



EAT WELL, AGE WELL. BLUEBERRIES

Blueberries bring a smile to my face just thinking about them. They are a beautiful, delicious, nutrient-rich fruit that take no time to prepare. I eat them all year long. I try to buy them when they are in season and freeze them. I try to have at least a cup a day. One cup has 80 calories, 3.6 grams of fiber, 21 grams of carbs and 25% of daily value of vitamin C. If you have diabetes, 1 serving would be $\frac{3}{4}$ cup, that would provide 15 grams of carbs and 60 calories.

I add them to salad, hot or cold cereal, yogurt, on top of sorbet, sherbet or ice cream, cottage cheese, stir into pancake or muffin mix, blend into smoothies, or just eat plain or mixed with other fruit such as mandarin oranges, bananas, grapes, strawberries, or watermelon for a refreshing fruit salad.

Berries have multiple health benefits and are fairly inexpensive when bought in season or look for specials throughout the year and freeze them.

I hope you complete the weekly challenges and try some of the recipes on the placemats offered this month. You will be berry thankful you did 😊.

WEEKLY CHALLENGES

HAVE BERRIES AT LEAST TWICE A WEEK

TRY AT LEAST ONE OF THE RECIPES THIS MONTH

SEE IF THERE IS A PLACE TO GO PICK YOUR OWN BLUEBERRIES

REMINISCE ABOUT THE SONG "BLUEBERRY HILL"

DID YOU KNOW?

Blueberries are one of the only foods that are naturally blue in color.

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. Blueberries*
- Placemat/handout- *Blueberry Orange Salad*
- Table Tent- *Blueberry Month*
- Monthly Tracking Calendar

Week 2: Give out/Post

- Placemat/handout- *Raw Blueberry Pie*
- Table Tent- *Health Benefits of Blueberries*

Week 3: Give out/Post

- Placemat/handouts- *Blueberry Oatmeal Pancakes*

Week 4: Give out/Post

- Placemat/handout- *Blueberry Hill Smoothie*

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 to be printed on legal size paper and folded and taped to sit like a triangle on the table. No table tent holder is needed.

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