



Creamy Apricot Oatmeal

You'll look forward to eating a healthy breakfast after you try this sweet and creamy oatmeal made with dried apricots.⁵ At just 233 calories per serving, it's a great way to start the day.

Ingredients

- 3½ C water
- 1/2 C dried apricots
- 2 C uncooked quick-cooking rolled oats (steel-cut oats optional with longer cooking time)
- 6 oz container fat-free vanilla yogurt

Directions

1. In a medium saucepan, bring the water and apricots to a boil, covered, over medium heat for 5 to 6 minutes. If using steel-cut oats, increase water to 5 cups.
2. Reduce heat to low and cook for 5 more minutes.
3. Stir in the oats. Cook uncovered for 1 to 2 minutes, or until thickened, stirring occasionally. If using steel-cut oats, extend cooking time by 20 minutes.
4. Spoon 1-cup serving sizes into bowls and top with a dollop of yogurt.

Eat THIS to Prevent Age-Related Memory Loss

Plant-based diet lowers risk for Alzheimer's and dementia

When university professor Alice Howland (played by Julianne Moore), starts forgetting things in the movie *Still Alice*, she knows something isn't right.

She stops mid-sentence during a lecture. She gets disoriented on a familiar run. She struggles to remember simple details.

And then she gets the news...Alzheimer's disease.

An estimated 5.8 million people in the U.S. are living with Alzheimer's disease or dementia. It's a brain disease that damages thought, memory and learning. And there is no cure.

Feast on plant-based foods to protect your brain

But it's not all bad news. A recent study found that eating more plant-based foods may lower the risk for dementia, Alzheimer's disease, and age-related memory loss.³

"A higher intake of fruits, vegetables, and plant-based foods...could help reduce the risk of cognitive decline due to aging," says the study's co-author Dr. Cristina Andrés-Lacueva.

Researchers found that chemical properties in certain plant-based foods may help protect the brain from age-related memory loss. This includes:

- Cocoa
- Coffee
- Mushrooms
- Red wine
- Apples
- Green tea
- Blueberries
- Oranges
- Pomegranates



But even other plant-based foods like fruit, leafy greens, and legumes, provide protective benefits to the brain and body.

In contrast, researchers found that artificial sweeteners may increase the risk for age-related memory loss and dementia.

If you want to keep your brain healthy as you get older, now is always the best time to start.

MORE

Warning signs of Alzheimer's disease
<https://tinyurl.com/mu6ce8fz>

Be Kind to Yourself to Prevent Heart Disease (continued from page 1)

Want to lower your risk for heart disease? Here are 6 simple ways to practice self-care:

1. Practice yoga, meditation or mindfulness
2. Watch a funny movie
3. Keep a journal

4. Read a good book
5. Schedule time to do something you enjoy
6. Practice deep breathing

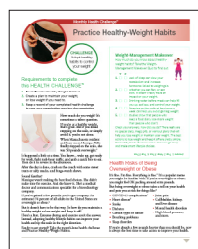
Regular exercise and a healthy diet will help keep your heart healthy, too.

MORE

Self-care in a pandemic
<https://tinyurl.com/mr4dfbay>

References

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2. Thurston, R.C., et al. (2021). Self-compassion and subclinical cardiovascular disease among midlife women. *Health Psychology*, 40(11): 747-753. From: <https://tinyurl.com/mr3w3sj7>
3. Gonzalez, Dominguez, R., et al. (2021). Food and microbiota metabolites associate with cognitive decline in older subjects: A 12-year prospective study. *Molecular Nutrition & Food Research*, 65(23). From: <https://tinyurl.com/4aj6ky48>
4. Bi, Y., et al. (2016). AutoDietary: A wearable acoustic sensor system for food intake recognition in daily life. *IEEE Sensors Journal*, 16(3): 806. From: <https://tinyurl.com/2p9ep6yb>
5. American Heart Association. (2019). Creamy apricot oatmeal. From: <https://tinyurl.com/rrb9vk7v>



Take the January Health Challenge!

Practice Healthy-Weight Habits: Adopt healthy habits to control your weight

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:
Can diet supplements help me lose weight?