your body and brain needs.

5. **WATER**—that's right, water. Since your brain is about 80% water, keeping it hydrated helps it function optimally. For a change of pace, try seltzer water or water garnished with citrus fruits.

6. **DARK CHOCOLATE** isn't just bliss-enhancing, it's brain-enhancing thanks to its antioxidants and phytochemicals. Choose dark chocolate that has at least 75% cacao. Chocolate lovers rejoice, but remember... just a little bit goes a long way!

7. **EXTRA VIRGIN OLIVE OIL** has brain protection properties. Cook, sauté and bake with it. Use it in dressings or infuse it with herbs and spices for a bread dip. Just remember that it's packed with calories, so watch how much you consume.

Daily “Vitamins” for Your Brain

Healthy living is not about popping a pill or downing a handful of vitamins—it’s about the small decisions you make every day. These daily “vitamins” are the daily decisions you can make to feed your brain.

MONDAY

Mix up a spinach salad with fresh carrots, dried cranberries, garbanzo or other beans, walnuts and a small amount of olive oil and balsamic vinegar.

TUESDAY

Indulge in a small piece of really good dark chocolate!

WEDNESDAY

Top your morning cereal or afternoon yogurt with mixed berries—blueberries, strawberries and blackberries (frozen or fresh).

THURSDAY

Make your own pizza using whole-wheat flatbread. Top it with tomato sauce (or sliced fresh tomatoes), spinach, sliced olives and part-skim mozzarella cheese. Sprinkle with a little feta cheese and chopped herbs. Bake until done.

FRIDAY

Enjoy a pink grapefruit with your breakfast.

SATURDAY

Have a tuna salad sandwich made with low-fat mayonnaise and chopped egg. Top it with a handful of dark greens, a slice of avocado and a tomato slice.

SUNDAY

Make oatmeal-walnut pancakes for breakfast.

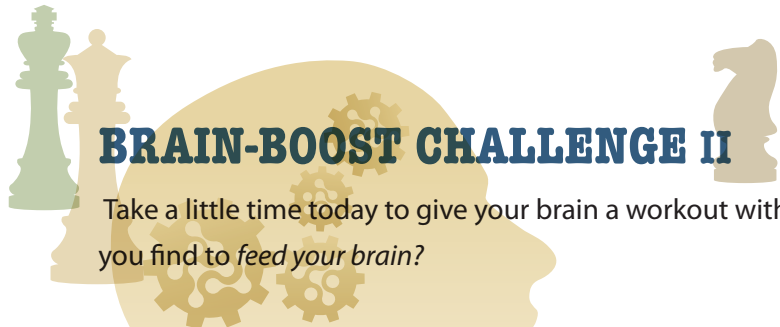
Food for Thought: Going Beyond the Basics

If you would like to learn more about the role of nutrition in brain health, visit one of these following resources:

- Alzheimer’s Association - www.alz.org
- National Institute on Aging 2007 Progress Report on Alzheimer’s Disease - www.nia.nih.gov/Alzheimers/Publications/ADProgress2007
- Oldways Preservation Trust - www.oldwayspt.org/mediterraneandiet

Learn more about the Mediterranean eating style and look for tasty recipes on this Web site.

- Your Brain Health Lifestyle from Paul Nussbaum, PhD, LH - www.paulnussbaum.com



BRAIN-BOOST CHALLENGE II

Take a little time today to give your brain a workout with this word search. How many words can you find to *feed your brain*?

i	l	r	n	e	n	a	t	a	s	e	s	n	t	e	a	s
d	r	d	t	r	e	i	e	a	m	e	o	l	t	i	m	l
l	b	t	l	h	a	l	l	i	m	w	f	t	e	e	c	a
a	l	s	r	i	e	m	t	u	a	d	r	l	e	n	e	c
h	u	n	o	m	o	l	g	l	l	a	e	m	t	a	o	i
t	e	i	d	n	a	e	n	a	r	r	e	t	i	d	e	m
n	b	a	l	e	l	u	v	n	g	k	r	t	n	e	u	e
a	e	r	m	a	t	f	e	i	r	c	a	t	l	t	e	h
c	r	g	e	s	t	a	t	l	l	h	d	k	e	c	u	c
o	r	e	s	t	n	a	d	i	x	o	i	t	n	a	o	o
e	i	l	i	a	a	i	s	t	l	c	c	s	e	i	d	t
l	e	o	h	t	i	i	h	i	g	o	a	u	e	l	i	y
o	s	h	r	t	o	n	n	c	a	l	l	l	t	t	l	h
a	a	w	m	s	h	c	n	m	e	a	s	e	b	a	n	p
e	a	e	o	m	o	d	e	r	a	t	i	o	n	c	a	t
o	u	o	a	g	r	e	e	n	t	e	a	f	l	u	l	i
r	t	t	l	o	c	n	n	c	o	u	s	c	o	u	s	c

NUTRITION WORDS

phytochemicals
 antioxidants
 mediterranean diet
 moderation
 salmon
 blueberries
 green tea
 walnuts
 olive oil
 oatmeal
 free radicals
 oleocanthal
 whole grains
 legumes
 couscous
 dark chocolate
 catechins
 mealtime

Be Mindful of Others

Remember that this program isn't just for you. People of all ages can benefit from a healthy brain lifestyle, so share this information with your family and friends.

Make Up Your Mind

You've learned a lot about food choices that you can make to improve your eating style and enhance your brain health. Now, it's your turn to make up your mind. Write down three changes that you can make today that can help you *feed your brain*. (Examples: I can eat more fruit, I can add more Mediterranean style foods to my diet, I can "know my numbers," etc.)

1. _____

2. _____

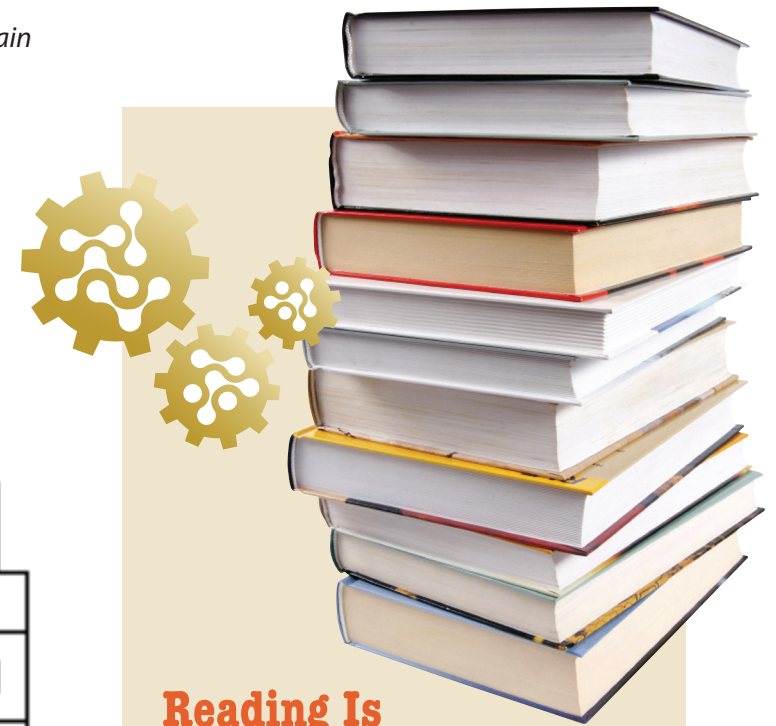
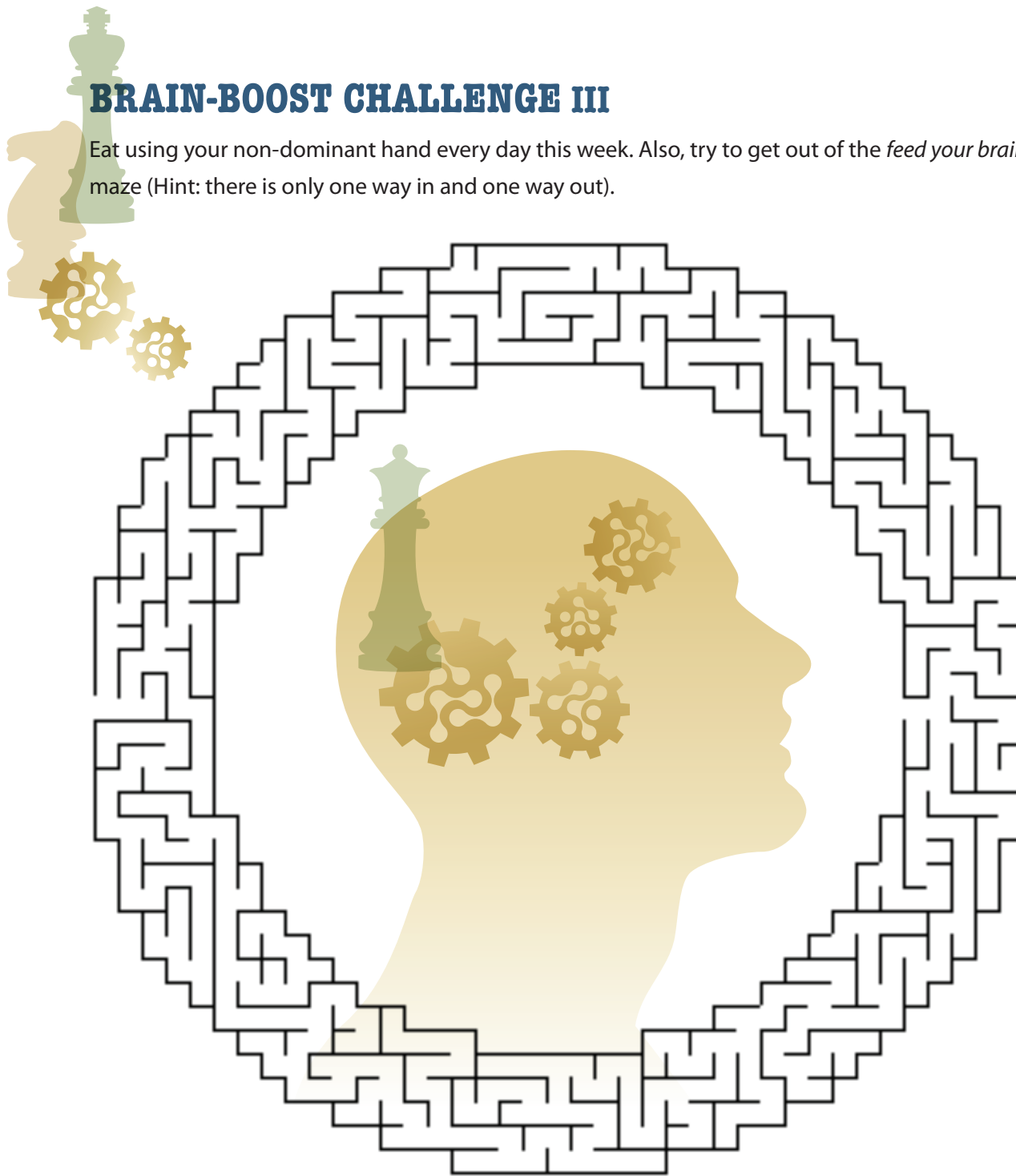
3. _____

How many times a week do you plan to integrate these changes into your lifestyle routine?

How can making these changes benefit you?

BRAIN-BOOST CHALLENGE III

Eat using your non-dominant hand every day this week. Also, try to get out of the *feed your brain* maze (Hint: there is only one way in and one way out).



Reading Is Fundamental for Brain Health

Reading, understanding and applying the strategies in this newsletter is good for your brain! Don't know a word? Look it up online or in the dictionary, and try to use it in conversation.

BRAIN-BOOSTING RECIPES The Mediterranean-inspired recipes included in this newsletter can help you further incorporate this nutritious and delicious way of eating into your daily life.

Blue and Berry Shake

2 cups plain or lite vanilla yogurt

1 cup non-fat milk or vanilla soymilk

1 cup blueberries, fresh or frozen

1 cup raspberries or strawberries, fresh or frozen

Honey or sweetener, to taste

Place all ingredients in a blender and blend at high speed until smooth. Makes 4 servings.

Nutrition Facts Per Serving: 110 calories, trace fat, 2g dietary fiber, 6g protein, 18g carbohydrate

A good source of antioxidants & phytochemicals

Oatmeal Walnut Pancakes

1-1/4 cups old-fashioned oats

1 cup plain non-fat yogurt

1 cup skim or low-fat milk or soymilk

1 teaspoon honey

1/2 cup white whole-wheat flour or whole-wheat pastry flour

Dash salt

1 teaspoon baking soda

2 eggs, beaten

1/4 cup chopped walnuts

A good source of Omega-3 fats & fiber

Blend oats into a coarse flour using a food processor or blender. Transfer to a large bowl, and combine oats with yogurt, milk and honey. In a small bowl, combine flour, salt and baking soda, mixing to blend. Stir into oat mixture. Add eggs and mix well. Fold in walnuts. Coat a large skillet with no-stick cooking spray and heat over medium-high heat. When skillet is evenly hot, pour batter onto skillet, using about 1/4-cup batter for each pancake. Makes about 12 small pancakes.

Nutritional Facts Per Pancake: 86 calories, 4g total fat, 1g saturated fat, 2g dietary fiber, 4g protein, 9g carbohydrate, 38mg cholesterol, 159mg sodium

Firecracker Grilled Salmon

8 (4 ounce) salmon fillets

2 tablespoons peanut oil

4 tablespoons reduced-sodium soy sauce

4 tablespoons balsamic vinegar

4 green onions, chopped or 1 small onion, chopped

3 teaspoons brown sugar

2 cloves garlic, minced

1-1/2 teaspoons ground ginger

3 teaspoons crushed red pepper flakes, or to taste

1 teaspoon sesame oil

1/4 teaspoon sea salt

1/4 teaspoon ground black pepper

Place salmon fillets in a medium glass dish. In a medium bowl, combine the remaining ingredients. Cover and marinate the fish in the refrigerator for 4 to 6 hours or overnight. Prepare an outdoor grill with coals about 5 inches from the grate and lightly oil the grate. Grill the fillets for 10 minutes per inch of thickness or until fish just flakes with a fork. Turn over halfway through cooking. Do not overcook. Makes 8 servings.

Nutrition Facts Per Serving: 174 calories, 8g total fat, 1g saturated fat, trace dietary fiber, 23g protein, 9g carbohydrate, 335mg sodium

A good source of Omega-3 fats & protein

BRAIN-BOOSTING RECIPES (Continued)

Crustless Spinach Pie

- 1 (10 oz) package frozen chopped spinach
- 1 tablespoon olive oil
- 1 medium onion, chopped
- 1/2 teaspoon salt
- 1/2 teaspoon ground pepper
- 1/4 teaspoon nutmeg
- 8 ounces (2 cups) shredded fat-free mozzarella cheese
- 1/2 cup grated Parmesan cheese
- 1 tub (15-ounces) non-fat ricotta cheese
- 3/4 cup egg substitute or 3 large eggs

Preheat oven to 350 degrees F. Coat a deep pie pan with no-stick cooking spray. Place spinach in a colander to thaw and drain thoroughly. Coat a large skillet with no-stick cooking spray. Add olive oil to skillet over medium heat. Add onion and sauté until tender and translucent. Add spinach, salt, pepper and nutmeg. Sauté until all liquid evaporates. Combine mozzarella, Parmesan and ricotta cheeses in large bowl. Mix in eggs or egg substitutes. Fold spinach mixture into cheese mixture, and blend well. Spoon filling into prepared pie pan. Bake for 40 minutes until

A good source
of antioxidants,
calcium & protein

filling is set and pie is brown on top. Let stand for 10 minutes before cutting and serving. For variation, add 1/4 cup chopped sun-dried tomatoes. Makes 8 slices.

Nutrition Facts Per Slice (made with egg substitute):
180 calories, 8g total fat, 2g saturated fat, 1g dietary fiber,
23g protein, 7g carbohydrate, 623mg sodium

Baked Stuffed Beefsteak Tomatoes

- 4 large tomatoes (about 3 pounds), preferably beefsteak
- 1 green bell pepper, diced
- 1 cup frozen corn, thawed
- 1/4 cup plain dried breadcrumbs
- 2 tablespoons tomato paste
- 1/4 cup chopped fresh basil
- 3 cloves garlic, minced
- 1/2 teaspoon salt
- 1 tablespoon olive oil

A good source
of antioxidants, phyto-
chemicals & fiber

Preheat oven to 400 degrees F. With a sharp paring knife, core the tomatoes. From the cored end of each tomato, remove the center pulp, leaving a thick shell. Coarsely chop 3/4

cup of the tomato pulp (save the remainder for another use). Set the tomato shells aside.

In a large bowl, stir together the chopped tomato pulp, the bell pepper, corn, bread-crumbs, tomato paste, basil, garlic, and salt. Place the tomato shells, cut-side up, in a 9-inch square glass baking dish. Spoon the vegetable mixture into the tomato shells, mounding the tops slightly. Drizzle the olive oil over the tomatoes. Bake until the tomatoes are piping hot and the stuffing is tender, about 25 minutes. Makes 4 servings.

Nutrition Facts Per Serving: 180 calories, 5g total fat,
trace saturated fat, 6g dietary fiber, 6g protein,
33g carbohydrate, 447mg sodium

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BRAIN-BOOSTING RECIPES (Continued)

Mushroom-Smothered Baked Fish

2 tablespoons olive oil

8 ounces shiitake mushrooms, stems removed and caps thinly sliced

8 ounces button mushrooms, thinly sliced

6 slices firm-textured whole-wheat bread, crumbled (3 cups)

1/4 cup grated Parmesan cheese

1/4 cup chopped parsley

4 skinless, boneless halibut fillets (6 ounces each)

3/4 teaspoon salt

1/2 teaspoon pepper

1/4 cup reduced-fat sour cream

2 tablespoons light mayonnaise

Preheat oven to 375 degrees F. In large skillet, heat 2 tablespoons of olive oil over medium heat. Add shiitake and button mushrooms and sauté 5 to 7 minutes or until tender. Transfer to large bowl.

In a separate skillet, heat remaining 1 tablespoon olive oil over medium heat. Add bread crumbs and cook 3 minutes or until lightly toasted. Transfer to bowl with

A good source of phytochemicals, omega-3 fats & protein

mushrooms. Add Parmesan and parsley and toss to combine. Place fish in single layer in a 7 x 11-inch glass baking dish. Sprinkle salt and pepper over fish. In small bowl, stir together sour cream and mayonnaise. Brush mixture over fish. Spoon mushroom mixture over fish and bake 25 minutes or until fish flakes and is just cooked through.

Nutritional Facts Per Serving: 332 calories, 15g total fat, 3g saturated fat, 7g monounsaturated fat, 3g polyunsaturated fat, 2g dietary fiber, 30g protein, 20g carbohydrate, 46mg cholesterol, 619mg sodium

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Sautéed Greens with Garlic & Herbs

2 teaspoons olive oil

3 garlic cloves, slivered

8 cups (loosely packed) torn kale

12 cups (loosely packed) torn spinach leaves

2 teaspoons honey or granulated sugar

1 teaspoon marjoram

1/4 teaspoon sea salt

1/8 teaspoon cayenne pepper

2 teaspoons fresh lemon juice

A good source of antioxidants, phytochemicals & fiber

In a very large nonstick skillet or Dutch oven, heat olive oil over low heat. Add garlic and cook until soft, about 3 minutes. Increase heat to medium and add kale. Cover and cook, stirring occasionally, until kale is softened (about 4 minutes). Stir in spinach, sprinkle with sugar, marjoram, salt and cayenne. Then cook uncovered until spinach has wilted or about 3 minutes longer. Sprinkle with lemon juice and serve.

Nutritional Facts Per serving: 119 calories, 3.5g total fat, 0.5g saturated fat, 5.2g dietary fiber, 7g protein, 20g carbohydrate, 275mg sodium

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