



Brain Wise

Keep Your Brain Sharp
WITH *Smart Foods* AND *Wise Choices*



MorningStar Senior Living culinary team is intentional about leveraging the healing power of that special class known as Superfoods, especially those shown to contribute to brain health and staving off dementia.



Go Fish—Omega-3, a category of polyunsaturated fatty acids vital to a healthy central nervous system, are not produced by our bodies. We must ingest them through diet. An ideal source: cold-water fish.



Spicy World—Many spices have anti-inflammatory properties, an advantage in the fight against dementia. Turmeric contains curcumin, praised for its prohibition of amyloid plaque (a contributing factor to the onset of Alzheimer's).



Oh, Nuts!—Nuts and seeds are a terrific source of protein, are rich in omega-3, and present a fine source of Vitamin E, known to fight cognitive decline.



Fabulous Fats—Our brains are 60% fat, the fattiest organ in our bodies; to function optimally, they need to be fed fats. Even certain saturated varieties, like coconut and avocado, are excellent energy sources for brain cells.



It's Easy Being Green—Kale, chard, spinach, all packed with Vitamin B, show evidence of slowing dementia. Pureed as a smoothie (with a touch of sweet fruit) or used as an artful sauce, leafy green vegetables are everything Mom said they were.



Beautiful Berries—Blue, black, acai: all these "brain berries" contain anti-inflammatory properties and mega antioxidants which inhibit the damaging movement of free radicals in our body.



DIET ^{IS THE} CENTERPIECE OF WELLNESS

We make every meal a special occasion thanks to our Executive Chefs and their tempting dishes. Considerate of dietary restrictions, we create flavor profiles that stimulate the senses and directly contribute to wellness.



Chocolate Rx—For a heart-healthy, antioxidant treat, choose dark chocolate with high cocoa mass, which improves concentration and stimulates the production of endorphins for mood lift.



King Vitamin C—Red bell peppers contain more than 200 percent of your daily vitamin C intake. Besides being a powerful antioxidant, its vitamin C helps with the proper absorption of iron. If you are iron-deficient, try combining red peppers with your iron source for maximum absorption. The combined effects of vitamin A and C create a great antioxidant capacity.



Grape Power—Five ounces of red wine daily offer the benefits of antioxidants, particularly flavonoids like quercetin and resveratrol. Fermented grapes also improve cholesterol, fight free radicals, help manage diabetes, and prevent cognitive decline.



Give a Fig—The health benefits of figs come from the presence of minerals, vitamins, and fiber contained in the fruits. They contain a wealth of beneficial nutrients, including vitamin A, vitamin B1, vitamin B2, calcium, iron, phosphorus, manganese, sodium, potassium, and chlorine.

All Day Dining

MorningStar offers all-day dining to enhance the dining experience for residents and their guests. Our expanded menu accommodates preferences as unique as our residents. Just as you'd expect at a popular restaurant, we offer daily specials and weekly features of contemporary cuisine and comfort foods. There you'll find Brain Wise and other healthy choices.

Bon Appétit!



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SENIOR LIVING

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