Blueberries may help prevent and reverse age-related cognitive decline, including Alzheimer’s. Studies have shown that eating blueberries helps maintain memory function and improve mood in older adults with early memory decline. So, if you are feeling “blue”, try eating some of these happy, healthy berries.

Weekly Challenge: Have Blueberries at least twice this week!

UTIs

Urinary Tract Infections (UTIs) can present different symptoms as we age and can cause cognitive changes. UTIs are usually caused by the migration of E. Coli bacteria from the gut into the urinary system. Cranberries and blueberries have antibacterial and antiadhesive properties that help prevent the harmful bacteria from adhering to the urinary tract lining and can help prevent UTIs.

Weekly Challenge: Drink Cranberry Juice twice this week!

A spoonful of berries can help if you struggle with, or want to prevent constipation. Fresh, frozen, or dried they all help. Why? Because they are a great source of fiber. Combined with whole grains, nuts & seeds, and veggies, your colon will be doing a happy dance.

Increase fiber intake slowly so your body gets used to the added bulk, otherwise you may have some discomfort. Remember, as you eat more fiber, you need to drink more fluid.

Weekly Challenge: Try to work up to 20 grams of fiber per day.

Stay Regular

Blueberries

Helpful Tip: Physical activity will keep things moving...

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Pam VanKampen, RDN, CD

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Pam VanKampen, RDN, CD

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Pam VanKampen, RDN, CD