

Brain Fitness Program

Pillar 3



Adopt a Healthy Diet

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MultiCare 
Celebrate Seniority

A free membership program for people 55 and better, promoting healthy aging through education, social activities and volunteerism.

Welcome to the third Celebrate Seniority at-home Brain Fitness program packet.

This program is based on the six pillars of brain health and will help support those interested in understanding their brain health and challenging themselves.

Each packet will focus on one of the following pillars of brain health modeled after Healthy Brains by Cleveland Clinic:

1. Engage your brain
2. Connect with others
- 3. Adopt a healthy diet**
4. Exercise regularly
5. Get refreshing sleep
6. Reduce stress and maintain a healthy blood pressure level

Each packet will include stimulating puzzles with answers, activities, pillar-specific information and additional resources. To download additional packets and watch related videos, visit **multicare.org/volunteers/celebrate-seniority/**.

Brain Fitness Team:

celebrateseniority@multicare.org
Deborah Gurney 253-697-7386

The Main Idea

Your brain needs great nutrition to perform its best. Did you know that what is good for the heart is good for the brain? According to the Mayo Clinic, a heart healthy diet is a brain healthy diet and can reduce your risk for developing dementia and heart disease.

What does your heart and brain need from each meal? Start with looking at your plate before you eat. Try to have half of your plate at every meal be fruits and vegetables. Leafy vegetables and berries are associated with better brain health. Studies show that kale, collards, spinach and lettuce were specifically shown to lower the risk of dementia and cognitive decline, and combinations of apples and spinach. (Bondonno, 2014 vol 5)

When grocery shopping, choose frozen vegetables, which tend to have less salt than canned varieties. It is also recommended to avoid juices because of their high sugar content even if the label says no sugar added.

Looking for cooking oil? Choose an extra virgin olive oil. Remember it's what we do for the long-haul that matters, so see what works for you and what you can maintain.

The National Institute on Aging recognizes calorie needs for older adults as the following:

Women:

- Not physically active — 1,600 cal.
- Moderately active — 1,800 cal.
- Active lifestyle — 2,000-2,200 cal.

Men:

- Not physically active — 2,000-2,200 cal.
- Moderately active — 2,200-2,400 cal.
- Active lifestyle — 2,400-2,800 cal.



Local Grocery Discounts:

Albertsons: Every first Wednesday 10 percent off for 55+

Fred Meyer: Every first Tuesday 10 percent off for 55+

Rite Aid: Every first Wednesday 20 percent off for 65+ on non-pharmaceuticals

Ways you can use food for brain health:

- Dessert – choose berries two or more times each week. Limit sweetened treats to no more than five per week, keeping the portion size small.
- Snacks – try a small handful of raw, unsalted nuts five days a week; they have soluble vitamin E, known for brain-protective qualities.
- Fish – Studies show that one serving a week improves memory.
- Legumes – Beans are full of protein and fiber along with being a low cholesterol food. Studies vary if eating beans improve brain function or not.
- Cheese – limit yourself to one serving per week.
- The Miracle Food does not exist. Think about your food as a simple addition problem. Add the benefits of all the foods we eat each day to equal a healthy brain.
- Be kind to yourself and make changes you can maintain.

Try This: How many fruits and veggies do you really eat, each day? Use this simple table to tally each day in one week. If you keep track, you may improve on how you are doing.

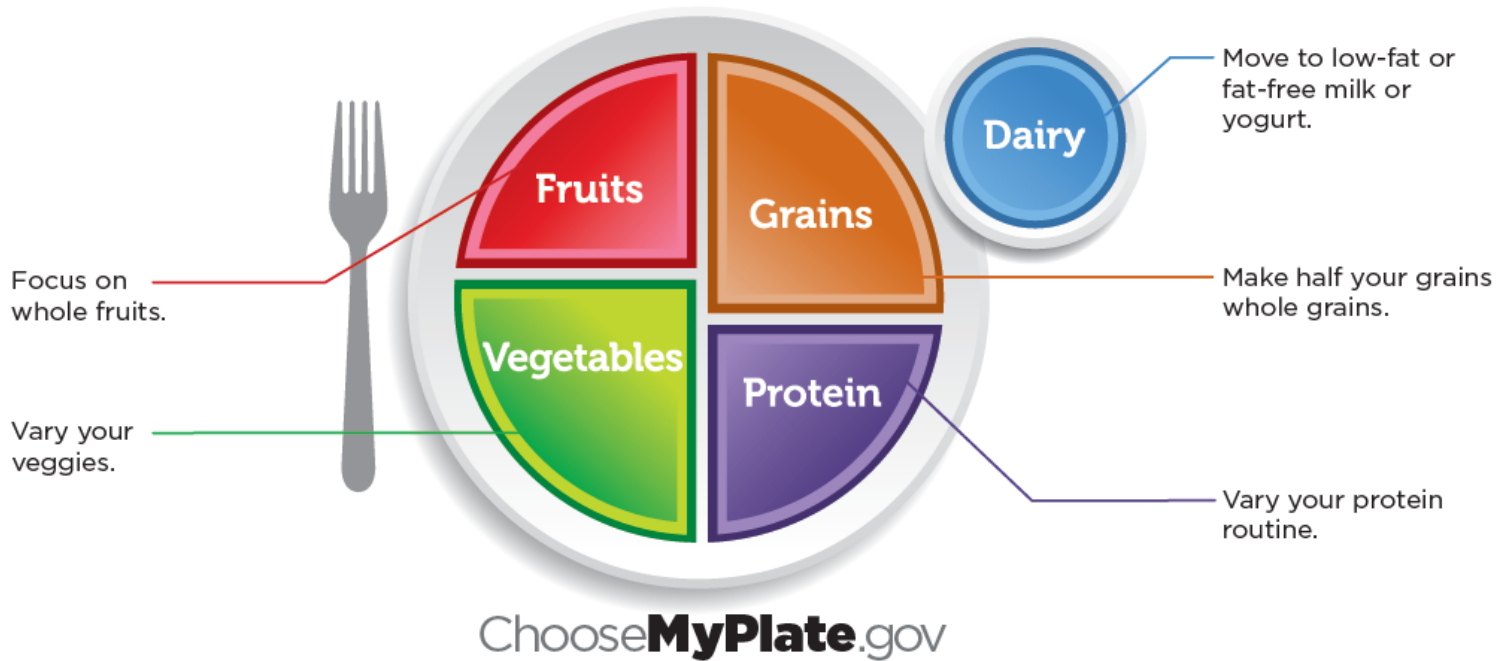
Tally your daily servings of fruits and vegetables this week.

	<i>Vegetable servings</i>	<i>Fruit servings</i>
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		



MyPlate, MyWins: Make it yours

Find your healthy eating style. Everything you eat and drink over time matters and can help you be healthier now and in the future.



Limit the extras.

Drink and eat beverages and food with less sodium, saturated fat, and added sugars.



Create 'MyWins' that fit your healthy eating style.

Start with small changes that you can enjoy, like having an extra piece of fruit today.

Extra Credit: Want to do some research at home? Use your computer to look up the MIND diet and the Mediterranean diet. Both diets have outcomes linked to reducing the risks of developing dementia.



Focus on whole fruits and select 100% fruit juice when choosing juices.

Buy fruits that are dried, frozen, canned, or fresh, so that you can always have a supply on hand.



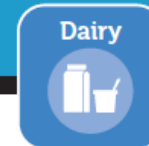
Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps.

Fresh, frozen, and canned count, too. Look for "reduced sodium" or "no-salt-added" on the label.



Choose whole-grain versions of common foods such as bread, pasta, and tortillas.

Not sure if it's whole grain? Check the ingredients list for the words "whole" or "whole grain."



Choose low-fat (1%) or fat-free (skim) dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories.

Lactose intolerant? Try lactose-free milk or a fortified soy beverage.



Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds.

Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.

Daily Food Group Targets — Based on a 2,000 Calorie Plan

Visit SuperTracker.usda.gov for a personalized plan.

2 cups	2½ cups	6 ounces	3 cups	5½ ounces
<p><i>1 cup counts as:</i></p> <ul style="list-style-type: none"> 1 large banana 1 cup mandarin oranges ½ cup raisins 1 cup 100% grapefruit juice 	<p><i>1 cup counts as:</i></p> <ul style="list-style-type: none"> 2 cups raw spinach 1 large bell pepper 1 cup baby carrots 1 cup green peas 1 cup mushrooms 	<p><i>1 ounce counts as:</i></p> <ul style="list-style-type: none"> 1 slice of bread ½ cup cooked oatmeal 1 small tortilla ½ cup cooked brown rice ½ cup cooked grits 	<p><i>1 cup counts as:</i></p> <ul style="list-style-type: none"> 1 cup milk 1 cup yogurt 2 ounces processed cheese 	<p><i>1 ounce counts as:</i></p> <ul style="list-style-type: none"> 1 ounce tuna fish ¼ cup cooked beans 1 Tbsp peanut butter 1 egg



Drink water instead of sugary drinks.

Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed.



Don't forget physical activity!

Being active can help you prevent disease and manage your weight.

Kids ≥ 60 min/day | Adults ≥ 150 min/week



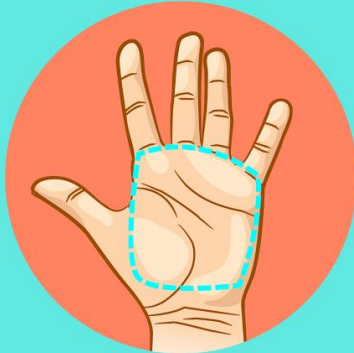
MyPlate, MyWins

Healthy Eating Solutions for Everyday Life
Choose MyPlate.gov/MyWins

Center for Nutrition Policy and Promotion
May 2016
CNPP-29

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A Handy Guide to Portion Size



Palm = 3 ounces
Poultry, Meat & Fish



Fist = 1 cup
Rice, Pasta, Fruit, Veggies &
Ice Cream



Cupped Hand = 1/2 cup
Beans & Potatoes



2 Cupped Hands = 1 ounce
Chips, Popcorn & Pretzels

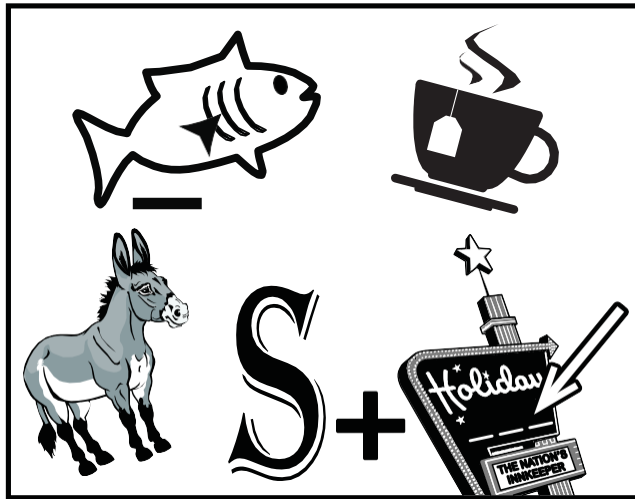


Thumb = 1 ounce
Peanut Butter & Hard Cheese

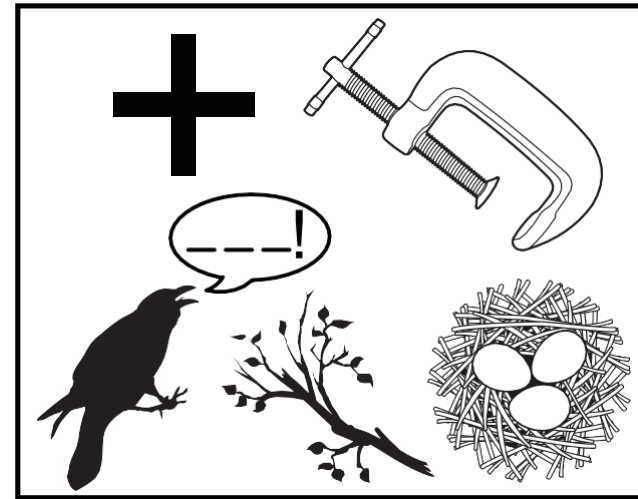
Thumb tip = 1 teaspoon
Cooking Oil, Mayo & Butter

Concentration Puzzles

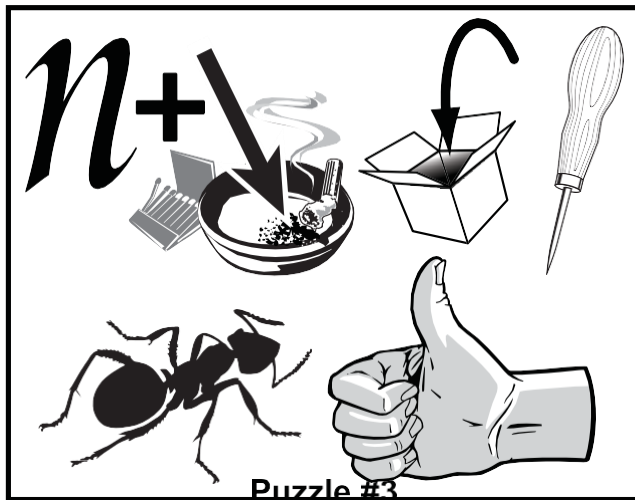
Use the visual clues in the puzzle to figure out what it says.



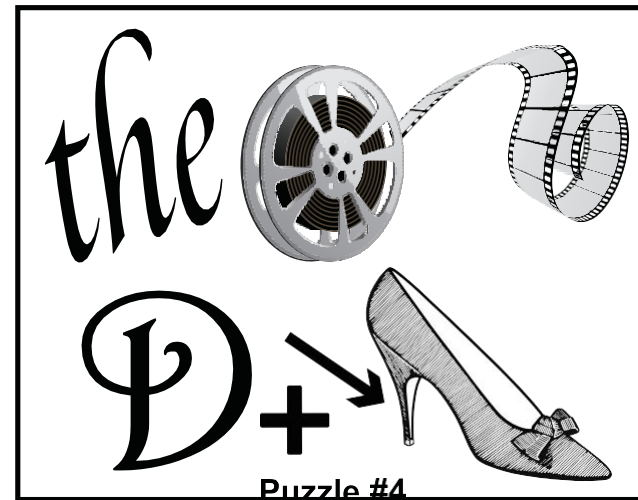
Puzzle #1



Puzzle #2



Puzzle #3



Puzzle #4

Answers on page 14.

Fruits and Vegetables

Fit the list of words into the puzzle.

Find the answers on page 15.



FIG

PEA

CORN

KALE

PEAR

ONION

PEACH

BANANA

CELERY

CHERRY

POTATO

TOMATO

AVOCADO

SPINACH

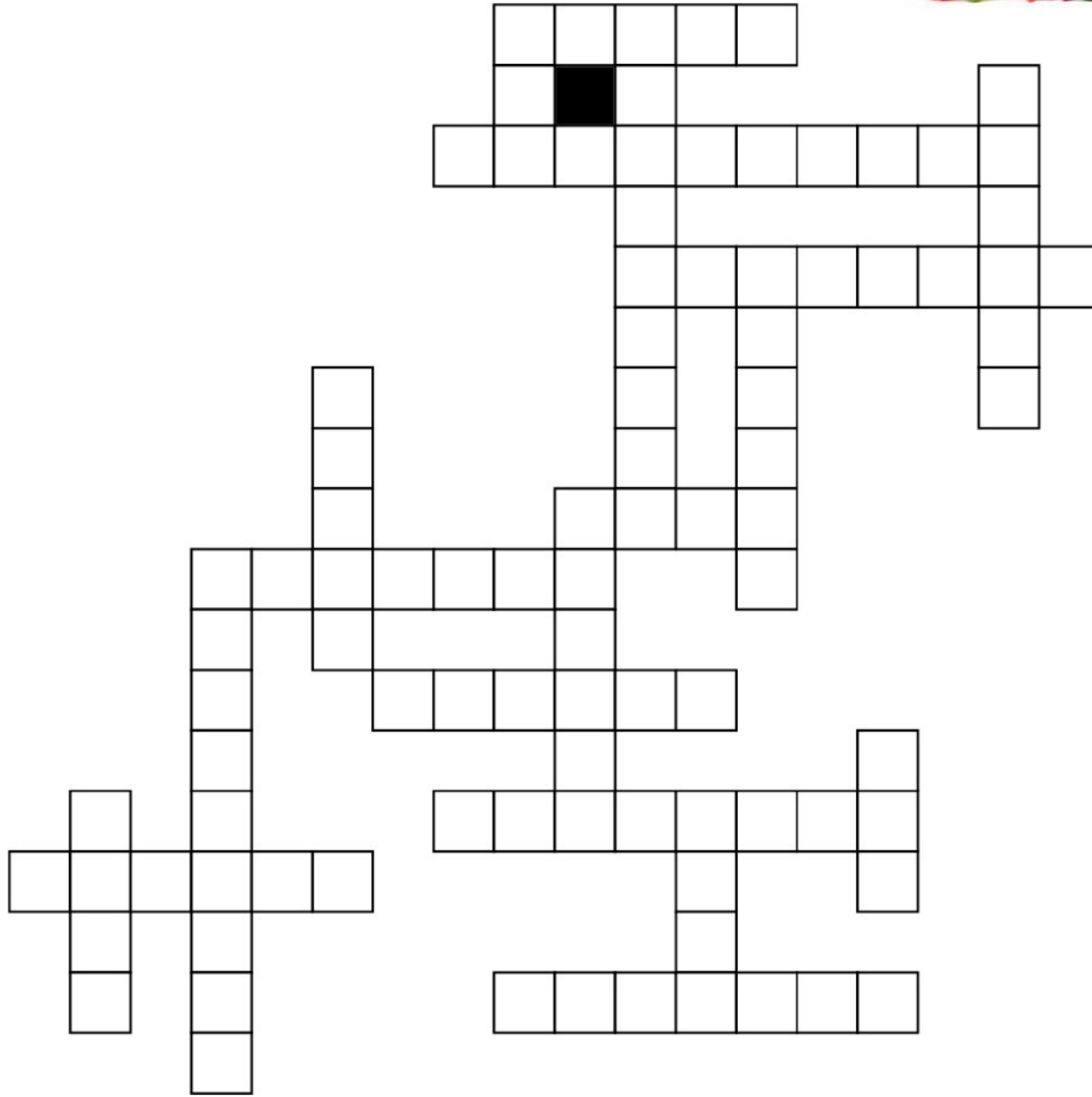
BROCCOLI

CUCUMBER

ARTICHOKE

ASPARAGUS

CANTALOUPE



Changing Digits

Change one digit in each number so that you have 10 numbers in consecutive order when you are finished. For example:

57 8	⇒	571
6 72	⇒	572
5 1 3	⇒	573

1. **4**43 _____

2. 5**9**4 _____

3. 542 _____

4. 846 _____

5. 541 _____

6. 528 _____

7. 149 _____

8. 500 _____

9. 581 _____

10. 572 _____



Turn to page 16 for the answers.

30 Random Jeopardy Trivia Questions

Give yourself 15 to 25 minutes to answer the questions, then turn to the answers on Page 18.

1. Which color of bell pepper has more nutrients: red, yellow, or green?

 2. What do you call the traditional straight-cut Japanese dress that is tied at the waist with an obi? _____
 3. What does it mean if an animal is nocturnal?

 4. Who was the first African American actress to be awarded an Oscar? **Hint:** She won the award for Best Supporting Actress for her work on the 1939 film *Gone with the Wind*.

 5. What is the naturally occurring chemical found in tobacco plants?

-
6. What is the minimum number of players you need to form a team in order to be a part of the National Hockey League: 15, 20, or 25?

 7. Who popularized the songs "White Christmas" and "Swinging on a Star" in the 1940s?

 8. What is the largest country in the western hemisphere?

- Where did King Louis XIV install the French government and court in 1682? _____
9. What American brand of safety razors and shaving supplies used the slogan "The best a man can get"?

10. What is the capital of Scotland?_____

11. Who was the first person to go into space?

What do you call a deep-bowled, long-handled spoon used for serving soup? _____

12. Who wrote *Around the World in Eighty Days* and *Twenty Thousand Leagues Under the Sea*?

13. Koala bears are native only to what country?

14. What game manufacturer produced the Game of Life, Scrabble, Twister, and Yahtzee? _____

15. What set of laws includes “honor thy father and mother” and “thou shalt not kill”? _____

16. From what language do the words *ballet*, *café*, and *entrepreneur* come? _____

17. What humorist helped document the suburban home life of women in the latter half of the 20th century? **Hint:** She wrote the book *The Grass Is Always Greener Over the Septic Tank*.

18. Over 60% of the world’s population lives on what continent?

19. What is the top number of a fraction called?

20. What former professional Canadian ice hockey player and head coach is nicknamed “The Great One”?

21. What were the names of the Three Stooges?

22. What does a nephologist (pronounced “nefologist”) study: grass, stamps, or clouds?_____

23. Does the idiom *blessing in disguise* have a positive or negative connotation?

24. Who is often credited with the invention of the first practical telephone, among other scientific achievements?

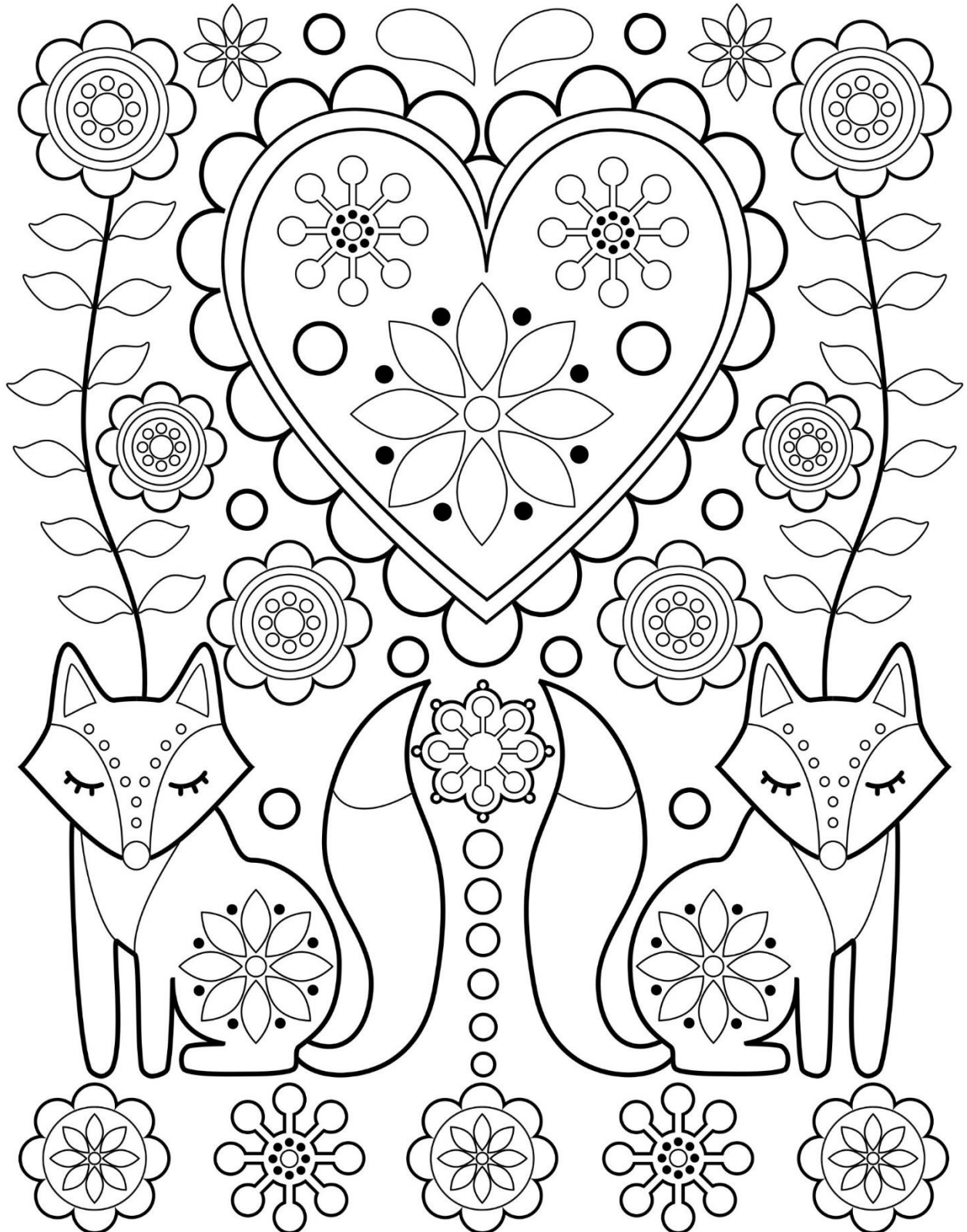
25. In what movie did an angel show Jimmy Stewart's character what the world would be like if he had never existed?

26. What is the only country in South America that speaks Portuguese: Brazil, Argentina, or Paraguay?

27. The famous line "Et tu, Brute?" is from what play by William Shakespeare?

28. Athens, Sparta, and Corinth were all city-states in what country?

Creative involvement as we age contributes to well-being by developing and maintaining problem skills, symbolic expression, perception, and motivation. (Abraham, 2005; Alders& Levine-Madori, 2010; Reed, 2005; Stallings, 2010; Stewart 2004).



Concentration Puzzle

(solutions)

Puzzle #1 - Guilty as sin

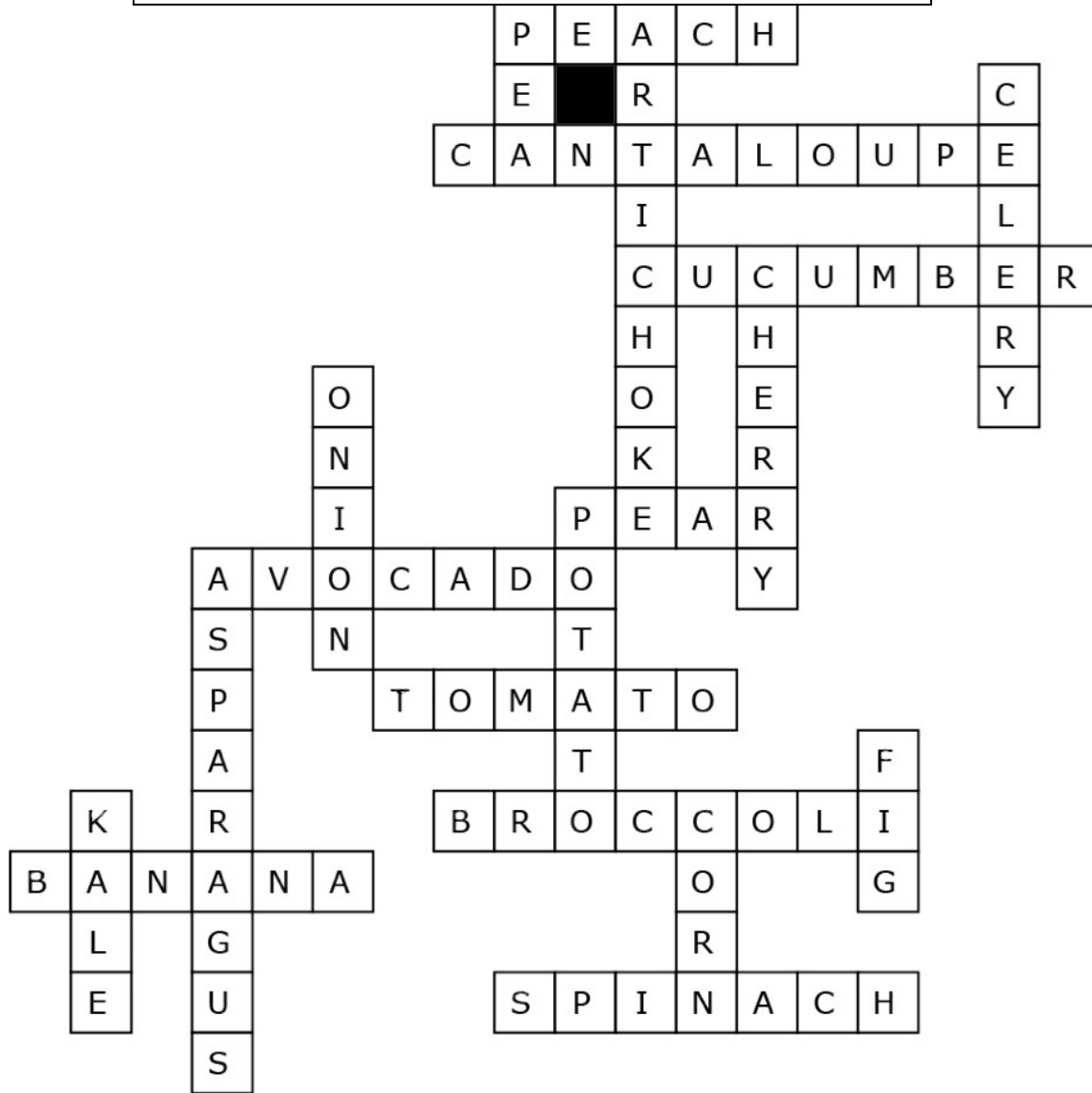
Puzzle #2 - Advice columnist

Puzzle #3 - National anthem

Puzzle #4 - The real deal

Fruits and Vegetables

Fit the list of words into the puzzle



Changing Digits

(solution)

1. 543

2. 544

3. 545

4. 546

5. 547

6. 548

7. 549

8. 550

9. 551

10. 552

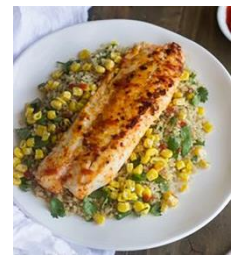
Random Trivia (Answers)

- 1. Answer:** Red. Red bell peppers have been on the vine longer, and this leads to much higher levels of beta-carotene and vitamin C when compared to the green or yellow varieties.
- 2. Answer:** A kimono. *Kimono* translates to “the thing worn,” and these dresses have been around since the late eighth century.
- 3. Answer:** It is only active at night. Bats, owls, and fireflies are known to be nocturnal creatures. They sleep during the day.
- 4. Answer:** Hattie McDaniel. McDaniel was also one of the first African American women to perform on the radio as well.
- 5. Answer:** Nicotine. Many people don’t know this, but one drop of pure, liquid nicotine on the tongue is enough to kill you. In fact, nicotine was used as an organic pesticide for centuries.
- 6. Answer:** 20 players. Each team or club must have a roster of at least 20 players (18 skaters, and two goalies).
- 7. Answer:** Bing Crosby. “White Christmas” was written by Irving Berlin and featured in the movie *Holiday Inn*, which starred Crosby.
- 8. Answer:** Canada. Canada is roughly 3,855 square miles and the second-largest country in the entire world after Russia.
- 9. Answer:** The Palace of Versailles. The Palace of Versailles continued to be the seat of government until the French Revolution. Today, it is a World Heritage Site and museum celebrating France’s history.
- 10. Answer:** Gillette. Gillette started using this slogan in 1989 and kept it for 30 years. They recently changed it to “The Best Men Can Be” in 2019.
- 11. Answer:** Edinburgh. The city of Edinburgh is found on the east coast of Scotland. Edinburgh replaced Scone as the capital in 1437.

- 12. Answer:** Yuri Gagarin. The Russian astronaut accomplished this feat on April 12, 1961. The flight lasted 108 minutes.
- 13. Answer:** A ladle. The term *ladle* comes from the Old English word *hladan*, which meant "to load" or "to draw up water."
- 14. Answer:** Jules Verne. The 19th-century French author is considered by some to be the "father of science fiction."
- 15. Answer:** Australia. The indigenous people of Australia named these animals *koala*, which translates to "no drink." This is because koalas get most of their water from the eucalyptus leaves that they eat, and so they rarely need to drink water.
- 16. Answer:** Milton Bradley. The Milton Bradley Company was founded in 1860 by the American inventor and industrialist Milton Bradley. In 1984, Hasbro, Inc. bought the company for \$360 million.
- 17. Answer:** The Ten Commandments. The Ten Commandments come from the book of Exodus in the Old Testament. According to the Bible, God issued the Ten Commandments to Moses on Mount Sinai.
- 18. Answer:** French. *Ballet* is a form of classical dance. A *café* is usually a small, informal establishment serving various refreshments (such as coffee). An *entrepreneur* is someone who starts their own business.
- 19. Answer:** Erma Bombeck. Bombeck wrote a newspaper column that was syndicated in roughly 700 newspapers.
- 20. Answer:** Asia. As of 2016, the estimated population for Asia was 4.4 billion people.
- 21. Answer:** The numerator. The bottom number of the fraction is the denominator.
- 22. Answer:** Wayne Gretzky. Gretzky entered the NHL in 1979 and played for the Edmonton Oilers. During his 20-year career, he went on to play for various teams and set many league records.
- 23. Answer:** Larry, Moe, and Curly. From 1934 to 1959, the three Stooges made 190 short comedy films for Columbia

Pictures.

- 24. Answer:** Clouds. Nephology is a branch of meteorology.
 - 25. Answer:** A positive connotation. The phrase refers to something that, at first glance, seems unpleasant or unlucky but turns out to be a good thing in the long run.
 - 26. Answer:** Alexander Graham Bell. He founded the Bell Telephone Company in 1877.
 - 27. Answer:** *It's a Wonderful Life*. The 1946 movie was nominated for five Academy Awards, including Best Picture, Best Director, and Best Actor in a Leading Role (Jimmy Stewart).
 - 28. Answer:** Brazil. In Brazil, 97.9% of the population speaks Portuguese as their primary language.
 - 29. Answer:** *Julius Caesar*. "Et tu, Brute?" translates from Latin to mean "Even you, Brutus?" In the play, Caesar says this to his friend Brutus, who has betrayed him.
 - 30. Answer:** Greece. Ancient Greece had over 1,000 city-states, and each had its own unique governing philosophies and interests.
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Almond-Crusted Tilapia

Reminiscent of a restaurant-style fish amandine, this recipe easily doubles to serve a small dinner party. Almonds add such a rich, nutty flavor to the tilapia that even the pickiest eater will think it is delicious. Serve with green beans and mashed red potatoes. One serving of this dish is about 1 fillet.

Prep Time: 5 MINUTES Cook Time: 6 MINUTES Servings: 2

Portion	Ingredients	Calories	Carbs	Fat	Protein
1/4	Nuts almonds, whole, 1 cup(s)	207	7	18	7.5
1	Breadcrumbs, dry grated, seasoned, 1 ounce(s)	109	19	2	4
1/3	Spices, herbs, or seasonings, fresh or dried, 1 tablespoon(s)	7	1.32	0.33	0.33
1/2	Spices, pepper, black, 0.25 teaspoon(s)	0	0	0	0
1	Vegetable oil, canola, 1 tablespoon(s)	124	0	14	0
1	Mustard, Dijon, 1 tablespoon(s)	15	0	0	0
3/4	Fish, Fit Fare Grilled Tilapia, 17 ounce(s)	450	49.5	8.25	43.5
Totals:		912	76.82gm	42.58gm	55.33gm
Totals Per Serving:		456	38.41gm	21.29gm	27.66gm

Instructions

- * **1.** Place first 4 ingredients in a blender or food processor process 45 seconds or until finely ground. Transfer crumb mixture to a shallow dish.
- * **2.** Heat oil in a large nonstick skillet over medium heat. Brush mustard over both sides of fillets dredge in crumb mixture. Add fish to pan cook 3 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness. Sprinkle with parsley, if desired.

Status

This recipe was created by a MultiCare dietitian.

Eggplant and Goat Cheese Sandwiches

Transform sandwich night with this hearty veggie-laden stacker. You can peel the eggplant, but the sandwiches are prettier with the deep-purple skin intact. One serving of this dish is about 1 sandwich.

Prep Time: 40 MINUTES Cook Time: Servings: 2

Portion	Ingredients	Calories	Carbs	Fat	Protein
1	Eggplant, raw, unpeeled, 1 whole(s)	132	31	1	6
2	Oil, olive, 1 teaspoon(s)	80	0	10	0
1	Peppers sweet red raw, 1 large	43	10	0	2
2/3	Bread, Ciabatta, Panera Bread, 6.25 ounce(s)	304	55.44	3.96	10.56
1/2	pesto sce mix Knorr, 0.25 cup(s)	8	1.5	0	0.5
2	Arugula raw, 0.5 cup(s)	6	0	0	0
1/2	Spices, pepper, black, 0.25 teaspoon(s)	0	0	0	0
2	Cheese, goat, soft type, 1 ounce(s)	152	0	12	10
Totals:		725	97.94gm	26.96gm	29.06gm
Totals Per Serving:		362	48.97gm	13.48gm	14.53gm



Instructions (This recipe was created by a Multicare dietitian.)

- * **1.** Preheat broiler.
- * **2.** Arrange eggplant slices (1/2-inch-thick) in a single layer on a foil-lined baking sheet. Brush both sides of eggplant with 1 teaspoon oil. Cut bell pepper in half lengthwise discard seeds and membrane. Arrange bell pepper halves, skin sides up, on baking sheet with eggplant flatten with hand. Broil 4 minutes turn eggplant over (do not turn bell pepper over). Broil an additional 4 minutes remove eggplant from pan. Broil bell pepper an additional 7 minutes or until blackened. Place bell pepper in a zip-top plastic bag seal. Let stand for 15 minutes peel and discard skin.
- * **3.** Broil bread slices for 2 minutes or until lightly browned, turning once. Spread 1 tablespoon refrigerated pesto on each of 2 bread slices. Layer each bread slice, pesto side up, with 2 eggplant slices, 1 bell pepper half, and 2 eggplant slices. Toss arugula with remaining 1 teaspoon oil and black pepper divide arugula mixture evenly between sandwiches. Spread 2 tablespoons goat cheese over each of 2 remaining bread slices place, cheese side down, on sandwiches.

Sautéed Chicken and Zucchini

One serving of this dish is about 1 chicken breast half, 1 1/2 tablespoons sauce, and 1/2 cup zucchini.

Prep Time: Cook Time: 40 MINUTES Servings: 4

Portion	Ingredients	Calories	Carbs	Fat	Protein
1½	Chicken breast, tenders, boneless skinless, 1 pound(s)	668	0	0	0
1	Salt, table, 0.5 teaspoon(s)	0	0	0	0
1/2	Herbs & Spices, Pepper Black, Ground, 1 teaspoon(s)	0	0	0	0
1	Butter without salt, 1 tablespoon(s)	102	0	12	0
2	Oil, olive, 1 teaspoon(s)	80	0	10	0
1½	Zucchini, raw, chopped, 2 cup(s)	60	0	0	4.5
1/2	Soup, Chicken Broth, low sodium, canned, 1 cup(s)	19	1.5	0.5	2.5
1/2	Spices chervil dried, 1 teaspoon(s)	0	0	0	0
1/3	Lemon juice, 1 tablespoon(s)	1	0.33	0	0
1	Parsley raw, 1 tablespoon(s)	1	0	0	0
Totals:		931	1.83gm	22.5gm	7gm
Totals Per Serving:		233	0.46gm	5.62gm	1.75gm

Instructions

* **1.** Sprinkle chicken with 1/4 teaspoon salt and black pepper. Heat 1 teaspoon butter and oil in a large skillet over medium-high heat. Add chicken cook 4 minutes on each side or until done. Remove from pan keep warm.

* **2.** Add zucchini (3/4-inch-thick) and remaining 1/4 teaspoon salt to pan cook 2 minutes on each side or until crisp-tender. Remove from pan keep warm.

* **3.** Melt 1 teaspoon butter in pan, scraping pan to loosen browned bits. Add broth and chervil bring to a boil. Cook 3 minutes or until reduced to 1/4 cup. Remove from heat stir in remaining 1 1/2 tablespoons butter, lemon juice, and chopped parsley. Serve chicken with sauce and zucchini.

Status

This recipe was created by a MultiCare dietitian.