

Cooking for cognition

What's good for the heart is good for the brain

Diet can contribute to the prevention of dementia and the improvement of memory and other cognitive functions.

This leaflet takes you around the world to provide some tasty recipes to prevent memory decline and dementia, as well as heart disease.

Eat less

Studies suggest eating less is best for longevity and long-term health (so eat until you are half full rather than stuffed!). Eating a varied diet is better than taking supplements.

It's all about balance

Eating tofu two to three times a week carries no

India

Some studies showed that people in rural India had a lower risk of dementia. This may be because, at the time, the majority of people did not reach an old enough age to get dementia (the majority of people with dementia are over 65). However part of this may also be because of the food they ate.

Recipe – dahl

Fry finely **chopped onion, garlic, cumin seeds, fresh ginger, fresh green chilli and turmeric** in butter – these herbs and spices are thought to have powerful protective effects on the brain.

Add 400g **red lentils** – pour water over the lentils until covered and let simmer until they are soft. Remember to keep adding water.

Lentils are good for maintaining steady blood sugars and can decrease blood pressure and cholesterol.

Add **fresh coriander** before serving – this may also protect brain function.

Serve with **brown rice** which contains fibers and may reduce cholesterol.

Food tip:

One cup of lentils gives 39% of your iron intake and 90% of your folate intake.

Oranges also contain lots of folate. Both folate and cobalamin are associated with reduced risk in dementia in people who do not have symptoms yet.

Indonesia

People in Indonesia also have a lowered dementia risk. We found that eating a lot of tofu (every day) was not as good for people over 65 but may be part of a healthy diet in mid-life, especially for women during and after the menopause.

Tempe is a fermented soy product which contains cobalamin and folate, shown to reduce the brain plaques seen in dementia and improve memory, even in old people.

Recipe – tofu and vegetables

Cook with lots of green vegetables like **cabbage**,