



# NEWS

Nutrition Education  
with Seniors!

Fall 2023 | HealthierLiving.HHSA@sdcounty.ca.gov | www.HealthierLivingSD.org | 858-495-5500

## Fueling our Brain

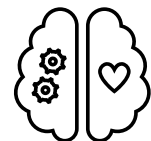
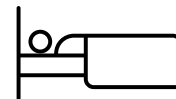
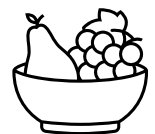
Our brain and our mental function change as we age. Although it is common to fear mental decline as we grow older, it is important to remember that mental impairment is not inevitable. There are daily things that we can do to maintain our brain function. For example, rather than eating sugary processed foods, eating whole foods like berries, avocados, broccoli and whole grains can improve our brain function by helping us stay focused and energetic. Foods high in Omegas-3s can also boost brain power by improving blood flow in the brain. Such foods include oily fish, seaweed, nuts, and seeds. By exercising, we improve the blood flow to our brain, and lessen the chances of experiencing mental decline. Although the brain is an organ, we can train it as though it's a muscle. Rather than partaking in passive non-stimulating activities like watching T.V., we can stay mentally in shape by socializing, doing crossword puzzles, putting together a jigsaw puzzle, playing cards, or reading.



## My Commitment to a Healthier Brain

*In order to maintain a healthy brain, I will:*

- Exercise regularly – leads to better memory and thinking
- Maintain a heart-healthy diet – linked to improved cognitive performance
- Get proper sleep – helps clear waste from the brain
- Stay socially and mentally active – supports cognitive health
- Limit stress – reduces risk of cognitive disease





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## Know Your Label: % Daily Value

Found on the labels of food we purchase daily from the grocery store are Daily Value (DV) percentages, an important reference point most don't understand. The % DV can help us gauge how much of the recommended daily amount of a nutrient is in one serving of food. Aim for 5% DV or less for the nutrients you want to get less of (**shaded in red on the right**) and aim for 20% (DV) or more for the nutrients you want to get more of (**shaded in green on the right**). By looking at % daily value, we can make better eating choices that can help us lessen our risk for high blood pressure, heart attack, stroke, and other preventable health issues.

## Nutrition Facts

4 servings per container

Serving size 1 1/2 cup (208g)

Amount Per Serving

**Calories**

**240**

% Daily Value\*

**Total Fat** 4g **5%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

**Cholesterol** 5mg **2%**

**Sodium** 430mg **19%**

**Total Carbohydrate** 46g **17%**

Dietary Fiber 7g **25%**

Total Sugars 4g

Includes 2g Added Sugars **4%**

**Protein** 11g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 6mg 35%

Potassium 240mg 6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Brain Health Activity: Sudoku

Source: Reader's Digest

Enjoy the challenge of playing Sudoku! It can improve concentration and memory. A square must be filled in with numbers from 1-9 with no repeated numbers in each line, horizontally or vertically. You can find a Sudoku book on a magazine stand, or simply play it through a mobile application on your device. The solution to the Sudoku on the right is on the next page.

	7			2			4	6	
	6						8	9	
2				8			7	1	5
	8	4			9	7			
7	1							5	9
				1	3		4	8	
6	9	7				2			8
	5	8						6	
4	3				8			7	





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## Eat Healthfully This Fall

San Diego offers a wide variety of fresh produce! In-season produce is often cheaper and at its peak of nutrition. Here's what's in-season this Fall:



Pumpkin



Okra



Potatoes



Peas



Onion



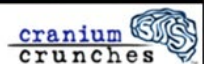
Apples

## Brain Health Activity *(source: www.craniumcrunches.com)*

Completing a "spot the difference" game can enhance memory and visual perception – both important aspects of a healthier brain. Can you spot the 5 differences between the images?



Find the Difference  
www.craniumcrunches.com



## Wall Push-Ups

Physical activity, including strength training, can help boost brain functioning. For upper body strength, try these wall push-ups.

Stand facing the wall with arms extended and palms flat on the wall. Keeping body straight, lean towards the wall bringing face close to wall. Push against the wall to return to a straight, standing position. Repeat 10 times.



## Solution:

8	7	5	9	2	1	3	4	6
3	6	1	7	5	4	8	9	2
2	4	9	8	6	3	7	1	5
5	8	4	6	9	7	1	2	3
7	1	3	2	4	8	6	5	9
9	2	6	1	3	5	4	8	7
6	9	7	4	1	2	5	3	8
1	5	8	3	7	9	2	6	4
4	3	2	5	8	6	9	7	1

ANSWERS: 1.) black/blue dot 2.) 18 / 81 3.) 2 / 1 4.) 2 / 4 vents 5.) small / large wheel



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## CFHL Group Spotlight: Park Avenue Community Center Older Adults are Heard Out by Escondido City Officials

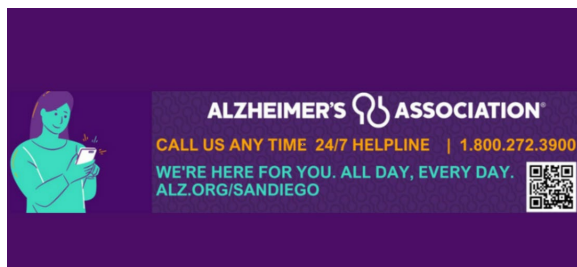


Deputy Mayor and Police Captain visit Park Avenue Community Center

After completing the *Food Smarts class*, Park Avenue Community Center participants set out to create a safer community! The group conducted a walk audit where they used the *Report It* mobile application to take pictures of tripping hazards and submit them to the City to repair. Hearing about residents' activism, the Deputy Mayor and Police Captain held a listening session where they came to hear residents out and address their concerns.

## Resource Spotlight: Alzheimer's Association

Source: Alzheimer's Association



The Alzheimer's Association Helpline (1.800.272.3900) is available 24/7, 365 days a year. Through this free service, specialists and clinicians offer confidential support and information to people living with dementia, caregivers, families and the public.

## Coconut Curry Roasted Sweet Potatoes

Serves 2 | 10 minutes | Source: TheLeanCleanEatingMachine.com

### Ingredients:

- 2 large sweet potatoes cut into 2 inch cubes
- 2 Tbsp. melted virgin, unrefined coconut oil
- 1 Tbsp. curry powder
- 1 tsp sea salt to taste
- 1 Tbsp. chopped cilantro (*optional*)

### Directions:

Preheat oven to 415°F. In a large mixing bowl, toss sweet potato cubes, melted coconut oil, curry powder and sea salt. In a large baking dish, evenly spread out coated sweet potato cubes and place on middle rack in oven. Set timer for 45 minutes, flipping potatoes every 15 minutes to avoid burning. If you would like, garnish with chopped cilantro

