

HEALTHY me, HEALTHY mind

Making healthy choices now will help support your cognitive health today and into the future. The four keys to supporting brain health are **EAT, EXERCISE, SLEEP** and **CONNECT**.

EAT – Follow the MIND diet principles listed below.

10 Foods to Eat on the MIND Diet:

1. Green, leafy vegetables
2. All other vegetables
3. Berries
4. Nuts
5. Olive Oil
6. Whole Grains
7. Fish
8. Beans
9. Poultry
10. Red Wine

5 Foods to Limit on the MIND Diet:

1. Butter and Margarine
2. Pastries and Sweets
3. Red meat
4. Fried Food
5. Cheese



EXERCISE - Make physical exercise a priority and perform activities that bring you joy. Regularly exercise your brain too with activities that support growth of new brain cells, such as working on puzzles, reading, drawing or completing an educational course.

SLEEP - Strive to obtain seven to nine hours of sleep each night. Sleep improves our ability to adapt to input that we receive during waking hours and it promotes the removal of waste products from brain cells.

CONNECT – Connect with people regularly. Stay in touch with family and friends. Participating in social activities is associated with a decrease risk of cognitive decline.

St. Charles AAA

June 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Each Meal is Served with 1/2 Pint of 2% Milk	1 Beef Taco Salad with Cheese Lettuce & Tomato Chuckwagon Corn Tortilla Chips Warm Spiced Pineapples Taco Sauce	2 Hot Dog with Chili Coleslaw Green Peas Hot Dog Bun Royal Brownie	3 Turkey Fettuccine Carrots Southern Green Beans Wheat Bread Little Debbie or Cookies
6 Smothered Chicken Whipped Potatoes Glazed Carrots Wheat Bread Little Debbie or Cookies	7 Ham & White Beans Rice Mixed Greens Pickled Beets Cornbread Orange Juice Margarine	8 Hamburger Lettuce/Tomato/Onion Baked Beans Hamburger Bun Spiced Fruit Chocolate Milk Ketchup Mustard	9 Breakfast Sausage or Sliced Ham Grits Cranberry Juice Chantilly Potatoes Biscuit Banana Margarine	10 Chicken Chef Salad Fresh Fruit Saltine Crackers Almond Cookie Assorted Dressing
13 Turkey & Sausage Jambalaya Cabbage Green Beans Wheat Bread Little Debbie or Cookies	14 Hamburger Lettuce/Tomato/Onion Chuckwagon Corn Hamburger Bun Pineapple Cobbler Chocolate Milk Ketchup Mustard	15 Red Beans & Sausage Rice Orange Juice Spinach Cornbread Little Debbie or Cookies Margarine	16 Beef Fiesta Mac and Cheese Green Peas Glazed Carrots Wheat Bread Fresh Fruit	17 Father's Day BBQ Chicken (Bone-in) Mixed Vegetables Apple Juice Macaroni & Cheese Fresh Fruit
20 Swedish Meatballs Chantilly Potatoes California Vegetables Wheat Bread Little Debbie or Cookies	21 Turkey Breast Brown Gravy Whipped Potatoes Southern Green Beans Wheat Bread Little Debbie or Cookies Margarine	22 Birthday Special Chicken & Sausage Gumbo with Rice Okra & Tomatoes Potato Salad Wheat Bread Birthday Cake	23 Ham & Lima Beans Rice Mixed Greens Pickled Beets Cornbread Cranberry Juice	24 Turkey Salad Tossed Salad Pasta Salad (1 cup) Wheat Bread (2) Fresh Fruit Assorted Dressing
27 Creole Meatballs Green Peas with Red Peppers Chuckwagon Corn Hot Dog Bun Little Debbie or Cookies	28 Sausage & Pinto Beans Rice Spinach Cucumber Salad Cornbread Orange Juice	29 Sloppy Joe Mixed Vegetables Cabbage Hamburger Bun Sugar Cookie	30 Beef Meat Sauce with Penne Pasta Tossed Salad Green Beans/Peppers Wheat Bread Apple Cobbler Assorted Dressing	Menus are subject to change due to supply chain issues