

# COASTLINE ELDERLY NUTRITION NEWS

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## Eating Right for a Healthy Mind

According to current research, a brain-healthy diet is one that reduces the risk of heart disease & diabetes, encourages good blood flow to the brain, and is low in fat & cholesterol. The brain needs the right balance of nutrients, including protein and sugar, to function well. A brain-healthy diet is most effective when combined with physical & mental activity and socialization.

**Manage your body weight** for overall good health of brain and body. Adopt an overall food lifestyle, rather than a short-term diet, and eat in moderation.

**Reduce your intake of foods high in fat and cholesterol.** Those who also had high cholesterol and high blood pressure had six times the risk of dementia and a higher risk for Alzheimer's disease. HDL (or "good") cholesterol may help protect brain cells, so use mono- and polyunsaturated fats, such as olive oil, for example.

**Increase your intake of protective foods.** Research suggests that certain foods may reduce the risk of heart disease and stroke, and appear to protect brain cells.

- In general, **dark-skinned fruits and vegetables** have the highest levels of naturally occurring antioxidant levels. These include: kale, spinach, beets, brussel sprouts, alfalfa sprouts, broccoli, red bell pepper, onion, corn and eggplant. Fruits with high antioxidant levels include prunes, raisins, plums, blueberries, blackberries, strawberries, raspberries, oranges, red grapes and cherries.
- **Cold water fish** contain beneficial omega-3 fatty acids: halibut, mackerel, salmon, trout and tuna.
- Some **nuts** can be a useful part of your diet; almonds, pecans and walnuts are a good source of vitamin E, an antioxidant.

**Vitamins may be helpful.** Vitamins, such as vitamins E, vitamin C, vitamin B12 and folate may be important in lowering your risk of developing Alzheimer's. A brain-healthy diet will help increase your intake of these vitamins and the trace elements necessary for the body to use them effectively.

Source: Alzheimer's Association. [www.alz.org](http://www.alz.org)

### Meals on Wheels and Sodium

Our meals provide up to 1300 mg of sodium. The current recommendation for sodium is 1500-2300 mg of sodium each day. Let's see how our meals fit into the recommendations:

Breakfast	aim to consume	350 – 400 mg of sodium
<i>Lunch: Meals on Wheels</i>	<i>provides</i>	<i>600 – 1300 mg of sodium</i>
Dinner	aim to consume	550 – 650 mg of sodium
<b>TOTAL:</b>		<b>1500 – 2350 mg of sodium</b>