

NUTRITION & AGING LAB NEWSLETTER

FALL 2023



NUTRITION TIP: FIBRE

Sources of dietary fibre include fruits, vegetables, whole grains, and legumes. Fibre-rich meals help maintain a healthy weight, reduce the risk of diabetes, heart disease, and some types of cancer.

EVENTS & AWARENESS

Events

Learn more about the Nutrition & Aging Lab Research

CCCare Nutrition Centre

Coffee Week Social: Research booth

Dates: Oct 17th and 19th from 9:30-3:30

RIA Cafe: Research booth

Dates: Oct 24th, 25th, & 26th from 1:30-3:30

City of Cambridge

SCREEN study presentation

Date: Oct 18th from 1:00-2:00

Awareness

World Food Day: Oct 16th

GET INVOLVED

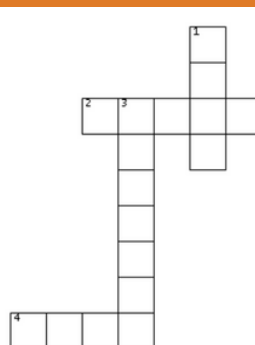


We are conducting a study to see if a nutrition risk screening questionnaire works well for older adults living with diagnosed dementia, memory problems or mild cognitive impairment and their care partners. If you are interested in learning more about your nutrition or want to participate please call 519-888-4567 ext 41470.

TESTIMONIALS

"I loved being part of the study. The researcher and dietitian were always willing to answer any questions so I could understand more about my nutrition. I really appreciated the advice from the dietitian. I enjoyed the study, and I am looking forward to seeing the results in the future. I would definitely recommend the study to others" -SCREEN study participant.

FALL FOOD PUZZLE



ACROSS

2. _____ Picking
4. _____ Maze

DOWN

1. A green, leafy vegetable
3. Halloween

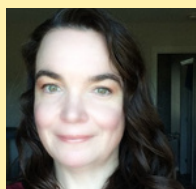
MEET THE TEAM



Heather Keller,
UW-Schlegel
Research Chair in
Nutrition and Aging



Katherine Ford,
Postdoctoral
Fellow



Chris Mills,
Postdoctoral
Fellow



Jessica Lawson,
Lab Manager and
Project Coordinator



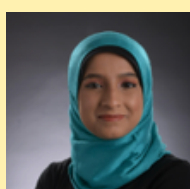
Safura Syed,
PhD Candidate



Hana Dakkak,
PhD Candidate



Kristina Devlin,
PhD Candidate



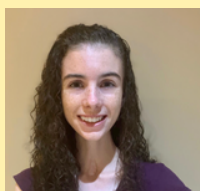
Aiman Fatima,
MSc Student



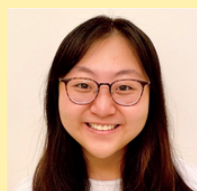
Meagan Jackson,
MSc Student



Raksha Aravind,
Undergraduate
Research Assistant



Kate Flanagan,
Research
Volunteer



Sukie Liu,
Undergraduate
Research Volunteer



Yesha Rajput,
Undergraduate
Research Volunteer



**NUTRITION
&
AGING LAB**



**UNIVERSITY OF
WATERLOO**

AREAS OF RESEARCH

Eating Well as we Age
Shared Mealtimes to Support Wellbeing
Dementia and Nutrition
Nutrition Risk and Malnutrition

RECIPES

BUTTERNUT SQUASH SOUP

RECIPE CREATED BY
KATE FLANAGAN

Ingredients:

- 2 tbsp olive oil
- 1 onion, diced
- 1 butternut squash, peeled and diced
- 1 apple, peeled and chopped
- 2 garlic cloves, minced
- ½ tsp salt
- ¼ tsp pepper
- ½ tsp cinnamon
- ¼ tsp nutmeg
- 4 cups vegetable broth

Instructions:

1. Heat olive oil in a large pot over medium heat. Add onion and sauté until softened. Add garlic and spices. Continue cooking for 30 seconds to 1 minute.
2. Add broth, apple and butternut squash to the pot. Bring to a boil. Reduce to simmer and cook for 30 minutes until softened.
3. Transfer soup to a blender or use an immersion blender to puree soup.
4. Return to pot and add coconut milk or cream. Warm through and enjoy!



FOOD FOR THOUGHT: BUTTERNUT SQUASH

A source of vital vitamins, minerals, and antioxidants, butternut squash is a superfood. While being low in calories and high in fibre, it enhances the flavour of many dishes.



CRANBERRY CHEESECAKE JAR

Ingredients:

- 10 dried figs (rehydrate in water and pour off excess water)
- 1 cup roasted whole almonds
- 8 ounces of cream cheese at room temperature
- ¾ cup Greek yogurt
- 6 ounces of cranberries
- ½ cup maple syrup
- 1 orange (1 teaspoon orange zest, ½ cup freshly squeezed orange juice)
- 4 ounce jar x 8

Instructions:

1. **Fig Nut Crust:** add figs and almonds to a food processor, and mix until the almonds are finely chopped and the figs start to stick together. Once the crust is ready, press it firmly into the bottom of the jars.
2. **Creamy Lemon Zest Filling:** whip cream cheese and Greek yogurt till smooth, add the lemon zest to the mixture, and the crust.
3. **Homemade Cranberry Sauce Topping:** add cranberry, maple syrup, and orange juice in the pressure cooker for 10 minutes until it reaches a mushy texture, finish by adding the orange zest. Add the homemade cranberry sauce on the top, and enjoy!

RECIPE INSPIRED BY
MARISA MOORE

