



EAT WELL, AGE WELL. FRUITS & VEGGIES

"Food as Protection" is a great way to think about eating more fruits and veggies. They are packed with nutrients that truly protect and enhance your health. Try to have 2 ½ cups of vegetables and 2 cups of fruit a day. Include at each meal and for snacks. Ants on a log (celery, peanut butter and raisins), or apple slices with peanut butter, or baby carrots with low-fat ranch are a few simple ideas. Instead of reaching for a cookie or chips, try a piece of fruit, or one of the snacks noted above, instead, and you will find the fiber will help you feel full, satisfied and energized.

Eat a variety of colorful produce to assure you are getting a nice mix of nutrients and phytochemicals. Studies have found many health benefits of plant-based diets including: longevity, weigh less, lower oxidative stress and inflammation, reduced risk of heart disease, reduced risk of type 2 diabetes, lower risk of cancer, healthy gut/immune system, and brain protection.

"Nothing will benefit human health and increase the chances for survival of life on earth as much as the evolution to a vegetarian diet."

Albert Einstein

WEEKLY CHALLENGES

**SUBSTITUTE A
SNACK FOOD FOR
FRUIT OR VEGGIE
TWICE THIS WEEK**

**TRY A VEGETARIAN
RECIPE THIS WEEK**

**TRY A FRUIT OR
VEGGIE THAT YOU
USUALLY DON'T EAT
ONCE THIS WEEK**

**HAVE VEGGIES OR
VEGETABLE JUICE
FOR BREAKFAST**

DID YOU KNOW?

**There are over
25,000 types of
tomatoes.**

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. Fruits and Veggies*
- Placemat/handout- *Avocado Toast*
- Table Tent- *Fruit and Veggie Quick Meal Ideas*
- Monthly Tracking Calendar

Week 2: Give out/Post

- Placemat/handout- *Easy Lentil Bolognese*
- Table Tent- *Fruit and Veggie Facts*

Week 3: Give out/Post

- Placemat/handouts- *Potato Bean Hash*

Week 4: Give out/Post

- Placemat/handout- *Peanut, Peach, Pineapple Wrap*

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