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THE BRAIN-BOOST SHOPPING-LIST

THE BRAIN LONGEVITY SERIES



Welcome Dearest

When I saw a healthy brain and a dementia-affected brain during my neurobiology course, tears welled in my eyes at the stark difference. The healthy brain was full and vibrant; the other, shrunken and empty. In that moment, I thought of my father who lived joyfully to 95 without cognitive decline, cooking, experiencing life & painting in his atelier until his final months.

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This contrast ignited my mission with PREVENTIA—to help others protect their most precious asset through five essential pillars: Knowledge, Exercise, Nutrition, Sleep, and Community.

I'm sharing this guide because I deeply believe dementia is not inevitable. The choices we make daily can write a different story for our future. I hope this resource brings you both practical tools and renewed hope. Your brain has an astonishing capacity for resilience—and I'm here to help you nurture it. To your vibrant brain health,

Kathryn Ann

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PROTECT YOUR BRAIN WITH EVERY BITE

*"Our approach is about abundance,
not restriction;
enrichment, not limitation.*

*We believe the path to a vibrant brain
and fulfilled life comes through adding
what nourishes, not removing what
you love."*

— PREVENTIA

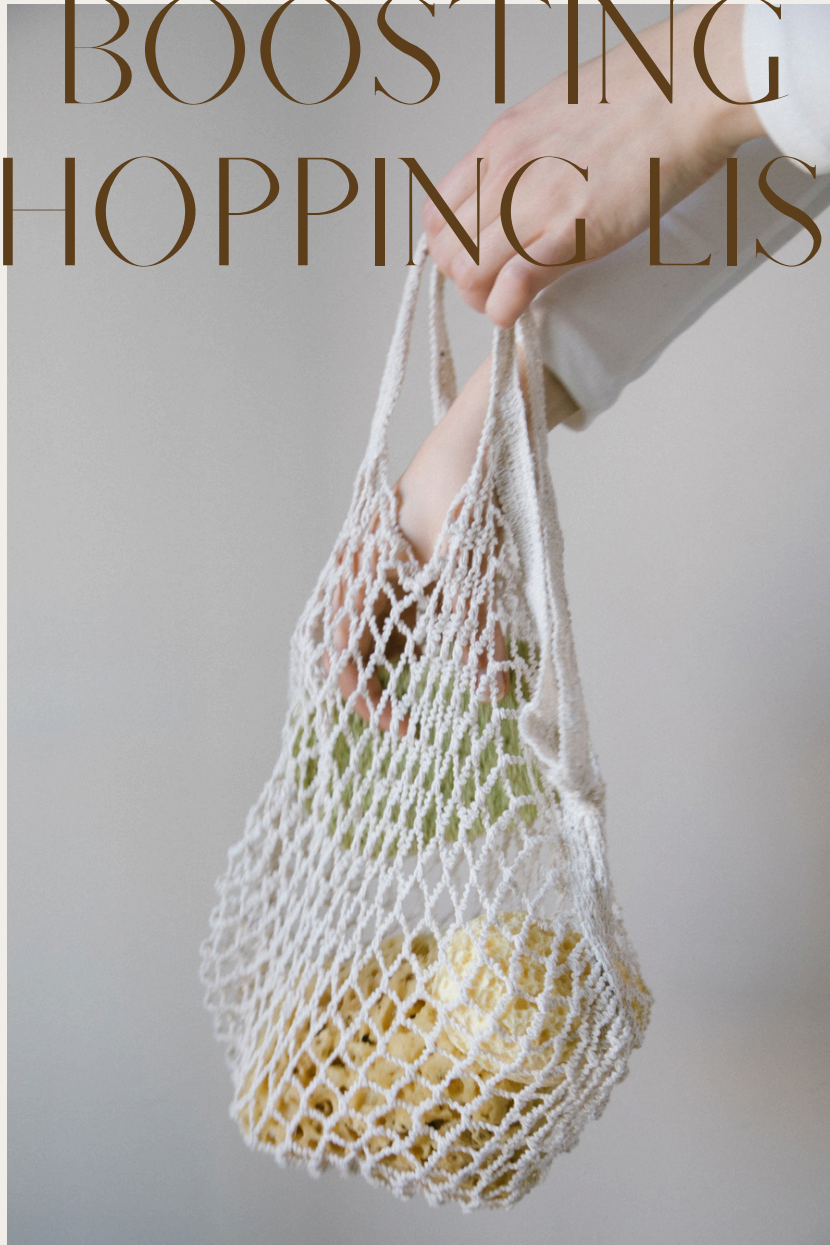


QUESTIONS?

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YOUR BRAIN- BOOSTING SHOPPING LIST



Eat real food. Mostly plants. Not too much.

This simple yet powerful rule from internationally acclaimed journalist Michael Pollan perfectly encapsulates what our brains need to thrive.

The following foods are specifically selected to reduce inflammation, provide essential nutrients for brain health, and protect neural connections.



Vegetables

- **Leafy greens** (spinach, kale, arugula,...)
- **Cruciferous vegetables** (broccoli, Brussels sprouts,...)
- **Colorful bell peppers**
- **Beets** (rich in natural glucose)
- **Garlic** (contains allicin)
- **Thyme** (contains 37+ antioxidants)
- **Tomatoes** (protect against free radical damage)
- **Eggplant** (protects brain cell membranes)

Fruits

- **Berries** (blueberries, strawberries, blackberries)
- **Lemons**
- **Pomegranates** (full of antioxidants)
- **Figs** (minerals for brain nerves)
- **Dark Grapes** (resveratrol - cognition protection)





Protein

- **Eggs** (highest protein quality with all essential amino acids)
- Vegan alternative: Combine **whole grains + legumes** to create complete protein
- **Quinoa** (is a complete protein with all essential amino acids)
- **Chickpeas**
- Goat **cheese or greek yogurt**
- **Soy Products** (Edamame, Tofu, Tempeh, etc)

Healthy Fats

- **Extra virgin olive oil**
- **Nuts** (walnuts, almonds, pistachios)
- **Seeds** (chia, flax, pumpkin)
- **Avocado**





Complex carbohydrates

- **Whole grains** (oats, brown rice, buckwheat,...)
- **Sweet potatoes**
- **Parsnips**
- **Beans and lentils**

Extras

- **Turmeric** (with black pepper to activate curcumin)
- **Dark chocolate** (70%+)
- **Green tea** or tulsi (holy basil) tea, Matcha
- **Fresh herbs** (sage, rosemary, mint, basil, ashwaghandha...)
- **Spices** (Cinnamon, Cardamon, Saffron, etc.)
- Hemp seeds, bee pollen, nutritional yeast,...



For more information on how to keep your mind, body and soul strong and healthy through nutrition, please reach out to us at any time.

3 BRAIN POWER RECIPES

Incorporating more plant variety into your existing diet is one of the simplest ways to protect your brain—these suggestions are meant to inspire, not restrict, as you discover new flavors that support cognitive health.

THESE RECIPES blend pleasure and protection, combining ingredients that work together to support your brain's architecture and defense systems.

Coming from an Italian family, I cherish how Mediterranean cooking naturally incorporates brain-protective elements—from olive oil rich in polyphenols to colourful vegetables full of antioxidants.

Brain-healthy eating is about abundance, not deprivation. The key is maintaining colorful variety on your plate, perhaps sharing these meals with loved ones to add the cognitive benefits of connection to their nutritional power.



I. MEDITERRANEAN BRAIN BOWL

Ingredients (Serves 2):

- 1 cup cooked quinoa
- 1 cup chickpeas, rinsed
- 1 avocado, sliced
- 2 handfuls of arugula
- 1 bell pepper, chopped
- 10 cherry tomatoes, halved
- ¼ cup goat cheese, crumbled
- 2 tbsp pumpkin seeds or sunflower seeds, toasted
- 2 eggs (optional)
- 1 handful soaked raisins or dates pitted

Dressing:

- 2 tbsp extra virgin olive oil
- Juice of ½ lemon
- 1 garlic clove, minced
- 1 tsp dried thyme
- Salt and pepper to taste



Method:

- Arrange quinoa as the base in a large bowl
- Top with chickpeas, vegetables, and goat cheese
- Sprinkle with pumpkin seeds
- If using eggs, poach or soft boil and place on top
- Whisk dressing ingredients and drizzle over the salad
- Enjoy mindfully, appreciating each flavour and crunchiness of the seeds

Brain Benefits: Quinoa provides steady glucose for brain energy, while healthy fats from olive oil, seeds and avocado nourish cell membranes. Arugula and bell peppers deliver antioxidants that reduce inflammation and protect neural connections. Quinoa is a great source for protein as are eggs.

2. RISE & SHINE BREAKFAST



Ingredients (Serves 1):

- ½ cup rolled oats
- 1 cup milk of choice
- 1 tbsp chia seeds
- 1 tbsp flaxseeds (ground)
- ½ cup blueberries
- ½ banana
- 1 tbsp walnuts or preferred nuts best toasted & chopped
- 1 tsp honey, agave or maple syrup (optional)
- ¼ tsp cinnamon
- 1 tsp nut butter (optional)

Method:

- Combine oats and milk in a jar or container
- Add chia seeds, ground flaxseeds, and cinnamon
- Stir well, let it sit for 5 min, stir again
- Refrigerate overnight or at least 4 hours
- In the morning, top with blueberries, banana, nuts, and sweetener, nut butter, etc. if desired
- Take three deep breaths before eating to activate your parasympathetic system

Brain Benefits: Blueberries have one of the highest antioxidant capacities of any fruit and have been shown to improve memory. Omega-3 fatty acids from walnuts, chia, and flax support brain cell structure. Oats provide steady energy through complex carbohydrates.

3. STRESS-REDUCING GOLDEN MILK



Ingredients (Serves 1):

- 1 cup milk of choice (coconut milk works wonderfully)
- ½ tsp ground turmeric
- ¼ tsp ground ginger
- ¼ tsp cinnamon
- 1 pinch black pepper
- ½ tsp honey or date syrup (optional)
- ½ tsp coconut oil (optional)
- ½ tsp ashwaghandha powder (optional)

Method:

- Warm the milk in a small saucepan over medium heat
- Add turmeric, ginger, cinnamon, and black pepper
- Whisk until well combined and heated through and let it simmer for 5 minutes
- Remove from heat and add honey and coconut oil if using
- Pour through a sieve into a mug and sip slowly, perhaps as part of an evening routine

Brain Benefits: Turmeric contains curcumin, a powerful anti-inflammatory compound that crosses the blood-brain barrier. Black pepper enhances curcumin absorption by up to 2,000%. Ginger and cinnamon help regulate blood sugar, providing steady energy to your brain. Honey supports your neurons while you sleep.



EMBRACING THE PRIVILEGE OF AGING

"GETTING OLDER IS A PRIVILEGE DENIED TO MANY."

This simple truth invites us to shift our perspective—from fearing ageing to embracing it as the remarkable gift it truly is. Each year brings new opportunities for growth, connection, and wisdom. Yet embracing ageing doesn't mean passively accepting whatever comes our way. It means living with intention, making choices that protect our most precious asset: our brain.

The information in this guide merely scratches the surface of what's possible when we approach brain health holistically. Each small change—adding colorful vegetables to your plate, taking a brief walk after dinner, practicing a simple breathing exercise, or reaching out to connect with a friend—creates ripples that protect your cognitive health for years to come.

NEED MORE INSIGHT
& SUPPORT?

PREVENTIA OFFERS MORE

If you're curious about deepening your understanding of brain health, PREVENTIA provides:

- **Educational Workshops** exploring all five pillars of brain health in depth
- **Personalised Coaching** to develop strategies tailored to your unique lifestyle and needs
- **Community Events** that combine learning with the cognitive benefits of connection
- Additional Resources on specialised topics like sleep optimisation, stress management techniques, and targeted nutrition strategies

Our approach is always evidence-based, practical, and focused on abundance rather than restriction. We believe in making brain health accessible, enjoyable, and integrated into your existing life—not something that requires dramatic upheaval.

CONNECT WITH US

Website: www.preventia.at

Instagram: [@preventia_strategies](https://www.instagram.com/preventia_strategies)

Email: info@preventia.at

Phone: +43 650 35 70 131

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