



# Healthy Together



A MONTHLY NEWSLETTER

**4 FOOD GROUPS:** Vegetables and Fruit, Grain Products, Milk and Alternatives, Meat and Alternatives

## Brain Boosting Food

Brains need fuel throughout the day.

Try to include:

- three meals a day and healthy snacks
- protein-rich foods (e.g. milk and alternatives, meat and alternatives)
- breakfast to help wake up your mind
- vegetables and fruit – bright green and orange ones each day
- whole grain foods – barley, brown rice, oats, quinoa, etc.
- water regularly throughout the day – may help prevent headaches too
- omega-3 rich food – salmon, sardines, trout, edamame or soybeans, walnuts, flaxseed and other healthy fats – canola, olive and soybean oil

Reduce:

- sugar and caffeine (e.g. coffee, energy drinks, chocolate, some pop)
- processed food

Visit *Healthy Eating* at [www.healthyfamiliesbc.ca](http://www.healthyfamiliesbc.ca) for food facts, recipes, games and more.

## Brain Boosting Muesli

This tasty breakfast or snack recipe has all four food groups. Let everyone choose their favourite fruit, nuts and seeds.

- 500 ml (2 cups) rolled oats
- 500 ml (2 cups) plain yogurt
- 250 ml (1 cup) milk
- 45 ml (2 tbsps) sugar or honey
- 2 apples, peeled, cored & grated
- 250 ml (1 cup) berries or dried fruit (avoid apple and banana chips and raisins)
- 125 ml (1/2 cup) nuts or seeds (e.g. pumpkin, sunflower, sesame)

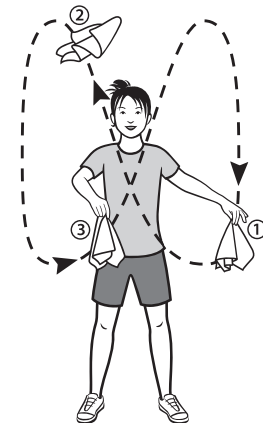
Combine all ingredients except nuts or seeds in a bowl and refrigerate overnight. Serve topped with nuts or seeds. Makes 4 servings.

**WE KNOW ...** Physical activity is one of the most powerful tools to improve brain function at any age.

## Brain Boosting Juggling

Try juggling at home to enhance cross-lateral brain activity. Use bean bags, scarves, dish towels, or tennis balls. Once comfortable juggling two items, try three:

- Hold one scarf in each hand and a third scarf in the fingertips of one hand: this is the scarf you will throw first.
- When #1 gets to the top, throw #2 from the other hand.
- As the hand comes down from throwing #2, it catches #1.
- When #2 gets to the top, throw #3. It goes across on the same path as #1.
- As the hand comes down from throwing #3, it catches #2, and you throw #4 (which is #1 coming around again).
- Keep alternating hands.
- Say cues "1, 2, 1, 2, left, right, left, right!"



For school based healthy eating or physical activity information visit [www.actionschoolsbc.ca](http://www.actionschoolsbc.ca). For general nutrition information call HealthLink BC at 811 and speak to a dietitian, or visit [www.healthlinkbc.ca](http://www.healthlinkbc.ca).

