Words on Wellness

YOUR EXTENSION CONNECTION TO NUTRITION AND FITNESS

MIND Your Diet

Mother always said you are what you eat. What we eat becomes more connected to our bodies every day. Now scientific evidence suggests diet plays a bigger role in brain health than we ever knew. Following a brain healthy diet (MIND diet) can reduce your risk of Alzheimer's and dementia by 35–53%. MIND diet research at Rush University followed 923 individuals aged 58–98 for more than four years. Reduction in dementia risk among those who closely or moderately followed the diet was observed.

The MIND diet combines the Mediterranean diet pattern and the DASH (Dietary Approaches to Stop Hypertension) diet with mild calorie restriction. The MIND diet encourages minimally processed plant-based foods and limited consumption of animal foods high in saturated fat. It also encourages food found to be potentially brain protective such as green leafy vegetables, whole grains, lean meat, fish, poultry, and berries. Research continues on the effects of the MIND diet on cognitive decline in the brain.

Foods to Eat More:

- Beans, every other day
- Berries, at least twice per week
- Fish, at least once per week
- Green leafy vegetables, every day
- Other vegetables, at least once per day
- Nuts, every day
- Olive oil
- Poultry, at least twice per week
- Whole grains, three times per day

Foods to Eat Less:

- Fried food or fast food, less than one serving per week
- Pastries and sweets, no more than five servings per week
- Red meat, three 3- to 5-ounce servings per week
- Butter and stick margarine, less than one pat a day
- Whole fat cheese, one to two ounces per week

Source: *Diet for the Mind*, Dr. Martha Clare Morris, 2017.

Berry Banana Popsicles

Serving Size: 1 popsicle | Serves: 8

Ingredients:

- 1 cup strawberries, diced
- 1 medium banana, diced
- 2 cups nonfat vanilla yogurt

Instructions:

1. Stir all ingredients together in a medium bowl.
2. Pour mixture into popsicle molds.
3. Freeze for at least 6 hours. Run molds under hot running water until popsicles can pull out easily to serve.

Nutrition information per serving:

50 calories, 0g total fat, 0mg cholesterol, 25g sodium, 10g total carbohydrate, 1g fiber, 6g sugar, 2g protein

This recipe is courtesy of ISU Extension and Outreach's Spend Smart. Eat Smart. website. For more information, recipes, and videos, visit spendsmart.extension.iastate.edu.

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Refrigerated Condiment Safety Tips

- Condiments, such as ketchup, mustard, and salad dressings, are often opened and forgotten on the door or shelf of your refrigerator. Although they may last a long time, they can become expired or spoiled before they are completely used. Tips to ensure safe condiments include the following:
- Label foods with the date the container is first opened.
- Use open condiments before opening a new one.
- Check product quality and labeled date before consuming condiments (see below).
- Throw away if spoiled or expired.

WHAT DO THE PRODUCT DATES MEAN?

Best by, use by, best if used by, best before - all indicate the date a product should be used for best quality, neither is a food safety/spoilage issue.

Shelf life of common condiments after opening

Olives: 2 weeks	Barbeque Sauce: 4 months
Pesto: 3 days	Gravy: 1–2 days
Pickles: 1–3 months	Horseradish: 3–4 months
Relish: 9 months	Hot Sauce: 6 months
Salad Dressing: 1–3 months	Jams and Jellies: 6–12 months
Taco Sauce: 1 month	Ketchup: 6 months
Soy Sauce: 1 month	Mayonnaise: 1–2 months
Worcestershire Sauce: 1 year	Mustard: 1 year

For more information, download Foodsafety.gov's FoodKeeper App (www.foodsafety.gov/keep/foodkeeperapp)

Health Benefits of Walking

Fewer than 50% of Americans meet the minimum guidelines for moderate physical activity. Walking is the easiest and most affordable way to correct this problem. Walking can be done anywhere; all you need is shoes. Walking can be done easily and has huge benefits. Walking can be done by taking short breaks during the day; it doesn't have to be one long walk. For example, three 10-minute walks during the day will count as 30 minutes of moderate physical activity for the day. Keep your pace brisk (3 miles per hour) to meet the moderate physical activity recommendations. Take your first step today!

Visit the Healthiest State Initiative (iowahealthieststate.com/5210) for more information.

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Counties served:

Region 2:	Region 3:
Emmet	Cerro Gordo
Hancock	Floyd
Kossuth	Franklin
Palo Alto	Mitchell
Winnebago	Worth

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