Fueling the Mind

Marissa Donovan, MS, RD, LDN
In-Store Nutritionist, Giant Food

Coletta Meyer, MS, MCHES®, CWPC
Health & Wellness Strategist, GEHA
Welcome from GEHA

• Government Employees Health Association

• 81+ years – We stand by those who stand for us

• One of the largest national medical and dental plan carriers exclusively for federal employees

• More than 2 million medical and dental plan members

• Worldwide network of doctors, dentists, hospitals and other providers

• Benefits include a commitment to wellness and living healthier
Today’s presenters

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Giant Food

• 75+ year commitment of delivering unmatched selection of quality and value
• 165+ locations in Virginia, Maryland and the District of Columbia
• In-store, registered and licensed Nutritionists to help answer your nutrition questions:
  • Diabetes
  • Heart health
  • Weight loss
  • Improve family meal times
Giant Food Nutritionist Team

• Individual consults
• Classes and demos
• Community events
• Wellness Walks
• Digital tools
  • Blog
  • podcast
Fueling the Mind

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Today’s agenda

In the office: what contributes to brain health?

In the aisles: how do we find foods that promote brain health?

In the kitchen: how do we prepare foods for a healthy brain?
In the office
Brain health

- Factors in our control
  - Lifestyle factors
  - Eating habits
- Factors out of our control
  - Age
  - Genetics
What we can control

• A healthy, balanced diet can reduce the risk of:
  • Dementia
  • Alzheimer’s
  • Stroke

• Healthy diet = Neuroprotection
Heart and Brain

- Hypertension and high Cholesterol = high risk of stroke
Mediterranean diet

- Associated with lowest rates of chronic diseases and increased life expectancy
- Not a “diet” but more of an eating pattern/lifestyle
DASH diet

- Dietary approaches to stop hypertension
- Herbs and spices replace (excessive) salt
MIND diet

• DASH diet + Mediterranean diet
• “Mediterranean-DASH intervention for Neurogenerative Delay”
In the aisles
Fruits and veggies and cognitive function
Foods that support brain health: Protein and healthy fats

• Examples:
  • Walnuts
  • Hazelnuts
  • Sesame seeds
  • Sunflower seeds
  • Tuna
  • Flaxseed
  • Olive oil
Nutrients that support brain health: Choline

- Examples:
  - Eggs
  - Brussels sprouts
  - Mushrooms
  - Quinoa
  - Broccoli
  - Kidney beans
Nutrients that support brain health: Antioxidants

• Examples:
  • Fruits and vegetables
    • Berries
    • Cruciferous & green leafy
  • Tea
    • White
    • Oolong
    • Green
  • Red wine (or grapes)
  • Dark chocolate
Foods that support brain health: Prebiotics & Probiotics

• Examples:
  • Yogurt (look for “active cultures”)
  • Kefir
  • Kombucha
  • Sauerkraut
  • Kimchi
  • High fiber foods = prebiotics
    • Fruits/vegetables
    • Whole grains
In the kitchen
Putting it all together

- Use the USDA MyPlate as a starting point
  - ½ plate of fruits and vegetables
  - ¼ grains
  - ¼ lean protein
Nutrition made easy

Whether you are concerned about diabetes, heart health, losing weight or just want to improve family meal times, our team of registered and licensed dietitians can help you make the best shopping choices for your family's health and well-being. Contact the In-Store Nutritionist near you to get expert answers to your nutrition questions.

Services include:

- Individual consultations by appointment ($25 for a one hour session, fee is refunded in the form of a Giant gift card)
- Classes
- Store Tours
- Community outreach and events

Have a question? Email the nutritionist nearest you or nutrition@giantfood.com
Questions?

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