

Take a NOURISH Step!

June: Remember...Berries, Beans, & Leafy Greens. MIND Diet

June FUN Days!

6-1: Say Something Nice Day
Compliment someone!

6-6: YoYo Day
Buy one and try your old moves or share a story.

6-13: Roller Coaster Day
Share a memory.

6-23: "Let it Go" Day
Let go of a grudge; it negatively affects your health. Forgive.

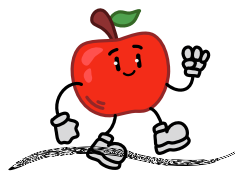
More at brownielocks.com

June is **Brain Awareness Month**, a perfect time to highlight the powerful connection between nutrition, hydration, and brain health. Staying well-nourished and hydrated supports cognitive function, memory, and mood, especially as we age. The **MIND diet—Mediterranean-DASH Intervention for Neurodegenerative Delay**—focuses on brain-boosting foods like leafy greens, berries, nuts, whole grains, and omega-3-rich fish while limiting sugar, saturated fats, and processed foods. Studies show it can reduce the risk of cognitive decline and improve overall brain health. Combining these nutrient-rich foods with proper hydration can enhance your brain health.

June is Dairy and Fruit & Veggie Month. National Hydration Day is June 23rd!

Fruits and vegetables, especially berries and leafy greens, are rich in antioxidants and vitamins that protect brain cells and support cognitive function. Dairy products like milk, yogurt, and cheese provide essential nutrients like calcium and vitamin D, which contribute to brain health and overall nervous system function. Enjoy delicious summer fruits & veggies this month.

Brain Health NOURISH Steps Tips



Swap butter or margarine with olive oil in cooking.
(Omega-3s & Healthy Fats)

Add Berries to yogurt, cereal, salads, smoothies, or enjoy on their own!
(Nutrient Rich)

BEANS!!
Toss into salads, soups, or swap any variety of beans for meat in tacos or chili
(Increase Protein & Fiber)

***NOURISH stands for: Nutrient-Rich Foods, Omega-3s & Healthy Fats, Understand, Recipes, Increase Protein & Fiber, Sugar & Sodium Awareness, and Hydrate.**

Enjoy a Refreshing Summer Salad

Mediterranean-Inspired Garbanzo Bean Salad

Ingredients:

- One small cucumber, quartered
- 1/4 medium red onion, diced
- 1 cup halved grape or cherry tomatoes
- 1 can (~15 oz) of garbanzo beans/chickpeas, drained
- 1/4 cup pitted, sliced Kalamata olives, drained
- 1/4 cup of oil and vinegar-based Greek salad dressing
- 1/3 cup fat-free Feta cheese crumbles
- ¼ tsp ground pepper



Directions

1. In a large bowl, combine beans, cucumber, tomatoes, onion, and olives.
2. In a separate bowl, combine dressing, white pepper, and Feta cheese.
3. Add dressing mixture to the beans and vegetables and gently stir until the vegetables and beans are fully coated.
4. OPTIONAL—Up the protein with a dollop of plain Greek yogurt. Garnish with pepperoncini pepper.

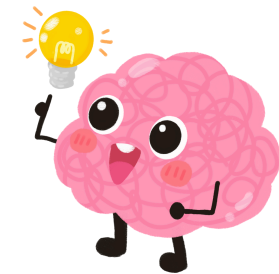
Visit Cannedbeans.org for more delicious and brain boosting recipes

Solve the Brain Teasers

1. I have hands, but no feet. _____
2. I have a mouth, but can't eat. _____
3. I have teeth, but you don't have to brush me. _____
4. I have legs, but can't walk _____
5. I'm light as a feather, yet the strongest person can't hold me for very long. What am I? _____
6. What has keys but can't open locks? _____

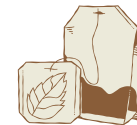
Match the Answer to the Question Above.

- A. Your breath
- B. Clock
- C. A Chair
- D. A Jar
- E. A Piano
- F. A Comb



Puzzle created at Wordmint.com

Hydration Tip: Enjoy Sun Tea during Ice Tea Month.



Add 8 tea bags per 1 gallon of water. Use any combination of tea bags you like. Sweeten with a honey if desired. Garnish with citrus, cucumbers, berries or fresh herbs.

Answers to Brain Teasers:

1. B. Clock 2. D. A Jar 3. F. A Comb 4. C. A Chair 5. A. Your Breath 6. E. A Piano.

