



A message from Dr. Nancy about Memory Preservation Nutrition® (MPN™)

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Power-Up Your Brain! Change Your Recipes to Make Nutritious Desserts

Sugar and processed products are what make desserts so unhealthy. Replacing these ingredients is good for brain and body health. Healthy substitutes can prevent or slow Alzheimer's, heart disease, diabetes, cancer, arthritis and obesity. Diets low in sugar and high in anti-oxidants can help reduce risk of infectious diseases such as colds and flu. Excess sugar is toxic: It lowers the immune system, causes body to create cholesterol, and creates inflammation throughout body and brain. Toxic to the brain, excess sugar causes shrinking of the hippocampus and abnormal increase of beta-amyloid implicated in Alzheimer's.

| Ingredient | Substitute |
|--|---|
| White flour | <ul style="list-style-type: none"> ▪ Whole-wheat flour, try ½ whole wheat and ½ white to start. For finer, lighter consistency, use whole wheat PASTRY flour ▪ Replace 1-2 Tablespoons of flour with flaxseed meal to boost the nutrition |
| Sugar | <ul style="list-style-type: none"> ▪ Natural sweeteners Truvia, Stevia and Erythritol ▪ Coconut sugar, a low glycemic value sugar ▪ Applesauce, bananas, dates, other sweet fruits |
| Unhealthy Fats: AVOID ALL TRANSFATS, including margarine or shortening with partially or fully hydrogenated oils Butter, replace some or all with healthy fats/other foods | Healthy fats (100% plant based, no trans fats) <ul style="list-style-type: none"> ▪ Coconut oil, canola oil, natural buttery spreads such as Earth Balance, other margarines with mix of healthy fats, or pure palm oil (e.g. Spectrum® shortening) ▪ Other foods to provide moisture: Applesauce or Greek yogurt |
| Salt-reduce and replace | <ul style="list-style-type: none"> ▪ Kelp Powder, seaweed flakes, tiny am't of sea salt |
| Semi-sweet and milk chocolate Chocolate powder | <ul style="list-style-type: none"> ▪ Use solid dark chocolate labeled at least 70% cocoa solids. ▪ Use pure unDutched, unsweetened 100% cocoa powder, it's brain food. |

If you use sugar or processed products, make sure you add healthy ingredients such as: fruit, nuts, seeds, vegetables and spices, to help off-set some of the negative effects.

DISCLAIMER: Always consult with your physician prior to making dietary changes

Learn more about MPN™ and maintaining a brain healthy lifestyle at brainwellness.com.