



Brain Healthy Recipe Review Form

Quick Reviewer Decision Guide

Recommended

- Includes multiple brain-healthy ingredients.
- Ingredients to limit are minor, optional, or easily modified (ex: salt can be reduced, cheese used in small amounts).
- Affordable or adaptable to Hawai'i.
- Skill level is appropriate for the general public.

Needs Revision or Adaptation

- Contains useful brain-healthy elements, but:
- Has high amounts of sugar, salt, unhealthy fats, or red meat.
- Requires minor ingredient substitutions (ex: pork → chicken, butter → olive oil).
- Uses hard-to-find ingredients that may need substitution.

Not Recommended

- No significant brain-healthy ingredients.
- Recipe has several foods to limit (ex: lots of fried foods, butter, red meat, salty processed ingredients).
- Unaffordable or impractical for Hawai'i.
- Requires advanced cooking skills or equipment inappropriate for the intended audience.

Brain Healthy Recipe Review Form

Basic Recipe Information

Recipe: _____ Yield: _____
Source: _____ Prep Time: _____
Reviewer: _____ Cook Time: _____

Skill Level: Very Easy (anyone can make it)
 Moderate (basic kitchen skills)
 Advanced (some specialty skills)

Meal: Breakfast
 Lunch
 Dinner
 Snacks
 Dessert

Is any specialized equipment needed for this recipe?

Ingredients

Number of Ingredients: _____

Are most ingredients readily available in Hawaii?

- Yes
 No, list any difficult-to-find items:

What brain healthy foods are included in this recipe?

- Whole grains (brown rice, oatmeal, whole wheat, quinoa)
 Vegetables (broccoli, carrots, sweet potato, squash)
 Green leafy vegetables (spinach, kale, lu'au leaf, swiss chard, seaweed)
 Nuts (macadamia, almonds, walnuts, pecans)
 Beans (black beans, lentils, edamame, pinto beans, mung beans)
 Berries (blueberries, strawberries, acai, frozen mixed berries)
 Poultry (chicken, turkey)
 Fish (ahi, salmon, opah, sardines, canned tuna)
 Healthy Oils (olive oil, avocado oil, canola oil, sunflower/safflower oil)

Does this recipe include ingredients we may want to limit for brain health?

- Salt/salty foods Sugar (honey, maple syrup, sugar, agave)
 Cheese Red meat (beef, pork, lamb)
 Fried foods Unhealthy fats (butter, stick margarine, coconut oil, lard)

Does this recipe contain one of the most common allergens?

- Eggs Fish Milk Peanuts Sesame
 Shellfish Soy Tree nuts Wheat

General comments and thoughts about the recipe: Please consider cultural relevance, adaptations, or concerns.
