



Wellness Day
University of Michigan Retirees
Association

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Welcome to MHealthy

MHealthy

MHealthy offers a variety of health and well-being programs and services to faculty and staff members. Our programs reflect the university's philosophy that many factors affect your quality of life and play a part in achieving balance, purpose, and vitality in your career and at home.

Services for Spouses, OQA's, and Retirees

MHealthy Recipes

Turmeric Roasted Cauliflower

Foods & Their Effects on Healthy Aging

1. Discuss the different categories of foods
2. Explore the benefits of each
3. Ideas on how to incorporate them into your life.

Genes, Environment, and Lifestyle on Aging

- Lifestyle: Adopted habits can either improve or worsen overall health
 - i.e., highly processed diet ☐ obesity & disease ☐ shorter lifespan
- Genes: Genetically predisposed to age a certain way
 - i.e., inherited diseases ☐ shorter lifespan

Environmental Factors related to Aging

- Free Radicals (FR) are naturally generated as a by-product of many of your body's chemical processes, such as metabolism
 - Increased production of FR and the body's inability to detoxify can lead to oxidative stress, which is a risk factor for degenerative and age-linked chronic disorders (main reason for aging)
- Properties in food, or antioxidants, can help to prevent this by removing them.

Alzheimer's Link to Heart Health

According to the Alzheimer's Association, Alzheimer's risk is increased by the same conditions related to heart health

- High cholesterol
- High blood pressure
- Heart disease
- Stroke
- Diabetes
- High cholesterol

Mediterranean Diet Pyramid



| FOOD GROUPS | GUIDANCE |
|---|------------------------------------|
| Meats and sweets | Less often |
| Poultry, eggs, cheese and yogurt | Moderate portions, daily to weekly |
| Fish and seafood | Often, at least two times a week |
| Fruits, vegetables, grains (mostly whole), olive oil, beans, nuts, legumes, seeds, herbs and spices | Base every meal on these foods |

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Research on the Benefits of Mediterranean Diet

Research:

- Reduces risk of death from heart disease and cancer, and reduced incidence of Parkinson's disease and Alzheimer's
- High MedDiet group (compared to low MedDiet group) was associated with better learning and memory performance and larger dentate gyri
- Lowered the risk of cognitive impairment and resulted in higher numerical results in cognitive functioning scores

DASH Eating Plan

The Benefits: Lowers blood pressure & LDL “bad” cholesterol.

|  Eat This |  Limit This |
|---|--|
|  Vegetables |  Fatty meats |
|  Fruits | |
|  Whole grains |  Full-fat dairy |
|  Fat-free or low-fat dairy | |
|  Fish |  Sugar sweetened beverages |
|  Poultry | |
|  Beans |  Sweets |
|  Nuts & seeds | |
|  Vegetable oils |  Sodium intake |

www.nhlbi.nih.gov/DASH



NIH National Heart, Lung, and Blood Institute



Dash Diet

Research:

- Linked to a lower rate of depression in older adults
- Low-fat, high-fiber diet recommended for lowering blood pressure may help prevent memory loss and sharpen mental skills

Key health benefits of whole grains

- High whole grain consumption is associated with reduced all cause mortality
 - Reducing risk of overweight and obesity, type 2 diabetes, cardiovascular disease (CVD)
- Consists of dietary fiber, starch, antioxidants, and B-vitamins.
- Whole grains with anti-aging properties: 100 % whole wheat, brown rice, corn, buckwheat, spelt, and wild rice

Phytochemicals

- Naturally occurring plant chemicals that help plants fight disease
- Research is showing that when we eat plant foods, these phytochemicals help us fight disease



Key health benefits of vegetables

- Contain a variety of antioxidants
- Provides fiber to help regulate digestion
- Provides potassium to help lower blood pressure
- May reduce risk for:
 - Stroke
 - Type 2 diabetes
 - Some cancers
 - Coronary heart disease



Benefits of Dark Green Leafy Vegetables

- Spinach, kale, collard greens, mustard greens, beet greens, romaine lettuce and other leafy greens
- May help protect from macular degeneration and cataracts
 - lutein and zeaxanthin in greens act as antioxidants in lens and retina going after free radicals
- **New research:** studying potential benefits related to rate of cognitive decline

*NOTE: talk to doctor if you are on blood-thinning medication

Key health benefits of fruits

- Provides fiber that can help regulate blood sugar and manage blood cholesterol
- Can reduce inflammatory effects, impact memory, and lessen the effects of chronic illnesses
- May reduce risk for:
 - Stroke
 - Type 2 diabetes
 - Some cancers
 - Coronary heart disease



Fruits with Healthy Aging Benefits

- Blueberries: The memory fruit
- Other brightly colored berries: antioxidant and anti-inflammatory effects
- Apples: link between apple juice and a reduction in the risk of Alzheimer's
- Tomatoes: can reduce blood glucose in diabetics, protect your eyes against damage caused by light.

Types of dietary fats

- Monounsaturated
- Omega-3
Polyunsaturated
- Omega-6's
Polyunsaturated
- Saturated
- Trans



Healthier Fats and Aging



Omega-3 and Omega-6 Polyunsaturated Fats

- Required for normal body functions
- Build cell membranes and covering of the nerves
- Needed to prevent blood clotting, muscle movement, and inflammation
- May decrease risk for heart disease and stroke, macular degeneration, Alzheimer's disease.

Examples of Omega-3 and Omega-6 Food Sources

Omega 3:

- Salmon, mackerel, herring, light tuna, sardines
- Flaxseed, ground walnuts & brazil nuts
- Canola oil

Omega 6:

- Corn, soybean, safflower, sunflower oil
- Nuts and seeds

Omega-3 & -6: Decreased Risk of Cognitive Decline?

Omega-3 and Omega-6 Polyunsaturated Fats

- Individuals taking an Omega 3-6-9 supplement were 41% less likely to develop dementia.
- Omegas prevent the formation and buildup of amyloid plaques.
- Omegas improve cardiovascular health which is directly linked to brain health
- Omegas reduce inflammation in the brain
- Omegas provide increased melatonin for healthy sleep

Key health benefits of dairy

- Dairy contains, Calcium, Potassium, and Vitamin D necessary for human body and muscle mass
 - Reduces risk of sarcopenia
- Good source of protein
- May reduce risk for:
 - Osteoporosis
 - High blood pressure



Dairy

Dairy products lower in saturated fat:

- Fat free, 1/2% or 1% milk
- Fortified soy milk
- Low fat yogurt
- Low fat cottage cheese



Key health benefits of various protein sources

Sources: meat, eggs, beans, and nuts

- Good source of protein
- Essential for everyday functions of body
- Maintain healthy immune system



Protein sources with lower saturated fat content



- Lean beef or pork
 - Cuts from the loin or round
 - Lean ground beef (90% or leaner)
- Skinless chicken or turkey breast
- Fish
- Eggs (3-4 egg yolks/week)
- Beans
- Nuts, seeds and nut butters
- Low fat meat alternatives

Turmeric



- Ancient Indian herb
 - Can be used in a variety of cooking and baking recipes
 - **A potent anti-inflammatory and antioxidant**
 - Potential to improve heart health and prevent against Alzheimer's and cancer
 - New Research: Improved overall memory in patients with Alzheimer's Disease.

Garlic



- With aging, arteries may begin to harden (atherosclerosis)
 - Can lead to heart attack or stroke.
- Rich in blood-thinning compounds -> prevents formation of blockage in the arteries
- Polysulphides in garlic have positive effect

Garlic

New Research: Garlic intake can help to keep blood vessels flexible.

-> Garlic can prevent CVD, thrombus formation, diseases associated with cerebral aging, arthritis, improve blood circulation and energy levels, and rejuvenate skin.



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Take Home Resources

1. Nutrient Filled Meal Ideas
2. Blank Meal Planner
3. Fun Snack Ideas

Action Steps

What will you do
to make
healthier food
choices this
week?



MHealthy Nutrition

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MHealthy Website

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