

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



Blueberries

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!

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



UTIs Berries can Help

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.

Helpful Tip:

Drink plenty of fluids throughout the day.

Weekly Challenge:

Drink Cranberry Juice twice this week!

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



Stay Regular Blueberries

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.

Helpful Tip:

Physical activity will keep things moving...

Weekly Challenge:

Try to work up to 20 grams of fiber per day.

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

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