

WTNS Radio OSU Extension Update for March 4, 2019
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, and Healthy Relationships we'll talk about nutrition as March is National Nutrition Month!

According to the Academy of Nutrition and Dietetics, there are several foods that can help to boost your memory.

Nutrition plays a major role in brain health! A growing body of evidence links foods, such as those in the Mediterranean diet, with better cognitive function, memory and alertness.

- Vegetables, especially cruciferous ones including broccoli, cabbage and dark leafy greens, may help improve memory.
- Berries also are a rich source of anthocyanins and other flavonoids that may boost memory function.
- Omega-3 essential fatty acids may help improve memory in young adults. You can get this type of fat through seafood, especially fatty fish such as salmon, Bluefin tuna, sardines and herring — as well as from fish oil, seaweed or microalgae supplements.
- Walnuts also are also high in omega-3 essential fatty acids. They are known to positively impact heart health and may also improve cognitive function.

I can see it now – a spinach salad with sliced strawberries and toasted walnuts and a fresh from the grill piece of salmon. Delicious and guaranteed to help you remember where you left your cell phone! OK, not a guarantee, but I certainly need all the help I can get in this area!

Here are some other really helpful hints from The Academy of Nutrition and Dietetics to encourage you to develop sound eating and physical activity habits all year long.

- Make food safety part of your everyday routine. Reduce food waste by eating what you have on hand before buying more at the store.
- Be sure your meals incorporate all the major food groups and keep an eye on portion sizes. Eat and drink the amount that's right for you by following the recommendations of MyPlate.

- And consult a registered dietitian nutritionist for help in developing a personalized nutrition plan that works best for you and your family. An RDN will provide sound, easy-to-follow advice to meet your lifestyle, preferences and health needs.

There are just a few spots remaining for the OSU Extension Dining with Diabetes program, a cooking school and nutrition education program designed for people with diabetes and their family members or caregivers. In a series of four classes, cooking demonstrations will help participants learn healthy techniques to use in their own kitchens. The program includes sampling healthy foods and discussion with a registered dietitian or certified diabetes educator about skills to manage diabetes.

Dining with Diabetes will be held on Monday evenings in April from 5:30-7:30 pm at Roscoe United Methodist Church. The total cost of the program is \$20 per person. Classes will be taught by OSU Extension educators and a registered dietitian from the Coshocton County Health Department. To register visit coshocton.osu.edu or contact OSU Extension at 740-622-2265.

I also want to wish you a Happy 4-H Week! At OSU Extension we are honored to provide support and resources to our nearly 200 adult volunteers who guide and direct over 600 4-H club members throughout Coshocton County! These 4-H club members complete over 1,000 projects that teach life skills, problem solving, and wise decision making. 4-H school enrichment programs like Rockets Away, LEGO Robotics, and Real Money Real World also reach over 1,200 students in all of our Coshocton County school districts.

In closing, at OSU Extension, we are proud to work for Coshocton County to help improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at coshocton.osu.edu. Make it a healthy day!