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## EAT WELL, AGE WELL. NUTS AND SEEDS.

### WHAT ARE THE BENEFITS OF NUTS AND SEEDS?

Our ancestors have long been snacking on various nuts and seeds. Not only are they satisfying enough to keep you full, but they provide an array of health benefits. Studies have shown that getting at least 3 servings of nuts a week can reduce risks for cardiovascular disease, (which is any disease of the heart or blood vessels), type two diabetes, and cancer. Nuts and seeds serve as healthy fats and have been shown to boost cognitive abilities. They also are a great source of protein, fiber, a variety of minerals, vitamins and phytochemicals as well.

The great thing about nuts and seeds is that they are incredibly easy to incorporate into most meals! Add to smoothies, salads, hot or cold cereals, baked goods, as substitutes for breadings, and more!

There is no one specific nut or seed that will contribute every health benefit. This makes it fun because it allows you to have many types of nuts and seeds throughout the week. They're easy to find, delicious to eat, and beneficial to the body. They're so perfect it's nuts!

### WEEKLY CHALLENGES

Have at least 3 servings of nuts this week

Pick out 2 different types of seeds to try

Add chia seeds to applesauce, yogurt or a smoothie

Add nuts or seeds to a recipe this week

### DID YOU KNOW?

The global seeds market is expected to grow 10% for the next five years

## 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. Nuts and Seeds*
- Placemat/handout for *Pumpkin Seeds*
- Table Tent- *Chia, Flax and Hemp*
- *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 *Walnuts*
- Table Tent- *Pecans*

### **Week 3:** Give out/Post

- Placemat/handouts for *Serving Sizes for Nuts & Walnut Pairings/Storage*
- Table Tent- *Sunflower Seeds*

### **Week 4:** Give out/Post

- Placemat/handout for *Chia Seeds*
- Table Tent- *Almonds*

**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](mailto:pam.vankampen@gwaar.org)