

2021 SUMMER WORKOUT

WE'VE GOT BERRIES ON THE BRAIN!



Nothing says summer more than an abundance of fresh, ripe berries. But did you know that besides being delicious, berries are a great source of flavonoids - a naturally occurring plant-based chemical - and a proven brain booster?

Research has long shown the benefits of a diet high in dark-colored fruits and vegetables for better long-term cognitive vitality. But [a study released this past summer](#) at the Alzheimer's Association International Conference underscored the protective benefit berries and other foods high in flavonoids have for our brains. Harvard-based scientists looked at long-term flavonoid consumption in over 77,000 study participants over two decades. They found that those who regularly

ate foods high in flavonoids reported a significantly lower ratio of subjective cognitive decline, or how people felt they were performing cognitively.

What foods are high in flavonoids? There are many types of foods, including berries, that deliver a great dose of the good stuff. And there are many easy ways to make sure we get a lot of them into our daily diet.

Here's an easy, fun recipe you can do together to enjoy some flavonoid-packed deliciousness and stay hydrated as we enjoy these last days of summer. And as a bonus, be sure to give everyone the take-home list of top flavonoid-boosting foods so they can bring the science home!

2021 SUMMER WORKOUT

WE'VE GOT BERRIES ON THE BRAIN!

SPARKLING WATER WITH BERRY ICE AND LEMON

(8 servings)

You Will Need:

2 bottles unflavored seltzer or sparkling water

2 pints mixed berries, washed and hulled if needed

2 or 3 citrus fruits, such as lemon, orange, or lime, sliced

1 or 2 ice cube trays

Blender or food processor

Tall glasses



Instructions:

1. Blend mixed berries using the blender or food processor just until they reach a chunky consistency. If needed, add a bit of water or citrus juice to thin.
2. Pour the mixed berry mixture into the ice cube trays and freeze.
3. When ready to serve, place the berry ice cubes and citrus slices into the tall glasses. Pour seltzer over the ice cubes and slightly stir.

Enjoy!

TOP 10 FOOD SOURCES OF FLAVONOIDS

Research shows flavonoids, a natural plant-based chemical, may protect our brains from cognitive decline. Find ways to add these foods to your daily diet to bring that science home!

Berries (Including strawberries, raspberries, blueberries, blackberries, acai)

Red Cabbage

Onions

Kale

Parsley

Black and Green Tea

Red Wine

Dark Chocolate

Citrus Fruits

Soybeans

TOTALBRAINHEALTH.COM