

February 2022  
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# Food and Fitness

## Supporting Memory Through Foods

As aging occurs, the possibility of memory loss increases. It is common for people to forget where they placed the dust pan or their car keys. Even forgetting the name of the person they just

met is considered to be common. How can you identify when it is time to seek help for declining memory, and what kind of foods support memory?



It is scary to think about memory loss and the possibility of being diagnosed with Alzheimer's disease. Did you know that there are differences in changes to normal memory (because of aging) and memory loss that is associated with Alzheimer's disease? In fact, many memory problems related to age are treatable conditions.

Dementia is a term that is commonly used but covers many different symptoms including impaired memory, reasoning, judgment, language, and thinking. Alzheimer's disease (which is caused by progressive brain damage) is the most common cause of dementia. Dementia starts out slowly and becomes more aggressive over time. Dementia is associated with memory loss that starts to disrupt your life. Examples would be forgetting common words while speaking or asking the same question repeatedly.

(Continues on Page 2)

## Supporting Memory Through Foods

(Continued from Page 1)

Memory loss can also occur because of problems that are reversible and can be treated. Medications, mild head trauma, emotional disorders, alcoholism, vitamin B12 deficiency, hypothyroidism, and certain brain diseases are some of the reversible causes of memory loss. If you are concerned about memory loss, don't be afraid to speak with your doctor. Tests are used to determine the cause and degree of memory loss.



Eating the right foods can support memory function. There are four important types of foods to include:

**Vegetables** – As if you haven't heard this one enough already, eating enough vegetables especially the dark green ones like broccoli, cabbage, and dark leafy greens are a must. Now, certain medications do interact with these dark greens. Talk to your doctor about finding the right balance.

**Berries** – Berries and cherries, especially the dark colored ones, provide something called anthocyanins and flavonoids that are important for memory. You can get these as fresh, frozen, or dried berries.

**Omega-3 fatty acids** – Certain seafoods are important for this one. Examples include salmon, bluefin tuna, sardines, and herring. Seafood is recommended twice a week for a healthy dose of omega-3.

**Walnuts** – Walnuts have been associated to have a positive effect on health. Walnuts may be linked to improve brain function.

Scientists and research still have a long way to go with memory loss and what causes memory loss. While eating certain foods may not prevent or guarantee a high level of brain power and memory for the life, over time foods can support a healthy life.

# 5 FOODS LINKED TO **BETTER BRAINPOWER**

## **GREEN VEGGIES**



**1.** Leafy greens such as kale, spinach, collards, and broccoli are rich in brain-healthy nutrients like vitamin K, lutein, folate, and beta carotene. Research suggests these plant-based foods may help slow cognitive decline.

## **FATTY FISH**



**2.** Fatty fish are abundant sources of omega-3 fatty acids, healthy unsaturated fats that have been linked to lower blood levels of beta-amyloid — the protein that forms damaging clumps in the brains of people with Alzheimer's disease.

## **BERRIES**



**3.** Flavonoids, the natural plant pigments that give berries their brilliant hues, also help improve memory, research shows.

## **TEA + COFFEE**



**4.** Coffee and tea might offer more than just a short-term concentration boost. In a recent study, participants with higher caffeine consumption scored better on tests of mental function.

## **WALNUTS**



**5.** Nuts are excellent sources of protein and healthy fats, and walnuts in particular might also improve memory, according to a study.

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[www.health.harvard.edu](http://www.health.harvard.edu)



## Vegetable—Okra



Okra, also called gumbo or Lady's finger, is believed to be originated around Ethiopia. Okra is related to cotton, hibiscus, and hollyhock. It grows on an annual plant that is about six feet tall. Okra is a tropical plant that grows best in warm climates. It is available all year round but its peak season is the summer months. The plant grows heart shaped leaves and flowers that look similar to hibiscus. The edible okra pods grow between three and ten inches long. Okra is most commonly known for its green variety and can also be cultivated in a red variety.

Okra is a more common vegetable eaten in the south than in the area we live. Okra has a flavor that has been compared to a mix of asparagus and eggplant. Purchase okra that is tender but the pods are firm. The pods should easily snap in half with good green color. They should be stored in a paper bag in the warmest part of the refrigerator. Okra can be cooked many different ways.

Okra provides a good source of vitamin C, A, and B, iron, and calcium. It is low in calories and is a good source of dietary fiber. Even though okra is more of a southern food, it is a great vegetable to get some added variety.

**Fun Fact:** Okra seeds can be toasted and ground and are used as a substitute for coffee.

### Caloric Ratio Pyramid [What is this?](#)

Caloric Ratio Pyramid for Okra, cooked, boiled, drained, without salt

This feature requires Flash player to be installed in your browser. [Download the player here.](#)

71%	8%	21%
Carbs	Fats	Protein



### NutritionData's Opinion

[What is this?](#)

Weight loss: ★★★★★

Optimum health: ★★★★★

Weight gain: ★★☆☆☆

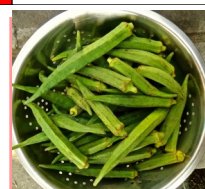
**The good:** This food is low in Saturated Fat and Sodium, and very low in Cholesterol. It is also a good source of Protein, Riboflavin, Niacin, Phosphorus, Potassium, Zinc and Copper, and a very good source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin K, Thiamin, Vitamin B6, Folate, Calcium, Magnesium and Manganese.

**The bad:** A large portion of the calories in this food come from sugars.



## Okra, cooked, boiled, drained, without salt

Serving size: 1/2 cup slices (80g) ▼



## NUTRITION INFORMATION

Amounts per 1/2 cup slices (80g)

## Calorie Information

Amounts Per Selected Serving		%DV
Calories	17.6 (73.7 kJ)	1%
From Carbohydrate	12.5 (52.3 kJ)	
From Fat	1.4 (5.9 kJ)	
From Protein	3.7 (15.5 kJ)	
From Alcohol	0.0 (0.0 kJ)	

## Protein &amp; Amino Acids

Amounts Per Selected Serving		%DV
Protein	1.5 g	3%

[More details ▼](#)

## Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	226 IU	5%
Vitamin C	13.0 mg	22%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	0.2 mg	1%
Vitamin K	32.0 mcg	40%
Thiamin	0.1 mg	7%
Riboflavin	0.0 mg	3%
Niacin	0.7 mg	3%
Vitamin B6	0.1 mg	7%
Folate	36.8 mcg	9%
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	0.2 mg	2%
Choline	7.4 mg	
Betaine	~	

[More details ▼](#)

## Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	3.9 g	1%
Dietary Fiber	2.0 g	8%
Starch	0.0 g	
Sugars	1.9 g	

[More details ▼](#)

## Fats &amp; Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	0.2 g	0%
Saturated Fat	0.0 g	0%
Monounsaturated Fat	0.0 g	
Polyunsaturated Fat	0.0 g	
Total trans fatty acids	~	
Total trans-monoenoic fatty acids	~	
Total trans-polyenoic fatty acids	~	
Total Omega-3 fatty acids	0.8 mg	
Total Omega-6 fatty acids	36.0 mg	

[Learn more about these fatty acids and their equivalent names](#)

[More details ▼](#)

## Minerals

Amounts Per Selected Serving		%DV
Calcium	61.6 mg	6%
Iron	0.2 mg	1%
Magnesium	28.8 mg	7%
Phosphorus	25.6 mg	3%
Potassium	108 mg	3%
Sodium	4.8 mg	0%
Zinc	0.3 mg	2%
Copper	0.1 mg	3%
Manganese	0.2 mg	12%
Selenium	0.3 mcg	0%
Fluoride	~	

## Recipe—Garlic Roasted Okra

### Ingredients

- 1 lb. okra
- 1 tsp. paprika
- 1 tsp. garlic powder
- ½ tsp. sea salt
- 1 ½ tbsp. melted butter

### Directions

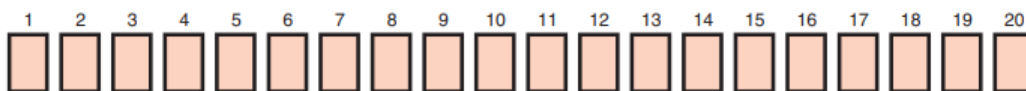
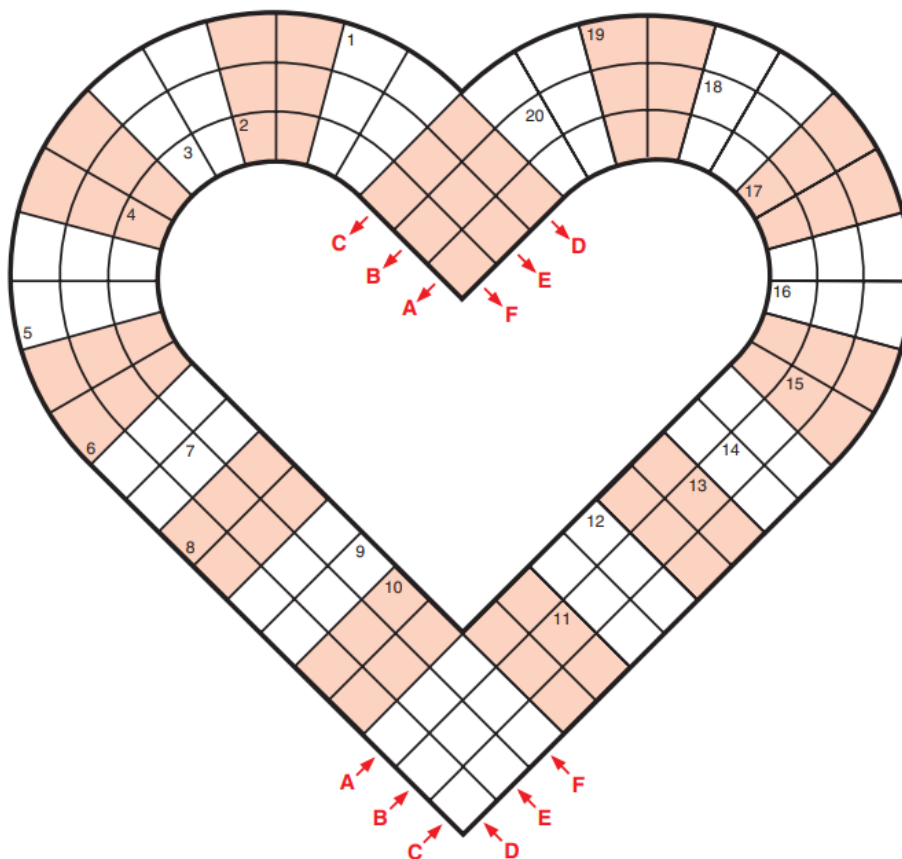
1. Rinse the okra and dry it with a paper towel. Trim away the stem ends, and then cut it into ½ to ¾-inch pieces. Place the okra into a medium-sized mixing bowl.
2. In a small dish, mix together the paprika, garlic powder, and salt.
3. Sprinkle the seasoning mix over the okra and add the melted butter. Mix everything well.
4. Transfer the okra to a large parchment paper-lined baking sheet and spread them out evenly.
5. Bake the okra for about 15 minutes at 450°F. Serve.



Recipe Adapted From: [Garlic Roasted Okra - Eat Something Vegan](http://EatSomethingVegan.com)

## VALENTINE RIDDLE

If you love a hearty challenge, you've come to the right page! The Contours answers (A to F) start from the bottom of our heart, run up each side in the directions indicated by the arrows, and meet at the top; clues are presented in order. The Block answers (1 to 20) are all seven-letter words or phrases; however, before you place them in the blocks (the pink and white shaded areas), you must delete one letter. Enter the Block answers either clockwise (+) or counterclockwise (–) as indicated. When you're finished, the deleted letters from the Block answers, read in order, will spell out a question. That question, if read carefully enough, will answer itself.



### CONTOURS

- A** • Greek goddess of love  
• Right-hand woman  
• Helping dad with the dishes  
• On the \_\_\_\_ (recovering)  
• Russian-born author Rand
- B** • Liquid Plum'r target  
• John Dillinger's boys  
• Machu Picchu discoverer Bingham  
• Tony Blair's street  
• Booker Prize winner Gordimer
- C** • Green eggs and ham profferer: 3 wds.  
• Airheaded  
• Pit stop for thirsty gunslingers  
• Seeks redress in court  
• Two-legged stand
- D** • Act like a proper monster  
• *Ghostbusters* goo

- Barney's best buddy in Bedrock
  - Silent tantrum
  - Tend to a white sauce
  - Sight-related suffix
- E** • Tijuana Brass boss Herb  
• Hurried: 3 wds.  
• Physicist Louis with a 1970 Nobel  
• Superstar Celine  
• Ivory's partner
- F** • Hudson's largest tributary  
• Groovy guy's counterpart  
• Eliel's son  
• Nationalist China  
• Sort of oldie

### BLOCKS

- 1** *The West Wing* actor: 2 wds. (+)  
**2** What volunteers work for (+)

- 3** Wasp-\_\_\_\_ (hourglass-shaped) (–)  
**4** Alitalia or Avianca, e.g. (–)  
**5** Indicates (–)  
**6** Puts back on the payroll (+)  
**7** Said "Yes...NOT!" (+)  
**8** Word with springs or spirits (–)  
**9** '80s *Ladies* country star: 3 wds. (+)  
**10** Fence-sitter (+)  
**11** Tbilisi's republic (–)  
**12** Ugandan despot: 2 wds. (–)  
**13** Big name in surf gear: 2 wds. (+)  
**14** Lack o' motion (–)  
**15** Conscience-stricken (–)  
**16** Got all slobbery (+)  
**17** Not at all: 3 wds. (+)  
**18** Giving TLC (+)  
**19** Ten-minute piece on *Dateline*, e.g. (+)  
**20** Split up, as the Beatles (+)



# February 2022

- **American Heart Month**
- **An Affair to Remember Month**
- **Black History Month**
- **Canned Food Month**
- **Creative Romance Month**
- **Great American Pie Month**
- **National Bird Feeding Month**
- **National Cherry Month**
- **National Grapefruit Month**
- **National Weddings Month**
- **Spunky Old Broads Month**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Chinese New Year	2 Ground Hog Day	3 Feed the Birds Day	4 Stuffed Mushroom Day	5 Eat Ice Cream for Breakfast Day
6 International Frozen Yogurt Day	7 Send a Card to a Friend Day	8 Kite Flying Day	9 National Pizza Day	10 Umbrella Day	11 Make a Friend Day	12 Plum Pudding Day
13 Superbowl Sunday	14 Valentine's Day	15 National Gum Drop Day	16 Do a Grouch a Favor Day	17 Random Acts of Kindness Day	18 National Drink Wine Day	19 National Chocolate Mint Day
20 Cherry Pie Day	21 Card Reading Day	22 Be Humble Day	23 Tennis Day	24 National Tortilla Chip Day	25 Pistol Patent Day	26 National Pistachio Day
27 Polar Bear Day	28 National Chili Day					



## West Virginia Bureau of Senior Services

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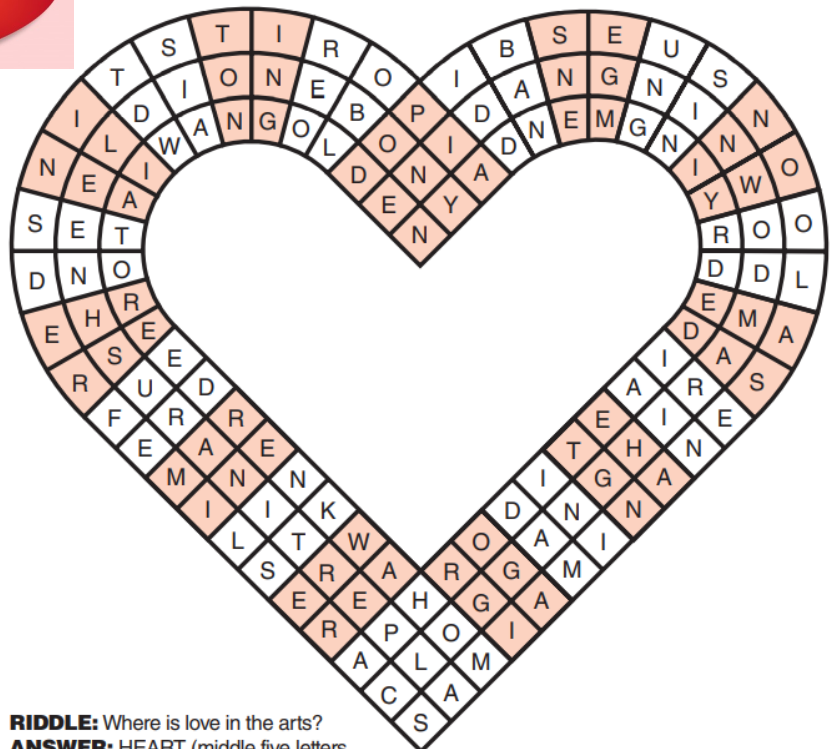


*Happy  
Valentine's Day!*

## Brain Exercise Answers



This newsletter is created by  
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Services.



**RIDDLE:** Where is love in the arts?  
**ANSWER:** HEART (middle five letters  
of "the arts")