

Amazing Place *Family* Album



A Presentation on Ramadan



STARS Intern, Haley Ebel, with Jerry B. and Alfred L.



Thompson & Knight Summer Associates visit



Space City Seniors (including Sally S.'s son) who dance at Rockets games perform for AP



Outing to the Menil

AMAZING PLACE
A day center for adults with mild to moderate dementia

Family Spirit

Monthly News and Program Calendar JULY 2016

Ways to Reduce Sugar for Your Brain

by SUSAN GILES, Community and Church Liaison

Thanks to the generous support of many donors, Amazing Place is the first facility in Texas to implement an innovative brain-healthy nutrition program called The Memory Preservation Nutrition Program (MPN™) under the leadership of Nancy Emerson Lombardo, Ph.D. at the Brain Health and Wellness Center in Massachusetts.

Recently, Dr. Lombardo shared some relevant information about the toxicity of excess sugar to the brain. Not only does it contribute to inflammation, but it also shrinks the hippocampus where short term memory is stored.

Here are some of Dr. Nancy Lombardo's tips for reducing sugar intake:

- **Limit sweets** (whether desserts, snacks, breakfast pastries or candy) to once or twice a week.
- **Eat smaller portions of desserts:** savor and enjoy every bite but make them 1/4, or less, of your usual portion.
- **Follow the recommended limited amount** of added sugars to no more than 6 teaspoons/day for women and 10 teaspoons /day for men.
- **Read food labels.** Convert grams to teaspoons by dividing the number of grams by 4. For example, a 12 oz. can of Coca Cola has 39 grams of added sugar, divided by 4 equals 9.75 teaspoons.
- **Fruit is naturally high in sugar.** Limit daily servings to 3-5 and fruit juice to 6-8 oz. Some especially brain healthy fruits include berries and cherries which counteract inflammation. Apples can help increase memory by increasing the amounts of the neurotransmitter acetylcholine.
- **Use spices to replace sugar:** Cinnamon (1-2 tsp. a day, not to exceed 3) Turmeric has similar properties to cinnamon.
- **Eat dark chocolate** with cocoa content of 70% or more, up to 1.6 oz. per day.
- **Use Stevia brand products** rather than sugar. Recommended brands are Sweetleaf®, Truvia®, Trader Joe's Stevia.
- **Avoid artificial sweeteners.**

It's OK to use small or modest amounts of certain natural sugars. Just realize in the body they still act as sugar and still contain calories. The key is the amount of other nutrients that help blunt the effect on blood sugar, insulin and inflammation. Those sugars are coconut sugar, date sugar, honey (raw) and maple syrup.



Susan Giles with Chef Michael