

“Go Purple” Menu

Breakfast



Blueberry French Toast

Raisin Bran Cereal

Hard Boiled Eggs & Whole Wheat Toast

Blueberry Yogurt



Lunch

Baked Cod with Whole Wheat Rice & Sweet Peas

Baked Chicken Breast with Purple Cabbage & Sweet Potatoes

Whole Wheat Spaghetti with Marinara

Dessert

Mixed Fruit Bowl with Blackberries, Plums, Strawberries & Almonds

A Brain Healthy Diet Certain foods rich in antioxidants and Omega 3 may improve brain health and function. There is a lot you can do to keep your brain healthy as you age. Just open your mind to a brain healthy diet and keep moving. Exercise is essential and most effective when combined with a brain healthy diet.

Helpful Hints

- Manage your body weight for overall good health of brain and body.
- Reduce your intake of foods high in fat and cholesterol.
- Increase your intake of antioxidant rich foods such as spinach, brussel sprouts, red grapes and plums.



“Go Purple” to Fight Alzheimer’s Disease

Help us fight Alzheimer’s Disease by “Going Purple” for a day. Research shows that certain foods have been known to improve brain health and function. There is a lot you can do to help employees keep their brain healthy. So join us and “Go Purple” for a day!

Cafeteria Activities

Create a “Go Purple” Menu for the cafeteria and incorporate brain healthy food items such as:

- Blueberry French Toast
- Raisin Bran Cereal
- Purple Hard Boiled Eggs and Whole Wheat Toast
- Baked Chicken Breast with Purple Cabbage and Sweet Potatoes
- Mixed Fruit Bowl with Blackberries, Plums, Strawberries and Cantaloup



“Go Purple” in the Cafeteria:

- Use purple table cloths for the tables
- Decorate the cafeteria with purple balloons
- Place Alzheimer’s Association tent cards on the tables so staff can learn more about Alzheimer’s Disease.
- Invite your local Alzheimer’s Association Chapter to participate.
- to learn more contact: corporateinitiatives@alz.org

