



NOVEMBER

# FUEL

## ...YOUR BODY AND YOUR MIND

### FOOD FOR THE BRAIN

If you're feeling forgetful, a number of reasons may be at fault, such as lack of sleep, poor physical activity or having too much to do. However, food also plays a role in brain health, and eating right can improve your memory. The best menu for boosting brain function encourages good blood flow to the brain. To strengthen your memory, add these foods to your diet.

**Eat your veggies.** Getting adequate vegetables, especially cruciferous ones like broccoli, cabbage and dark leafy greens, may help improve memory. Try a kale salad or substitute collard greens for a tortilla in your next sandwich wrap. Broccoli stir-fry is also an excellent option for lunch or dinner.

**Sweet berries and cherries.** Berries, especially dark ones such as blackberries, blueberries and cherries, are a rich source of anthocyanins and other flavonoids that may boost memory function. Enjoy a handful of berries for a snack, mixed into cereal or baked into an antioxidant-rich dessert. You can reap these benefits from fresh, frozen or dried berries and cherries.

**Work in walnuts.** Well known for a positive impact on heart health, walnuts also may improve working memory. Snack on a handful of walnuts to satisfy midday hunger, add them to oatmeal or salad for crunch or mix them into a vegetable stir-fry for extra protein.

### CHICKPEA BONANZA



Chickpeas are a high-fiber food that contain minerals such as manganese, zinc, copper and magnesium, as well as B-vitamins, such as thiamine and vitamin B-6. A popular chickpea dish that people love is hummus. Not only is it delicious, it's also good for you and easy to make! This well-known chickpea mixture has a deep-rooted ancient history from the Mediterranean and the Middle East. It's a great heart healthy food that can be enjoyed as a dip for a snack or as a spread with vegetables or pita chips. Grab some veggie sticks and enjoy our chef-approved recipe for hummus (that's also tahini-free) with a friend!

# FAMILY RECIPE CORNER

# HEART HEALTHY HUMMUS

YIELD: 4 Servings

## INGREDIENTS

1 clove of garlic  
1 can of garbanzo beans (drained)  
4 Tbsp. lemon juice  
2 Tbsp. of olive oil  
1 tsp. salt  
Black pepper, to taste  
For garnish: Paprika, cilantro, olive oil

## DIRECTIONS

In a blender, add garlic, garbanzo beans, lemon juice, salt and pepper. Blend until creamy and well mixed and pour mixture into a serving bowl. For garnish, sprinkle paprika, pepper, cilantro and/or a dash of olive oil on the top. Enjoy!

