



Photos courtesy of Pixabay

EAT WELL, AGE WELL.

BRAIN BOOSTING SUPPLEMENTS

Today, there are thousands of Brain Supplements on the market that claim to be effective in boosting the brain's power to focus, reduce mental fatigue and support healthy brain function. So, how can we find Brain Supplements that are both safe and effective? Memory loss and losing the ability to think straight are a common fear most people have as they age. The main recommendation that Harvard suggests is to first, avoid vitamin deficiencies. A Harvard Health study found out that the brain most importantly needs B vitamins such as B6 and B12. They have been proven by multiple studies too show an improvement in the mental decline of patients with mild to moderate Alzheimer's disease. This study also showed improvement in memory with the following vitamins: E, K, and C. The National Institute of Health-Office of Dietary Supplements, has a comprehensive list of Dietary Supplement Fact Sheets, videos, FAQs and more. <https://ods.od.nih.gov/> Be sure to eat a well-balanced diet because there is a host of other naturally occurring nutrients necessary for the brain to function optimally.

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students
Issue 4: 4-4-17 by Daisy Perez

WEEKLY CHALLENGES

TRY AND REDUCE
INTAKE OF
PROCESSED FOODS

TRY ADDING CITRUS
FRUIT TO A FRESH
SALAD FOR VITAMIN C

TRY TO INCLUDE MORE
WHOLE FOODS IN YOUR
DIET TWICE THIS
WEEK

USE HIGH QUALITY
SUPPLEMENTS TO GET
HIGH POTENCY
INGREDIENTS

DID YOU KNOW?

The brain accounts for about 2% of body weight but uses about 20% of the oxygen in our blood and 35% of the glucose circulating in our blood stream!

-American College of
Neuropsychopharmacology

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 may 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. Brain Boosting Supplements*
- Placemat/handout for *Turmeric*
- Table Tent- *Limiting Sugar*
- *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 *Basil*
- Table Tent- *Basil (4 x 6 & 5 x 7 sizes available)*
- Table Tent- *MIND Diet (4 x 6 & 5 x 7 sizes available)*

Week 3: Give out/Post

- Placemat/handouts for *Thyme*
- Table Tent- *Bean (4 x 6)*

Week 4: Give out/Post

- Placemat/handout for *Oregano*
- Table Tent- *Whole Grain ((4 x 6 & 5 x 7 sizes available)*

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