



# Nourish

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## June is Alzheimer's and Brain Awareness Month



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Everyone forgets things from time to time, but memory loss that leads to difficulty doing familiar tasks and forgetting words can affect our daily life. Many of us know someone with cognitive decline, dementia or Alzheimer's disease.

Try these lifestyle practices to help keep a healthy brain.

- Get enough physical activity. Aim for 30 minutes of moderate physical activity on most days of the week. Do you like going for walks, golfing or gardening? Any activity that gets us moving helps move blood to our brain.
- Challenge yourself by learning something new. Take a class. Try learning a new language or pick up the musical instrument you played in high school. Do crossword puzzles or challenging games. Learn how to paint or do other artistic activities.
- Aim to get enough sleep — that's seven to eight hours, on average, for adults. Avoid looking at tablets, phones, computers and other screens at bedtime. Be sure to talk with a health professional if you are experiencing sleep issues.

- Manage health conditions such as diabetes or high blood pressure by following your health care provider's recommendations.
- Protect your head. Wear a helmet when riding a bike or playing sports. Wear a seatbelt when driving.
- Eat a healthy diet with plenty of antioxidant-rich fruits and vegetables, whole grains and lean protein. Aim for about 4 to 5 cups of fruits and vegetables per day.
  - Eating a variety of foods is good for your body and your mind. Enjoy healthy fats, such as oils, and minimize trans fats. Eat fewer ultraprocessed foods, such as snack foods and cookies.

More resources:

- See the NDSU Extension publication "Nourish Your Brain with a Healthful Diet" for more information. See how the courses and handouts provided by the Nourish program at [www.ndsu.edu/agriculture/extension/programs/nourish](http://www.ndsu.edu/agriculture/extension/programs/nourish) can help you.

The Alzheimer's Association at [www.alz.org/](http://www.alz.org/) has resources to help understand Alzheimer's and dementia.

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EXTENSION

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## Question

I heard that June is Men's Health Month. As a male, are there diseases that are more common for me? What can I do to stay healthy?



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Men develop heart diseases earlier and they may have different symptoms of a heart attack. Men typically have chest pain or pressure during a heart attack, but women may have chest pressure, nausea and sweating, and pain in the neck, jaw, throat, abdomen or back.

Men have higher rates of cancer and are more likely to die from cancer than women. Men and women need to have regular cancer screenings and to exercise sun safety on a daily basis.

Positive lifestyle habits can reduce your risk of heart disease, cancer, diabetes and many other chronic diseases. Taking care of your heart also helps protect your brain and the rest of your body. The following are some nutrition tips for maintaining a healthy heart.

- If you smoke, take steps to quit smoking and stay tobacco-free.
- Aim for at least 5 cups of colorful vegetables and fruits daily.
- Eat food high in omega-3 fatty acids such as fatty fish (salmon, albacore tuna, mackerel, herring) and flaxseed.
- Enjoy foods high in soluble fiber (such as oatmeal, beans/legumes, oranges, sweet potatoes, Brussels sprouts, flaxseed), which may reduce your LDL ("bad" cholesterol).
- Reduce your consumption of saturated fat, which is found in butter, full-fat cheese, lard, poultry skin and fatty meats. Read and compare nutrition labels and choose lean protein and dairy options.
- Eliminate trans fat from your diet. Trans fat is found in hydrogenated/solid fats. It is used in some snack foods, biscuits and pastries.
- Get regular physical activity, aiming for 150 minutes per week.
- Maintain a healthy weight.
- See the "Healthwise for Guys" and "Healthwise for Women" publications within the **Chronic Disease Prevention** area of the NDSU Extension website

## Fresh Herbed Salmon Packets

4 (5-ounce) salmon fillets  
4 teaspoons olive oil  
2 garlic cloves  
4 teaspoons dried basil  
40 cherry tomatoes (red or yellow)  
1 medium red onion, cut into 8 wedges  
4 tablespoons lemon juice (juice of about one lemon)  
Salt and pepper to taste (about  $\frac{1}{8}$  teaspoon each, per salmon fillet)  
Lemon slices as garnish  
Heavy-duty aluminum foil

This recipe can be prepared in an oven or on a grill.



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Preheat oven to 400 F. Make four square pieces of foil and place a salmon fillet in the middle of each one. Drizzle 1 teaspoon of olive oil over the salmon fillet. Add a pinch of salt and pepper. Mince garlic cloves and divide evenly among each fillet. Sprinkle each fillet with 1 teaspoon of dried basil. Add 10 cherry tomatoes and 2 onion wedges per foil. Add 1 tablespoon fresh squeezed lemon juice over each salmon fillet. Wrap the foil so the salmon is completely covered and bake for 15 minutes, until the internal temperature is 145 F and the salmon flakes with a fork. If the salmon fillets are thick, they may need an extra few minutes in the oven. Measure with a food thermometer.

Makes four servings. Each serving has 290 calories, 15 grams (g) fat, 30 g protein, 12 g carbohydrate, 3 g fiber and 360 milligrams sodium.

Menu idea: Salmon, potatoes with fresh dill, roasted tomatoes, tossed salad, yogurt and fresh fruit parfait, low-fat or fat-free milk.