



Photos courtesy of Pixabay.com

EAT WELL, AGE WELL. BRAIN FOODS

Mediterranean Diet

The Mediterranean diet is a plant-based diet that focuses on consuming fresh fruits and vegetables, grains, and fish. Research has shown that diets high in fruits, vegetables, and unsaturated fatty acids have been associated reducing cognitive decline. These diets are also thought to reduce the risk of other diseases such as heart disease and diabetes. Fish is the main source of protein in the Mediterranean diet, however grass-fed lean beef is high in omega-3 fatty acids and is an acceptable protein source. By focusing on whole foods, this diet avoids refined carbs and processed foods. In addition to maintaining cognitive function this diet will help remove the sluggishness that is accompanied by process foods. Buying food that is in season will be the most cost effective way to maintain this diet. In the winter when fruit produce is low, roasting vegetables is a great idea. Other food items that are used in this diet are seeds like chia and hemp, olive oil, and various spices and herbs.

WEEKLY CHALLENGES

RECORD YOUR
DAILY AMOUNT OF
VEGETABLES

GO ON A 10 MINUTE
WALK

HAVE WHOLE GRAIN
BREAD INSTEAD OF
WHITE TWO TIMES

HAVE FISH ONE
NIGHT THIS WEEK

DID YOU KNOW?

AN ESTIMATED 5.2
MILLION
AMERICANS HAVE
ALZHEIMER'S

Note to Nutrition Directors and Site Managers:

Thank you for helping to promote Eat Well, Age Well. Please encourage folks to form weekly action plans to help them incorporate brain foods into their eating habits. You can help create excitement to try new foods. These foods will help decrease the rate of cognitive decline and increase brain function.

If they ask how they should record if they reach their weekly action plan. They can write words like, "Nailed it" or just a short note like, added tomato juice at breakfast or added kale to my salad, etc. on the *Monthly Tracking Calendar*.

Week 1: Give out/Post

- The 1- page overview handout *Eat Well, Age Well. Mediterranean-Diet Guidelines*
- Placemat/handout for *Cherry, Rosemary Salmon Salad*
- Table Tent- *Brain Food Series*
- *Monthly Newsletter/News Paper ad in your local Senior (6 x 4 or 4 x 2 inch ads)*

Week 2: Give out/Post

- Placemat/handouts for *Walnut Caesar Salad*
- Table Tent- *Brain Foods- Beans*

Week 3: Give out/Post

- Placemat/handouts for *Sweet Cinnamon Oatmeal*
- Table Tent- *The Right Fats*

Week 4: Give out/Post

- Placemat/handout for *Blueberry Walnut Bread*
- Table Tent- *Freshly Brewed Tea*

To print the placemats on legal size paper, just hit print, they should be set up for that size of paper. To make them into a handout, go to Print and then go down to the last item that should say, 1 page per sheet, and click on the drop down menu to select "Scale to Paper Size" and select "letter" size paper.

The table tents are available in full size version that you can post on a bulletin board, give as a handout or place in a full size table tent holder or print the 4 x 6-inch version and place in 4 x 6 or 5 x 7-inch holder.

I appreciate your input and feedback so please feel free to call me at 608-228-8095 or email me with any comments pam.vankampen@gwaar.org