



Photos from pixabay.com

## EAT WELL, AGE WELL.

### HEALTH BENEFITS OF CHIA SEEDS

Chia seeds are tiny black seeds from the mint family plant *Salvia hispanica*, which is native to central and southern Mexico and Guatemala. The ancient Mayan civilization prized them for their ability to provide sustainable energy. Chia" is the ancient Mayan word for "strength."

They are low in calories, but high in nutrients, making them a great "nutrient dense" food choice. In fact, **two tablespoons** provides 117 calories, one gram of digestible carbohydrate as well as:

- **Fiber: 8.3 grams**
- **Protein: 4 grams**
- **Fat: 7.4 grams (5 of which are omega-3's)**
- **Iron: 10% RDI**
- **Potassium: 98 mg**
- **Sodium: 3.8 mg**

(Source: nutritionix.com)

This month we will share recipes and tips to add chia seeds to your diet.

### WEEKLY CHALLENGES

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BUY A PACKAGE OF CHIA SEEDS

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STIR CHIA SEEDS INTO YOGURT ONCE THIS WEEK

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MAKE A CHIA SMOOTHIE OR PUDDING

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TRY USING A "CHIA EGG" IN A BAKED GOODS RECIPE

### DID YOU KNOW?

Chia seeds are a gluten-free, whole grain food.

## 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 *Health Benefits of Chia Seeds*
- Placemat/handout – *Overview of Chia Seeds*
- *Monthly Tracking Calendar*

### **Week 2:** Give out/Post

- Placemat/handouts – *Green Chia Smoothie or Pudding*
- Table Tent-*Chia Seeds- Who Knew?*

### **Week 3:** Give out/Post

- Placemat/handouts – *Baking Tips-Molasses Cookies*
- *Table Tent- Easy Blueberry Chia Jam*

### **Week 4:** Give out/Post

- Placemat/handout- *Chia Pet Memory Sharing*

**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 available in full size version that you can post on a bulletin board, give as a handout or place in a full-size table tent holder or print the 4 x 6-inch version and place in 4 x 6 or 5 x 7-inch holder.

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](mailto:pam.vankampen@gwaar.org)