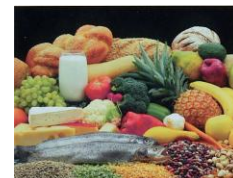


The MEMORY PRESERVATION NUTRITION® Program



Research shows that nutrition is essential to preserving cognitive and emotional brain health.

Here are highlights of the MPN™ developed by scientist and educator, **Dr. Nancy Emerson Lombardo**^{1,2}



HEALTHY EATING FOR A HEALTHY BRAIN: The MPN™ ©2015 6 Scientific Evidence-based Strategies Emphasizing Whole Foods

- 1. Increase amount & variety of anti-oxidants.** **Spices**, vegetables (especially leafy greens), beans, fruits (especially berries), nuts, seeds, whole grains, tea, juice (vegetable and fruit) and foods rich in natural Vitamin E. Antioxidants facilitate all strategies and prevent oxidation of LDL cholesterol.
- 2. Reduce insulin resistance (pre-diabetes) & improve sugar metabolism.** Minimize sugar, refined carbohydrates (e.g. white bread, white rice) and starches. Reduce sweetened drinks and cereals. Use 100% fruit juices, complex carbs (e.g. whole grains, beans), green tea, and **spices** such as **cinnamon** and **turmeric**.
- 3. Reduce “Bad” (very fine LDL) Cholesterol and Unhealthy Fats.** Avoid excess sugar, which causes the body to make harmful cholesterol. Try natural, non-sugar sweeteners. Follow strategy #2 above & eat LDL cholesterol reducing foods such as nuts, beans, oatmeal, grapefruit, niacin, fiber, fish, fish & oil, olive oil, cruciferous vegetables, leafy greens, colored root vegetables, yogurt & probiotics, certain **spices** and antioxidants. **Avoid trans fats (partially hydrogenated oils)** found in many processed & packaged foods. **Reduce animal foods/fats. Eat healthy fats** - olive oil, avocados, nuts and seeds, coconut (all forms) omega 3's, fish and marine oils/fats, grape seed oil and canola oil.
- 4. Increase Omega 3s.** Fish, fish oil, flax, hemp and chia seeds, leafy greens, walnuts, seaweed; **and decrease Omega 6s** - use olive and canola oils instead of corn or other vegetable oils.
- 5. Reduce inflammation.** Increase Omega 3s (fish & seafood), **spices** & herbs, berries, purple grapes & juice, green vegetables and green tea. Use fewer Omega 6s and less red meat and dairy.
- 6. Assure adequate B, C, D, E vitamins.** Synthetic B vitamins recommended but use natural for C, D3 & E. Ask your physician to check B-12 & D levels, especially if past age 50. Beware of excess B6³, folate⁴ and use B-50 complex to include B12 & niacin. Vitamin E should include all 8 tocopherols & tocotrienols - found in leafy greens, many whole grains, various nuts, seeds and certain oils.

Take Steps Towards Brain Health with MPN™

- Drink lots of water • Drink tea & vegetable juices daily • Eat a balanced diet • Don't skip breakfast
- Eat beans or lentils daily/several times/week • Eat fish and seafood 3 or more times/week
- Emphasize plant foods, whole foods. • Avoid processed and packaged foods. • Limit added sugar.
- Eat lots of spices, vegetables, and soups/entrees with vegetables. • Eat yogurt and probiotics.
- Eat a variety of foods and **spices** • Eat a handful (1 oz) of nuts or some nut butter every day
- Reduce red and processed meats • Supplements are extra insurance, including whole food powders (such as JuicePlus®), omega 3s (fish/marine oil), vitamins and minerals (magnesium, zinc)

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2. To learn more about the MPN™ nutrition and brain healthy lifestyle program and how to adapt these strategies to your situation and tastes, see contact details below. 3. IOM recommended upper limit for vitamin B-6 is 100 mg. Levels above 1 gram can be toxic. 4. If B-12 levels are deficient, folate/folic acid supplementation above 400 mcg. can harm cognition and thinking. **DISCLAIMER:** Always check with your physician about new dietary changes.

