



HAPPY NEW YEAR



Healthy Body, Healthy Brain

What you eat, how much you move, how well you sleep, and how you manage stress affects nearly every aspect of your well-being, including physical (body) and mental (brain) health. Research also shows a connection between heart and brain health. By keeping your heart healthy, you also lower your risk for stroke, dementia, and other brain problems.

Age-related cognitive decline is common. It's been said, "you are what you eat" and now scientific evidence suggests diet plays a bigger role in brain health than previously suspected. There is strong evidence that indicates the human gut serves as type of a "second brain" that affects not only digestion but also mood, health, and thoughts.

The connection between these two systems may help explain the mental-physical relationship. Simply stated, foods that promote gut health not only may be good for you physically; they also may help your mental state, easing such conditions as depression and anxiety.

Typically, American diets lack diversity and are high in fat and sugar, all of which reduce healthy bacteria in the gut.

Eat a lot of vegetables, fruit, beans, and legumes that provide many nutrients that support a healthy gut. They are also high in fiber, which supports the growth of healthy bacteria.

Eat whole grains. They contain fiber and non-digestible carbohydrate substances. Since they are not digested, those substances move into the large intestine and are broken down.

Cooking for One or Two

A healthy eating pattern is essential for current and long-term health. Individuals living in one- or two-person households may find it challenging to plan meals, use leftovers, or justify the time required to prepare and clean up from a meal for one or two servings.

Considering food prices and health outcomes, it is more important now than ever to learn how to use practical ways to prepare healthy meals at home, feel confident in food preparation, and repurpose leftovers to reduce meal preparation time in the kitchen.

Cooking for One or Two Programs

I will be giving programs in the Sunflower Extension District in all three counties.

- * **January 7 in St. Francis at noon CT**
- * **January 14 in Goodland at noon MT**
- * **January 15 in Sharon Springs at noon MT**

They will all be given in the Extension Offices!!

This lesson will provide tips for individuals as they prepare healthy meals in a one- or two- person households. Although it could be helpful for larger families as well. Participants will gain knowledge of how to prepare meals at home, while utilizing knowledge gained to reduce food waste, maintain their food budget, and follow food safety guidelines.

Participants will be able to:

- * Learn easy and practical ways to prepare meals.
- * Gain confidence in recipe modification.
- * Identify ways to repurpose or reuse leftovers.
- * Reduce the amount of time spent cooking.
- * Learn food safety standards.
- * Learn how to shop to reduce food waste and to save money.