

Five Ways to Eat More Brain Healthy Foods

Brain-Health Foods? These are the foods most studied for their ability to fend off Alzheimer's and other dementia as we age. Brain-healthy foods are neuroprotective- they provide the nutrients needed to protect brain cells from oxidative stress and inflammation. And, they facilitate neurogenesis-the process in which we create new brain cells and strengthen the connections between existing ones. Brain-healthy foods are also down right delicious and easy to prepare.

1. Eat Berries twice a week

Berries pack a potent dose of anthocyanins. Anthocyanins are a part of the flavonoid family of antioxidants.

2. Choose the most colorful vegetables

When you choose the darkest leafy greens, the reddest cabbage, the purplest cauliflower, you are selecting the veggies with the highest nutrient density.

3. Be a Bean Lover

Eating beans is associated with longevity. The fiber in the beans help regulate blood sugar, insulin levels, less diabetes and lower blood pressure.

4. Turn your vegetables into noodles

Easy and Fun way to eat more veggies and a healthier alternative to pasta

5. Choose the best olive oil

Look for extra virgin olive oil bottled at the producer(farm) with an expiration date and ideally, a harvest date.

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Let's Talk Kale!

Kale is a POWERFUL Brain Food

One cup of raw kale contains just 33 calories, provides a day's worth of vitamin C needs, and even more vitamin K and A. It's also an excellent source of calcium and iron. Recipe below to try this week.

Avocado Kale Caesar Salad with Sweet Potato Fries

For the Sweet Potato Fries:

- 4 sweet potatoes scrubbed and dried
- 3 tablespoons avocado or olive oil
- 3 tablespoons paprika
- kosher or sea salt to taste

For the Avocado Caesar Dressing:

- 1/2 avocado
- 1/2 cup water
- 1/4 cup cashew cream or use avocado mayo or Greek yogurt
- 2 small cloves garlic
- 2 tablespoons fresh lemon juice
- 1 teaspoon Dijon mustard
- 2 anchovy filets or 1 teaspoon anchovy paste
- 1/2teaspoon salt

For the Salad:

- 1 bunch kale about 5-6 cups, leaves destemmed and cut into strips
- 1/2 avocado cubed
- 1/2cup pumpkin seeds toasted and salted

[Get recipe instructions.](#)



NEW YMCA CHATTANOOGA SENIOR FACEBOOK GROUP!

QUESTIONS OR SUGGESTIONS? LET'S SHARE!



What is one thing that is helping you through this challenging time? Please email your answer to mvermeer@ymcachattanooga.org

Riddle: Why is Kale never lonely?

Answer: It comes in bunches!



It has been a challenging time for our communities.

Watch this video to see all we have accomplished together... even while physically apart.



TRY THIS: 10 Wall Push Ups

Stand slightly less than arm's length from the wall, close enough to place your palms flat on the wall. Keeping your body straight, bend your elbows and lean forward toward the wall. Then press away from the wall to your starting position. The closer you are to the wall, the easier the exercise will be. Start closer and work yourself farther away, as your are able.

CHAPLAIN'S CORNER

DEVELOPING OUR SPIRITUAL MUSCLES:

Let God Do the HEAVY LIFTING!

We know today that building up our "heavy lifting" muscles keeps seniors stronger longer. But if we take up weightlifting without guidance, we may workout with the wrong weights, push ourselves too hard, and burnout. We need exercise instructors to help us make age-appropriate choices and cheer us on.

Likewise, we can't build up our spiritual muscles without help. One of the most important things I have learned is to let God do the heavy lifting. Too many times we see what's wrong with ourselves and try to fix it through our own strength. Willpower may get us started, but we need the grace of God to help us stay in the game!

