



Photos courtesy of Pixabay.com

EAT WELL, AGE WELL.

BENEFITS OF BERRIES

It is the peak of summer – that means it is berry season! Berries are packed with nutrients like fiber, antioxidants, vitamins, and minerals. These nutrients may help protect against inflammation and cancer. Additionally, berries may be beneficial for the heart, brain, and eye health. The benefits are plentiful! Benefits associated with the most common berries are:

Blackberries: fiber, vitamin C

Strawberries: vitamin C, manganese, and polyphenols (antioxidant-rich micronutrients)

Blueberries: antioxidants and inflammation-fighting anthocyanins

Raspberries: fiber and polyphenols (antioxidant-rich micronutrients)

Berries are a delicious source of nutrients. Enjoy them as a snack, ingredient, or accompaniment. They do not have to be fresh – frozen berries are beneficial as well!

Source: www.aicr.org

WEEKLY CHALLENGES

TRY A NEW TYPE OF BERRY, LIKE ELDERBERRIES OR GOOSEBERRIES

UTILIZE FROZEN BERRIES IN A DESSERT, JAM, OR FROZEN YOGURT

ADD BERRIES TO FOODS YOU ALREADY CONSUME, LIKE OATMEAL OR CEREAL

DID YOU KNOW?
JULY IS NATIONAL BERRY MONTH!

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 healthy foods into their eating habits. You can help create excitement to try new foods. These foods will provide lots of delicious nutrients for our bodies to stay as healthy as possible!

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 blueberries to my smoothie or tried making strawberry jam, etc. on the *Monthly Tracking Calendar*.

Week 1: Give out/Post

- The 1- page handout Eat Well, Age Well. *Benefits of Berries*
- Placemat/handout – Cranberry Walnut *Sweet Potatoes*
- Table Tent- *Branch out and try something new!*
- *Monthly Tracking Calendar*

Week 2: Give out/Post

- Placemat/handouts – *Super Green Omelet*
- Table Tent- *Fresh vs. Frozen*

Week 3: Give out/Post

- Placemat/handouts–*Wild Rice Pilaf with Cranberries & Apples*
- Table Tent- *Exotic Berries*

Week 4: Give out/Post

- Placemat/handout- *Wheatberry-Cranberry Salad*
- Table Tent- *Tips, Fiber, and All about Elderberries*

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 a 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 a 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 at pam.vankampen@gwaar.org