



# MILITARY FAMILIES LEARNING NETWORK

## Nutrition and Wellness Newsletter



## Eating Healthy, Staying Active, and Being Safe

By: Madison Boissiere

During these summer and early fall months in the midst of the Covid-19 pandemic, it is especially important to be mindful of our health and safety. Here are some tips to help you get the most out of being outdoors while keeping you and your family healthy.

### Healthy Eating

- During cookouts, eat more lean meat, fruits, and vegetables, and cut back on higher beef and pork products such as ribs, sausage, and hotdogs.
- Take advantage of fresh produce. Tomatoes, greens, bell peppers, and berries are in their prime during the summer months and are perfect to throw in a refreshing salad for beach days or cookouts.
- Vegetable kabobs on the grill are a great way to enjoy a variety of vegetables, including summer squash, zucchini, bell peppers, mushrooms, and onions.
- Stay hydrated! Keep a water bottle with you throughout the day to ensure you are staying hydrated.
- Meal prep for outdoor activities. Avoid fast food places by packing a cooler with items like whole grain sandwiches, fruits, veggies, hummus, trail mix, and of course lots of water.
- Limit your intake of sugary drinks like lemonade, soda, and sweetened iced tea. Instead try infusing your water with cucumbers, lemon, mint, strawberries, and blueberries.

### Upcoming Learning Opportunities



Keeping Our Brains  
Healthy as We Age

Date: August 25

Time: 11:00 am ET

RSVP:

<https://militaryfamilieslearningnetwork.org/event/69340/>



Communication with  
Patients with Low  
Nutrition Literacy

Date: September 23

Time: 11:00 am ET

RSVP:

<https://militaryfamilieslearningnetwork.org/event/64668/>



Resources for  
Addressing Food  
Access in Military  
Families

Date: October 27

Time: 11:00 am ET

RSVP:

<https://militaryfamilieslearningnetwork.org/event/69322/>

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### Staying Active

- Exercise in the morning or evening when temperatures are coolest.
- Plan activities for the family. Some fun ideas are hiking, kayaking, swimming, biking, rollerblading, frisbee, and yoga.
- Consider walking or biking instead of using your car to get to work or run your errands.
- Listen to your body. Take breaks often when exercising and keep in mind that you may not be able to work out as intensely in the heat.
- Use online videos or apps to find workouts and to keep up a routine.

### Being Safe

- Wash your hands frequently and keep hand sanitizer with you at all times.
- Socially distance by staying 6 feet away from others.
- Wear a mask when around others.
- Cover up when out in the sun and seek shade when possible, especially when the UV is high.
- Use broad-spectrum sunscreen with a minimum SPF of 30. Make sure to reapply every 2 hours.

## SUNSETTING CPEUs

Registered Dietitians are eligible for CPEUs for one year after the original webinar date.

Don't miss out on free CPEUs from these webinars:

### INCORPORATING DASH DIET PRINCIPLES INTO EVERYDAY LIVING

Last chance for CPEUs: October 28, 2020

Event page:

<https://militaryfamilieslearningnetwork.org/event/34426/>

### BUILDING PARTNERSHIPS BEYOND POLICY WITH YOUR COMMISSARY

Last chance for CPEUs: October 22, 2020

Event page:

<https://militaryfamilieslearningnetwork.org/event/34434/>

## Nutrition and the Brain



By: Veronica Glatz

### Why is brain health a growing concern?

- By 2030, 1 in 5 Americans will be 65 or older.
- Age-related disease such as Alzheimer's and Dementia are a growing concern.
- More than 5 million Americans currently have Alzheimer's disease.

### Where does nutrition fit in with brain health?

- The National Institute on Aging-Alzheimer's Association has found evidence that diet affects brain structure and activity.
- A healthy, balanced diet may decrease one's chances of being diagnosed with dementia.
- The Mediterranean diet and the DASH diets have been found to be particularly helpful in reducing one's risk of Alzheimer's Disease.

### How can we prevent/slow the growth of Alzheimer's/Alzheimer's-related Dementia through nutrition?

- The Mediterranean diet involves eating fruits, vegetables, nuts, and whole grains, and has been found to help slow the growth of Alzheimer's and Alzheimer's-related dementia. It also includes limiting red meat, consuming more fish and poultry, and eating healthy fats such as olive oil.
- The DASH diet, while mostly used for hypertension, can also be healthy for the brain. It involves eating foods low in saturated fat and decreasing intake of sweets, sugar sweetened beverages, and sodium.
- Combining physical activity with a healthy diet can increase the benefits of brain health.

For more information on keeping your brain healthy as you age, join us for our webinar with Dr. Okereke on August 25 from 11-12pm ET.

RSVP:

<https://militaryfamilieslearningnetwork.org/event/69340/>