

Words on Wellness

Make Brain-healthy Lifestyle Choices



According to the Global Council on Brain Health, one way to keep your brain healthy is to make changes in your lifestyle. To reduce the risk of developing Alzheimer's or other forms of dementia, follow these tips:

1. Make healthy food choices—eat berries, whole grains, fatty fish, vegetables, and lean protein.
2. Complete crossword puzzles, read books, or take a new class to stimulate your brain.
3. Use guided meditation or practice deep breathing to reduce stress.
4. Aim for 7–9 consecutive hours of sleep by turning off electronic devices before bed.
5. Stay connected with friends and family or participate in a local congregate meal site to remain socially active.
6. Be sure to move in any way you enjoy, such as dancing, gardening, and vacuuming.

Source: [Healthy Living While Aging](https://extension.unr.edu/), extension.unr.edu/

Vegetable Frittata

Serving Size: 1 slice | Serves: 4



Ingredients:

- 2 cups vegetables, chopped (mushrooms, onions, peppers, tomatoes)
- 6 eggs
- 1/4 cup nonfat milk
- 1/2 cup shredded cheese

Directions:

1. Heat an ovenproof skillet over medium heat. Spray with nonstick cooking spray. Add vegetables and sauté until tender, 3–5 minutes. Reduce heat to medium low.
2. While vegetables are cooking, beat eggs and milk together in a medium-sized bowl. Stir in cheese.
3. Turn the oven broiler on high.
4. Pour eggs over vegetables. Cover with a lid. Cook until eggs are nearly set, about 6 minutes. Do not stir, and do not remove the lid.
5. Remove the lid from the skillet and place the skillet in the oven. Broil until eggs are completely set and lightly browned, 2–3 minutes.

Nutrition information per serving:

190 calories, 12g total fat, 5g saturated fat, 0g trans fat, 295mg cholesterol, 210mg sodium, 5g carbohydrates, 1g fiber, 3g sugars, 14g protein. This recipe is courtesy of ISU Extension and Outreach's Spend Smart. Eat Smart. website. For more information, recipes, and videos, visit [Spend Smart. Eat Smart.](https://spendsmart.extension.iastate.edu), spendsmart.extension.iastate.edu.

Chronic Conditions? Stay Active

Being active is helpful for people with chronic health conditions. It can help people with arthritis by making their joints less stiff and reducing bone loss for those with osteoporosis. And if you have diabetes, it can even help lower blood-sugar levels.

Due to your health condition, you may be unable to do 30 minutes of aerobic physical activity five days a week or muscle-strengthening exercise at least twice a week. Try your best to stay active by doing what you can. The key is to keep moving.

Do you enjoy walking? Check out the [Walk with Ease program](http://www.walkwitheaseisu.org), www.walkwitheaseisu.org. The program was developed by the Arthritis Foundation for people over 60 with arthritis. Those with other chronic conditions will find it helpful also.

Talk with your healthcare professional before starting a new exercise. They can help you select a safe activity and identify necessary changes or precautions.

Sources: [Exercise and Chronic Disease: Get the Facts](http://www.mayoclinic.org), www.mayoclinic.org



Double Up Food Bucks

The Double Up Food Bucks (DUF) Incentive Program helps Iowans with low incomes buy fresh fruits and vegetables. It is also a way to support local economies in your community.

You must use your SNAP EBT card to buy fresh produce at participating grocery stores or farmers markets. DUF will give you an extra dollar for every dollar you spend up to \$10 on fruits and vegetables. That means you can buy even more produce.

If you live in Iowa, visit the [Healthiest State Initiative](http://iowahealthieststate.com), iowahealthieststate.com, to find a DUF location near you. If you are not in Iowa, check out [Double Up Food Bucks](http://doubleupamerica.org), doubleupamerica.org, to find participating grocery stores and farmers markets in your area.

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humansciences

If you or someone you know is skipping meals, going hungry, or choosing between food and medicine, call 1-855-944-3663 to apply for assistance today.

Call Iowa 2-1-1 or Iowa Lifelong Links, 1-866-468-7887, for additional resources.



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