



## Me Time Monday™ Tip Sheet for Caregivers in support of the Healthy Monday Campaign

### Super Foods, Super You – Nutrition Tips

#### How Caregivers Can Use “Super Foods” to Become a “Super You”

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If you are a caregiver, you may not always have the time to eat right but ignoring good nutrition will take you from Wonder Woman to Wiped Out Woman. Food is fuel to keep you energetic, alert and give you endurance for what could be a long caregiving journey.

Skipping meals, eating fast food on the run, turning to non-nutritious snacks to cope with stress can all become part of a caregiver's nutritional reality.

In order to focus on your nutritional needs to help your energy level, your ability to stay focused and alert and to maintain your physical and emotional stamina, WebMD advises incorporating these “Super Foods” into your daily diet::

- **Blueberries** are great anti-oxidants and an anti-inflammatory that can lower your risk of heart disease and cancer as well as other chronic illnesses.
- **Omega-3 rich fish** such as salmon, herring, sardines and mackerel help your heart, joints, memory and some medical professionals believe it can also reduce depression. If you are not a fish fan, you can also find Omega-3 in walnuts and flax seeds.
- **Soy** such as tofu, soy milk or edamame, as well as almonds, oats and barley lower cholesterol. In addition, oatmeal can help regulate blood sugar levels which is important for diabetic diets. (However, if you have a family history of breast cancer, it is not recommended you add soy to your diet).
- **Fiber** keeps cholesterol in check and can aid weight loss since you will feel fuller. Look for beans, whole grains, fruit and vegetables.
- **Tea** has been shown in several studies to lower cholesterol. While the antioxidant power is the same in black tea as green tea; the green version has an added element which studies have found helps inhibit the growth of cancer cells.
- **Calcium** found in dairy foods, salmon (again), leafy green veggies, almonds (again) asparagus and figs build strong bones and helps reduce the risk of osteoporosis – women over age 51 should have 1,200 mg daily.
- **Dark Chocolate** – hallelujah! Dark chocolate - at least 60% cocoa content – has eight times the antioxidants as strawberries and can help lower bad cholesterol (LDL) by up to 10 percent. But don't overindulge, 2-3 oz. a day will do it.
- And, of course, don't forget your **daily multivitamin**.

For more information about the Healthy Mondays campaigns, visit: [www.mondaycampaigns.org](http://www.mondaycampaigns.org)

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