



Photo by Pixabay.com

## EAT WELL, AGE WELL.

### BRAIN HEALTHY FOODS AND RECIPES

Last month we learned how nutrition relates to heart health. This month the topic is about how to eat for brain health, and both goals are surprisingly similar. The term brain health is a broad one used as a reference to basic functions, such as memory and learning, or degenerative diseases like Alzheimer's. Here are a few types of foods to incorporate in your nutrition planning in order to stay mentally sharp:

Healthy fats – Omega-3 fatty acids aid in numerous functions that include maintaining proper blood flow, limiting inflammation and are a beneficial addition to any healthful diet. Options include salmon, tuna, mackerel, sardines, walnuts, chia seeds, canola oil, and soybean oil.

Eat your veggies – A diet filled with various vegetables, especially leafy green veggies (spinach, kale, broccoli), is a good way to stock up on many brain healthy nutrients such as vitamin K, lutein, folate, beta carotene, and various antioxidants.

Berries – Adding berries to food is an excellent way to add flavor and these fruits have shown signs of delaying memory decline. This is thanks to flavonoids which gives each fruit their bright color.

## WEEKLY CHALLENGES

---

ADD OMEGA-3 RICH FISH TO YOUR DIET AT LEAST 2 TIMES

---

EAT ONE SERVING OF LEAFY GREENS DAILY. TRY MAKING A SALAD OR ADDING THEM INTO OTHER DISHES

---

TRY WALNUTS AS A SNACK OR ADD THEM TO A DISH

---

FIND A WAY TO MIX IN YOUR FAVORITE BERRIES AT LEAST THREE TIMES THIS WEEK. ADD THEM TO YOGURT, CEREAL, OR OATMEAL

## 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 healthy 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 berries at breakfast, made a salad with kale, etc. on the *Monthly Tracking Calendar*.

### **Week 1:** Give out/Post

- The 1- page overview handout *Brain Healthy Foods and Recipes*
- Placemat/handout – Berry Smoothie
- Table Tent- MIND Diet
- *Monthly Tracking Calendar*

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

- Placemat/handouts – Salmon and Broccoli
- Table Tent- Tea, Spinach, and Walnuts

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

- Placemat/handouts – Blueberry Banana Smoothie
- Table Tent- Coffee and Tea

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

- Placemat/handouts – Kale Salad
- Table Tent- Berries, Avocados, Broccoli

**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)