

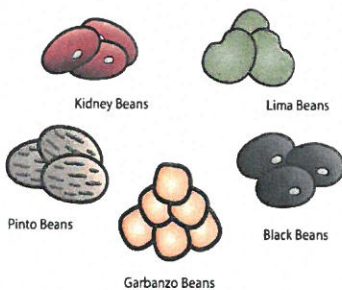
Food for Thought



The best menu for boosting memory and brain function encourages good blood flow to the brain — much like what you'd eat to nourish and protect your heart.

The Mediterranean Diet emphasizes eating foods like fish, fruits, vegetables, beans, high-fiber breads and whole grains, nuts, and olive oil. Meat, cheese, and sweets are very limited. The recommended foods are rich with monounsaturated fats, antioxidants, fiber, and omega-3 fatty acids, particularly DHA (docosahexanoic acid).

Each day: **Fruits** like cherries and strawberries, grapes, blueberries, figs, citrus fruits and juices and pomegranate juice. **Vegetables** like avocados, tomatoes, peppers, olives, spinach, eggplant, beans, lentils, and chickpeas, as well as cruciferous veggies like broccoli and cabbage and dark leafy greens like kale and collards. **Whole-grain foods** like wheat germ, oats, brown rice, couscous, and whole wheat breads and pastas. **Healthy unsaturated fats** from nuts and seeds and nut and seed butters (almonds, walnuts, cashews, peanuts, hazelnuts, sunflower and sesame seeds), olive oil, and certain nut or seed oils like canola, soybean, and flaxseed. **Freshly brewed tea**, green or black.



Moderate amounts: Eating fish at least two times a week, such as tuna, salmon, mackerel, lake trout, herring, or sardines. Moderate amounts of low-fat dairy products each day or weekly and poultry and eggs every two days or weekly. Dark chocolate in small amounts (not undergone Dutch processing—cocoa treated with an alkali to neutralize its natural acidity).

Limit unhealthy (saturated) fats, such as butter, palm oil, and coconut oil, fats found in meat and dairy products made with whole milk. Limiting red meat to only a few times a month in very small amounts (3 ounces) and sweets and desserts and sugar-sweetened drinks to only a few times a week.

Sources: WebMD and Eatright.org

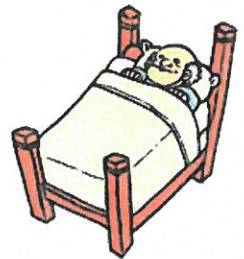
Schenectady County Department of Senior and Long Term Care Services denies no person services or access to service based upon race, color, sex, religion, national origin, marital status and/or handicapping conditions. Schenectady County Department of Senior and Long Term Care Services is primarily funded with County tax dollars. Supplemental funding is through the New York State Office for the Aging under Title III-B/D, III-C-1, III-C-2, III-F of the Federal Older Americans Act, and New York State Expanded In-Home Services for the Elderly (EISEP), Community Services for the Elderly Act (CSE), Congregate Services Initiative (CSI), and the Wellness In Nutrition (WIN).

OFA-Memory Boosters-8/2016

Tips to Boost your Memory



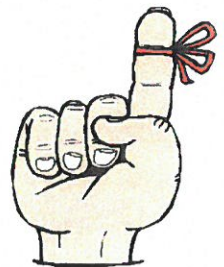
1. **Step It Up** — A 30-minute daily walk is one of the best things you can do for your body, including your brain.
2. **Mediterranean Diet (See other side)**
3. **Engage Your Brain** — Play cards, join a book club, watch a football game with friends, or play a brain-training app. Any activity that is mentally challenging will keep your mind sharp.
4. **Stay Social** — Card games and book clubs also keep you socially active -- another plus for your brain.
5. **Sleep Right** — Avoid big meals before bed. Go to bed at the same time each night and get up at the same time each morning. Don't drink caffeine or alcohol close to bedtime. Avoid smoking or other forms of nicotine.



6. **Stop Stress** — High levels of the stress hormone, cortisol, make it harder to pull information from your brain's memory. Try different ways to relax, like meditation, yoga, or massage.
7. **Stub Out Cigarettes** — Effect on memory is probably due to small strokes it can cause in the brain.



8. **Get Checked** — Sometimes, medical conditions can cause memory loss such as depression, diabetes, thyroid disease, and vitamin deficiency. Certain medicines, such as sleep and anxiety drugs, can also affect memory. See your doctor to get checked and treated for these problems and to go over all your medicines.



9. **Use Memory Tricks** — Every time you learn a new name or word, say it out loud to seal it in your brain. Mentally connect each new name with an image. To help with recall, post sticky notes around the home and office or set reminders on your phone so you'll know when it's time to take your medicine or head to an important meeting.

ATTENTION SENIOR CITIZENS: Have a nutritional question or concern? If you are participating in services offered by Schenectady County's Senior and Long Term Care services, you are eligible to have a free consultation with a Registered Dietitian. Call Cornell Cooperative Extension, Schenectady County at 372-1622, ext. 269. Leave a message, if necessary, for dietitian to call you back.

Consumer-centered access for long-term care information, referrals and assessments. For information, call 382-8481, #9, ext.304



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