



Photo courtesy of Plixabay

EAT WELL, AGE WELL.

ANTHOCYANINS

WHAT ARE ANTHOCYANINS?

Anthocyanins are abundant in plant foods and provide the red-orange color and blue-purple color of various fruits and vegetables. There have been several studies that show an association between the consumption of anthocyanins-rich food and the lowered risk of cardiovascular disease. Researchers found that consuming anthocyanin-rich strawberries and blueberries once per week resulted in a significant reduction in death from cardiovascular disease and coronary heart disease. The decreased risk of cardiovascular disease may result from the reduction of arterial stiffness and blood pressure. Anthocyanins are plentiful in berries, for example, elderberries, blueberries, and strawberries. In addition, red and purple grapes are high in anthocyanins, as well as red wine, sweet cherries, eggplant, black plums, blood oranges, and red cabbage. Consuming one to two portions of berries per day may be a strategy for lowering the risk of cardiovascular disease. It is recommended that your diet should include a rainbow of colors because of the disease-fighting benefits they provide.

WEEKLY CHALLENGES

**TRY ONE OF THE
RECIPES PROVIDED**

**HAVE 1-2 SERVINGS
OF BERRIES AT
LEAST TWICE THIS
WEEK**

**MAKE A MEAL WITH
VIBRANT COLORS**

**TRY A NEW FOOD
THAT CONTAINS A
HIGH AMOUNT OF
ANTHOCYANINS**

**DID YOU KNOW?
ANTHOCYANINS CAN
HELP IMPROVE
MEMORY AND SLOW
AGE-RELATED LOSS
OF COGNITIVE
FUNCTION**

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 nutrient dense foods into their eating habits. You can help create excitement to try new foods. They will find that they are really tasty and they will feel better if they add some of these foods to their diets.

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.

Week 1: Give out:

- The 1- page overview handout Eat Well, Age Well. Anthocyanins and the handouts below for *Blackberry Spinach Salad* and *Baked Eggplant*.
- placemat/handout for *Fruit Salad*
- Table Tent #1 Black Currants and #6 Blackberries (5x7)
- Give out the monthly calendar to track Weekly Challenges

Week 2: Give out

- placemat/handouts for: *Red Cabbage Salad*
- Table Tent #2: Red Wine (5x7)

Week 3: Give out:

- placemat/handouts for *Purple Mashed Potatoes*
- Table Tent #3: Frozen Smoothie (5x7)

Week 4: Give out

- placemat/handout *Purple Carrot & Cabbage Salad*
- Table Tent #4 Eggplant & #5 Red Cabbage (5x7)

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.

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

Blackberry Spinach Salad Takes only 5 minutes to prepare!

This recipe adapted from <http://allrecipes.com/recipe/41637/blackberry-spinach-salad/print/?recipeType=Recipe&servings=8&isMetric=false>

INGREDIENTS:

- 3 cups baby spinach, rinsed and dried
- 1 pint fresh blackberries
- 6 ounces crumbled feta cheese
- 1-pint cherry tomatoes or 1 diced tomato
- ¼ cup finely chopped walnuts
- Onion (optional)

DIRECTIONS:

1. In a large bowl, toss together baby spinach, blackberries, feta cheese, tomatoes, onions and walnuts.
2. Enjoy this healthy quick salad.



Photo by Pam VanKampen

Baked Eggplant Makes 6 servings in 45 minutes. Only 54 calories! This recipe is brought to you from http://allrecipes.com/recipe/236311/baked-eggplant/?internalSource=similar_recipe_banner&referringId=156162&referringContentType=recipe&clickId=simslot_2 <http://www.wellplated.com/apple-cider-chicken/>

INGREDIENTS:

- Cooking spray
- 1 eggplant, sliced into 1/2-inch-thick rounds
- 3 tomatoes, sliced
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon dried oregano
- 1/3 cup grated Parmesan cheese
- salt and ground black pepper to taste or use your favorite salt-free seasoning blend.

DIRECTIONS:

1. Preheat oven to 400 F. Prepare a baking dish with non-stick spray. You can also place on parchment paper if you like.
2. Arrange eggplant and tomato slices into the bottom of the prepared baking dish. Drizzle olive oil over the vegetables; season with oregano, and seasonings as desired. Sprinkle Parmesan cheese over the entire mixture.
3. Bake in preheated oven until the cheese is beginning to brown, about 20-30 minutes. Switch oven broiler to high, continue baking until completely browned, about 5 minutes.



Photo by Nicki Lehtinen



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