

June is Alzheimer's awareness  
Month!

Do you know what foods are

## Brain Boosters

keeping your mind, body and spirit  
healthy??



## Be Kind to your Mind!

Don't forget to make Omega-3's, Complex Carbohydrates,  
antioxidants, brain nutrient and hydrating foods part of your  
daily diet!

## Grocery MUST for Brain Booster meals and snacks!

### Omega-3 Fatty Acids

Wild Salmon  
Canned Tuna  
Herring  
Walnuts  
Avocado

### Complex Carbohydrates

Sweet Potatoes  
Oatmeal  
Whole Wheat Bread  
Whole Wheat Pasta  
Quinoa

### Antioxidants

Blueberries  
Cranberries  
Strawberries  
Artichoke Hearts  
Brewed Coffee

### Brain Essential Nutrients

Eggs  
Spinach  
Pork  
Hummus  
Black Beans

### Hydrating Snacks

Watermelon  
Cucumber  
Celery  
Broccoli  
Grapefruit

**+**  
Curious how  
these food *really*  
help your brain?!

Check out:

[Aroundtheplate.org](http://Aroundtheplate.org)

for more info! OR if you  
want more meal ideas,  
schedule a meal planning  
session with our nutrition  
experts by calling:

989-400-1478

## Southwest Quinoa Salad

### Ingredients:

1 teaspoon vegetable oil  
1/2 medium onion, chopped  
1 medium red bell pepper, diced  
3/4 cup uncooked quinoa  
Vegetable/chicken broth or water to cook  
Quinoa per box instructions  
1 teaspoon ground cumin  
1/4 teaspoon cayenne pepper  
salt and pepper to taste  
1 cup corn kernels  
1 (15 ounce) can black beans, rinsed and  
drained  
chopped fresh cilantro to taste

### Directions:

1. Cook quinoa per instructions on packaging. You will want to use a large saucepan, as you will be adding all ingredients to this pan throughout the recipe.
2. While the quinoa is cooking, use the vegetable oil to sauté the onion and bell pepper in a frying pan.
3. Once quinoa is soft and plump, mix in the sautéed onion and bell pepper and allow mixture to simmer for 2-3 minutes.
4. Mix in corn kernels and black beans, allow the dish to simmer for 2-3 minutes.
5. Once dish is heated through, remove from heat and mix in cumin, cayenne pepper and cilantro. Salt and pepper to taste