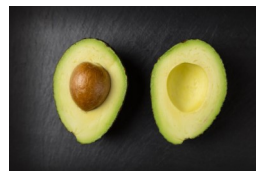


Trifold table tent: Fold at the three dotted lines and trim the top. Tape side edges together and place on tables.



## Avocados: It's a Fruit

The line between fruit and vegetable doesn't seem as clear cut as it use to be. Did you know that avocados are a fruit? If not, that's okay, I didn't until a few years ago. In places outside of the United States they treat avocado more like a fruit than we do. They incorporate them into smoothies, fruit salads, and even milkshakes. The fattiness of avocados helps to make thick and rich textures in smoothies. It can be used in sandwich spreads, salads, dressings, and more!

### Helpful Tip:

Use half an avocado in a smoothie for extra creaminess and added nutrients!

### Weekly Challenge:

Try using an avocado in a new way or recipe.

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Emily Preston



## Avocados: The Benefits

Avocados have risen in popularity in recent years due to their nutrient dense profile. They have nearly 20 vitamins, minerals, and phytonutrients! Two specific phytonutrients found in avocados, that can not be made by the body, help reduce risk of cataracts and macular degeneration. Avocados are also known for their heart-health properties because they are composed of plant sterols that compete with cholesterol. Additional research shows that avocados may reduce markers of inflammation!

### Helpful Tip:

Adding avocado to a burger is a simple way to add a new flavor to a classic!

### Weekly Challenge:

Try to eat two servings of avocados this week.

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Emily Preston



## Avocados: The Prefect Pick

If you are like me, you aren't the best at picking out good produce. Thankfully, there are tricks to picking out the perfect avocado. It is best to purchase avocados unripe and very firm. This firmness helps protect the avocado during transport. It is also important to make sure the stem is intact. This restricts oxygen from getting into the avocado and producing unwanted discoloration and softening of the flesh. If you are also like me and buy too many avocados; you can slow down ripening by placing them in the fridge.

### Helpful Tip:

If you have over ripe avocados, throw them in the freezer to use in smoothies later!

### Weekly Challenge:

Try a new recipe with avocados!

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Emily Preston

Fold then tape this edge to other edge of tri-fold to make a triangle table tent.

Trifold table tent: Fold at the three dotted lines and trim the top. Tape side edges together and place on tables.



## Dementia and Brain Foods: **Folate**

Dementia and Alzheimer's affects about 50% of the population, and is more common in women. While it may seem inevitable, there are plenty of preventative measures to reduce the rate of cognitive decline or the onset of memory affecting diseases. Nutrition plays an enormous role in our health outcomes, and it's easy enough to alter the diet to ensure healthy brain function! Folate is Vitamin B<sub>9</sub>.

For adults the RDI is 400mg/day which can be obtained through a vitamin or lots of dark leafy greens and oranges. Adequate folate levels also prevent depression, its essential to consume!

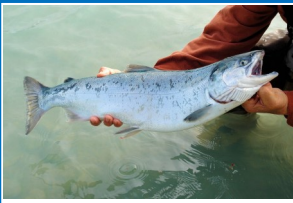
### Helpful Tip:

Folate, or Folic Acid is best absorbed on an empty stomach or with cow's milk

### Weekly Challenge:

Talk to your doctor about a folic acid supplement

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Lauren Mickley



## Dementia and Brain Foods: **DHA**

Omega 3's are vital fatty acids found in nuts, especially walnuts, seeds like flax and chia, and oily fish like salmon and tuna. DHA is an omega 3 found in oily fish and eggs and is a key player in protecting the brain and preventing Dementia and Alzheimer's. Many plant based sources of Omega 3's can be converted from ALA to DHA, but not very efficiently, especially as the liver ages and becomes damaged. Vegetarians and vegans should consider an algae supplement to ensure adequate DHA levels.

### Helpful Tip:

Eating one serving of fatty fish a week can reduce your chances of dementia by 60%!

### Weekly Challenge:

Eat an extra serving of salmon or tuna this week!

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Lauren Mickley



## Dementia and Brain Foods: **MIND Diet**

The MIND diet is a combination of the DASH diet and the Mediterranean diet. It was designed to include all of the foods that prevent the onset of Dementia and Alzheimer's. It includes 10 brain boosting foods, and 5 foods detrimental to brain function. The 10 foods it recommends are green leafy vegetables, all other vegetables, berries, nuts, olive oil, whole grains, fish, beans, poultry, and red wine. Try to avoid or limit butter and margarine, cheese, red meat, fried foods, and pastries and sweets.

### Helpful Tip:

The MIND diet includes all of the essentials to protect the brain!

### Weekly Challenge:

Try to cut out one of the foods listed in the avoid section!

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Lauren Mickley

Fold then tape this edge to other edge of tri-fold to make a triangle table tent.

Trifold table tent: Fold at the three dotted lines and trim the top. Tape side edges together and place on tables.



## Potatoes: The Benefits

Unfortunately, potatoes tend to get a bad reputation due to low-carb movements. Many people view them as a “guilty delight”, but potatoes can be a wholesome comfort food! They provide many different phytonutrients from their different pigmented skin. One medium sized potato can have 45% of the daily value of vitamin C, 2 grams of fiber, 620 milligrams potassium, and trace amounts of thiamin, riboflavin, folate, magnesium, phosphorus, iron, and zinc. It is important to be mindful of the extra ingredients added to most potato dishes, but that doesn't mean to avoid the delicious potato dishes.

### Helpful Tip:

Keep the skin of the potato for added fiber & phytonutrients!

### Weekly Challenge:

Try a new recipe with potatoes

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Emily Preston



## Potatoes: The Varieties

Potatoes tend to fall in three different categories; starchy, waxy, and all-purpose. Starchy potatoes, which include Idaho or Russet, are high in starch and low in moisture. These potatoes don't hold their shape well, making them not suited for potato salads or casseroles, but are great for boiling, baking, and frying. The second kind is waxy potatoes, like Red Bliss or New Potatoes. They are firm and hold their shape well after cooking, making them good for casseroles and potato salads. All-purpose is the third category that falls between the two types listed above, which makes them useful for many different cooking styles. An example of this is Yukon Gold.

### Helpful Tip:

Red Bliss potatoes are great for soups or stews!

### Weekly Challenge:

Try a new potato variety this week

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Emily Preston



## Potatoes: The Sweet Potato (not actually a potato)

Sweet potatoes can be confused for potatoes for obvious reasons; I mean it is in the name. They actually are a member of the Morning Glory family and have been grown since 1850 BC. Since then, sweet potatoes have grown in popularity due to their nutrient profile. One cup of sweet potato contains 214% of the daily value for vitamin A and 52% of the daily value for vitamin C. In addition, it contains high levels of manganese, copper, vitamin B6, biotin, fiber, and potassium. Lastly, they are high in beta-carotene and anthocyanins. Anthocyanins are antioxidants that help protect your immune system. While they aren't technically potatoes, they offer a variety of nutrients & taste delicious!

### Helpful Tip:

Try using sweet potatoes in a new way like in baking.

### Weekly Challenge:

Eat two servings of sweet potatoes this week

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Emily Preston

Fold then tape this edge to other edge of tri-fold to make a triangle table tent.

Trifold table tent: Fold at the three dotted lines and trim the top. Tape side edges together and place on tables.



## World Vegan Month: What's a Vegan?

Vegans are people who choose to avoid any and all animal products. They don't consume meat, fish, eggs, dairy, or honey and get all of their nutrients from plant sources like beans, nuts, fruits and vegetables. They have a variety of reasons for choosing this lifestyle: animal rights, environmental factors, or for improved health. Veganism is becoming more popular and widespread as people become more aware of the farming industry and the potential health risks of consuming a lot of animal products.

### Helpful Tip:

Vegans have a lower rate of cancer, diabetes, obesity and heart disease!

### Weekly Challenge:

Can you go a day without consuming any animal products?

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Lauren Mickley



## World Vegan Month: Potential Deficiencies

A well balanced vegan diet provides all of the essential vitamins and minerals needed to sustain a healthy, active lifestyle. Some caution against low protein, iron and B<sub>12</sub> status. Adequate protein can come from a variety of beans, lentils, nuts, and whole grains. Iron can be obtained from dark leafy greens or as a supplement. B<sub>12</sub> is really the only concern, but can come from fortified cereals or as a supplement. As long as they are eating a variety, staying balanced is easy!

### Helpful Tip:

Vitamin C helps in the absorption of iron found in vegetables.

### Weekly Challenge:

Swap out a meat source for beans, you'll be pleasantly surprised!

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Lauren Mickley



## World Vegan Month: Benefits

There are many benefits in going vegan. One is the reduction of saturated fat and cholesterol intake. This improves cardiovascular health and reduces risk for stroke, heart disease, cancer and diabetes. Eating more plants increases the intake of fiber, vitamins, minerals, antioxidants and phytochemicals. These all aid in a healthier, more balanced lifestyle. Many vegans report having more energy, sleeping better, and having healthier hair, skin, and nails, all while having an improved mood.

### Helpful Tip:

A healthier lifestyle means more time being active and less time being sick!

### Weekly Challenge:

Ask a vegan why they switched and any changes they've noticed!

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Lauren Mickley

Fold then tape this edge to other edge of tri-fold to make a triangle table tent.