



NUTRITION & AGING LAB NEWSLETTER

WINTER 2023

Looking to get involved?

SCREEN Validation Study

The aim of this study is to determine if a screening tool (SCREEN) works well to identify nutrition risk for older adults with memory problems in the the community.

If you are interested in learning more or want to participate please call 519-888-4567 ext 41470 or email screen.study@uwaterloo.ca

Memory Problems & Eating Challenges

Do you have problems swallowing or challenges eating?

Hana is recruiting older adults with memory problems and/or their caregivers to share their perspectives and experiences managing these issues.

If you are interested in participating please contact hdakkak@uwaterloo.ca

Cooking Together

Cooking and baking are common activities that can bring generations together. Cooking Together is the development of an intergenerational cooking program for youth and persons living with memory loss.

We will be recruiting in spring 2024 please call if you are interested 519-888-4567 ext. 41761



Meagan Jackson,
MSc Student



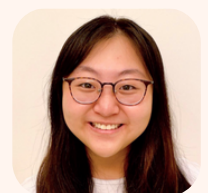
Raksha Aravind,
Undergraduate
Research Assisitant



Hana Dakkak,
Registered Dietitian
PhD Candidate

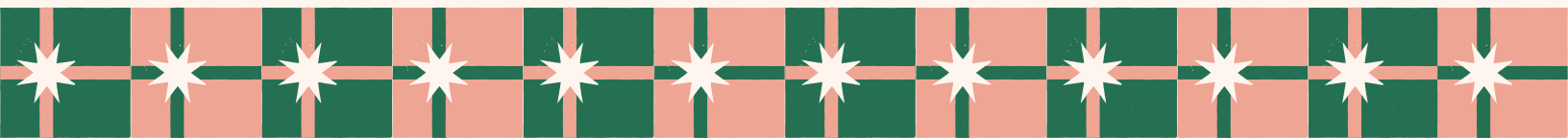


Kristina Devlin,
PhD Candidate



Sukie Liu,
Undergraduate
Research Volunteer

Thank you Meagan for your work with SCREEN.
In January we welcome Raksha to the SCREEN team!



No Bake Holiday Cheese Ball



Ingredients

- 8oz package of cream cheese
 - room temperature
- 1 cup sharp cheddar cheese, shredded
- 2 green onions, chopped
- 1 tsp worcestershire sauce
- 1/2 tsp garlic powder
- 1/2 tsp hot sauce
- 1/2 tsp dried parsley
- 1 cup chopped pecans
- Salt and pepper to taste

Instructions

1. Mix softened cream cheese until smooth.
2. Add cheddar cheese, green onions, worcestershire sauce, garlic powder, hot sauce, dried parsley, salt and pepper. Mix until well combined.
3. Form the mixture into a ball and wrap in plastic wrap.
4. Chill in the fridge for 1 hour.
5. Remove from fridge. Unwrap cheese ball and gently roll in pecans, lightly pressing in the pecans as needed.
6. Serve with crackers, sliced baguette, pretzels or raw vegetables.

FOOD FOR THOUGHT: Did you know our calcium needs increase with age? Dairy products like milk and cheese are great sources of calcium and can help with maintaining bone strength, muscle function, nerve and hormone health.



Merry Berry Cookies



Ingredients

- 1/2 cup unsalted butter
- 1/4 cup brown sugar
- 1 egg yolk
- 1/2 tsp vanilla extract
- 1 cup all-purpose flour
- 1/4 tsp salt
- Mixed berry jam

Instructions

1. Cream together butter and brown sugar until fluffy.
2. Incorporate egg yolk and vanilla, ensuring a well-mixed consistency.
3. Combine flour and salt, then add to the mixture, forming a dough.
4. Shape the dough into 1-inch balls and place them on a lined sheet.
5. Bake for 5 minutes at 350°F (175°C).
6. Create an indent in each ball using your thumb.
7. Spoon the berry jam into the indents.
8. Continue baking for 12–15 minutes or until golden.
9. Allow the cookies to cool on a wire rack.

FOOD FOR THOUGHT: Mixed berries are an excellent source of vitamin C, which is essential for the growth, development, and repair of all body tissues.



WINTER PUZZLE



- Across:**
2. This falls from the sky and covers the ground in winter
 4. A sport where you slide on ice with blades on your feet
- Down:**
1. A warm beverage made with milk and spices
 3. A festive decoration often hung on the front door

TIPS FOR HEALTHIER HOLIDAY EATING



Planning balanced meals: be mindful of the portion size and don't forget to save room for dessert.



Hydrate: enjoy plenty of water over the holidays - you should aim to drink 8 cups of water per day.



Sharing is Caring: enjoy the holiday with family and friends and enjoy sharing a meal together!

AWARENESS

January is Alzheimer's Awareness Month. Following a healthy diet not only improves your general health; in the long-term, nutritious foods are also important for brain health. Eating whole foods that are low in fat, salt and sugar, and including more fruits and vegetables in your diet that are high in antioxidants is recommended.

THANK YOU FOR YOUR INTEREST. WE LOOK FORWARD TO SEEING YOU IN THE NEW YEAR.

