

# Certain foods may combat Alzheimer's

Today is World Alzheimer's Day.

Studies continue to show a healthy diet and exercise can reduce the risk for Alzheimer's, in some cases by more than 50 percent. Blueberries, a top brain food, are rich in anthocyanins and shown to improve learning and recall in studies at the University of Cincinnati.

Clinical researcher Neal Barnard is an advocate for starting the day with foods that strengthen memory. The following recipe is from Jason Wyrick.

## **Breakfast Smoothie (Serves 2)**

1 very ripe banana (with plenty of brown speckles)

2 C frozen fruit (such as berries, mangoes, strawberries, banana, orange, and pineapple)

1 C nondairy milk (almond milk or soy milk)

Combine all the ingredients in a blender. Start your blender on the lowest setting and slowly crank it up as the smoothie starts to puree. If you start with your blender at high, you'll end up with smoothie splattered all over the top of your blender and probably will have to stop your blender several times to get the smoothie ingredients to rest back on the blades. Once you're up to optimal speed, blend for about 2 minutes to get everything smooth.