

K-STATE

Research and Extension

Master Food Volunteer
Johnson County

Upcoming VIRTUAL Classes

April

Developing Healthy Habits

Tuesday, April 6 @ 6–7 PM

Fee: \$5

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The MIND Diet

Thursday, April 15 @ 6–8 PM

Fee: \$25

Includes booklet, some supplies
and special ingredients to make
recipes

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Sleep...Want It, Need It, Get It

Tuesday, April 20 @ 6–7 PM

Fee: \$5

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Food After 50

Wednesday, April 28 @ 6–7 PM

Fee: \$5

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Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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Eating for the MIND

According to the Alzheimer's Association, over five million Americans are living with Alzheimer's disease (AD), increasing to 16 million in 30 years. The cost of caring for those with Alzheimer's and other dementias is estimated to total \$259 billion this year, increasing to \$1.1 trillion (in today's dollars) by mid-century. Nearly one in every three seniors who dies each year has Alzheimer's or another dementia.

Why is the rate of Alzheimer's disease increasing so dramatically? Research shows that several factors contribute to late onset AD (over age 65, the most common form). These include older age, genetics (especially carrying the APOE4 allele), family history, a history of head trauma, midlife onset high blood pressure, obesity, diabetes, and high cholesterol. Delving deeper, Americans are living longer, but over 65 percent of adults are overweight or obese and diabetes rates are climbing (over a third have diabetes or prediabetes). What is good or bad for the heart is also good or bad for the brain.

What are the common lifestyle factors influencing the heart and brain? Diet, exercise, sleep, and mental acuity are the most prominent and, fortunately, modifiable factors.

In the last several years there has been renewed study in eating patterns to support brain health. The Mediterranean diet, first named in 1993 but eaten for over 4,000 years in the 22 countries of the Mediterranean region, has shown great promise in promoting and maintaining brain health. Studies in Spain that began in the early 2000s and continue today have demonstrated declines in heart attacks and strokes and improved cognition when participants were following Mediterranean eating patterns. Longer life, less diabetes and fewer cancers, and lower rates of childhood obesity are also seen. The diet focuses on consumption of more vegetables, fruits, whole grains, beans, nuts, seeds, olive oil, water, and fish and shellfish; smaller amounts of cheese, yogurt, and poultry; and least amounts of red meats and sweets. A moderate amount of red wine is included. This eating pattern also includes little processed foods, so overall it is lower in sodium and sugar, as well as saturated and trans fats. It is higher in fiber, potassium, antioxidants, and healthy fats compared the typical Western diet. The research is so compelling about the healthfulness that this eating pattern has now been recognized and recommended in the newest 2015–2020 U.S. Dietary Guidelines.

Published in 2015, research from Rush University in Chicago has combined elements from the Mediterranean diet and the DASH diet (Dietary Approaches to Stop Hypertension, developed in the early 1990s by Harvard researchers), called the MIND (Mediterranean-DASH Intervention for Neurodegenerative Delay) diet. The goal is to prevent AD. They tested over 900 Chicago-area seniors over four and a half years. The longer people had followed the MIND diet patterns, the less risk they appeared to have for AD. The study found the MIND diet lowered Alzheimer's risk by about 35 percent for people who followed it moderately well and up to 53 percent for those who adhered to it rigorously.

Want to learn more about the MIND Diet? Sign up for our class later this month!

Source: <https://extension.psu.edu/lifestyle-patterns-for-mind-health>

Recipe of the Month

Crispy Chickpeas

- 2 (15-ounce) cans chickpeas, drained and rinsed
- 1 tablespoon extra-virgin olive oil
- 1/4 teaspoon salt
- 1/2 teaspoon ground coriander
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon ground cumin
- 1/2 teaspoon cayenne pepper

1. Preheat oven to 400°F
2. Put the chickpeas, olive oil, salt and spices in a bowl. Mix to coat chickpeas thoroughly.
3. Spread the chickpeas on a baking sheet in a single layer. Bake for 20 minutes.
4. Remove the baking sheet from the oven and turn the chickpeas with a spatula, making sure they aren't sticking too much. Put the baking sheet back in the oven until everything is crusty and golden, 10 more minutes.
5. Let the chickpeas cool for 10 minutes. Scoop into a bowl and serve.

Makes 7 servings

Source: "Good and Cheap" by Leanne Brown

Nutrition Facts

Serving Size 1 Energy Ball
Servings Per Container 18

Amount Per Serving

Calories 80 **Calories from Fat 30**

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 65mg **3%**

Total Carbohydrate 11g **4%**

Dietary Fiber 1g **4%**

Sugars 6g

Protein 2g

Vitamin A 0% • **Vitamin C 0%**

Calcium 0% • **Iron 4%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

