

A Date with Vitality



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A NUTRITIOUS DIET CAN HELP YOU BE IN CONTROL OF YOUR HEALTH

Long lasting health is more about choice than chance. While we can't change our family history or birthday, we can control our lifestyle choices that lead to vitality and longevity.

Preventing and managing chronic conditions including dementia, diabetes, gastrointestinal health and heart disease becomes more important for individuals aged 60-years and up. All of these have two things in common-optimal nutrition and physical activity. Keep reading on how to stay healthy from head to toe.

FOOD FOR THOUGHT

Protecting your brain from the behavioral changes and memory loss associated with dementia or Alzheimer's disease starts with what's on your plate. Research shows that limiting processed sugar from excess sweets and treats is one way to protect your brain. Instead of cake or candy, grab a few Medjool dates for a naturally sweet treat!

Taking a walk with a friend may also protect your brain. Research shows that as adults age, maintaining an "active" social life is important in preventing depression and dementia.



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FOR YOUR HEART'S SAKE

Have a heart! High blood pressure, elevated cholesterol and obesity are all risk factors for heart disease. Consuming more soluble fiber from barley, fruit and oats helps reduce cholesterol levels. Medjool dates are not only a good source of fiber, they also contain more potassium by weight than bananas. Potassium is a necessary nutrient to manage blood pressure.

Medjool dates can be chopped and added to rolled oats or Greek yogurt for a delicious start to your day.

DEALING WITH DIABETES

Elevated blood sugar can not only damage your nerves, it also impacts your eyes, kidneys, and blood vessels. Did you know that taking a 10- to 15- minute walk after meals lowers blood sugar? A diet high in fiber also helps manage blood sugar.

Despite their naturally sweet taste, dates are low on the glycemic index due to their soluble fiber content. Dip them in almond or peanut butter for a satisfying snack.

WAIST CONTROL

Weight management doesn't have to be a cycle of diet, cheat, repent, repeat. Regular exercise including resistance training (weights, nautilus machines) helps maintain muscle mass to boost metabolism and manage weight. Aerobic exercises like walking, swimming or biking also improve cardiorespiratory fitness, sleep and reduce stress.

Research shows that a diet high in fiber from whole grains, fruits, vegetables, nuts, seeds and dried beans also aids in waist control when calories are controlled. Try chopped Medjool dates in your next salad or pair them with almonds, walnuts or other nuts.



HAVE SOME GUTS

The majority of your body's good bacteria (AKA the microbiome) is in your large bowel, better known as the colon. Having a strong microbiome is important to maintaining your body's immune system to protect against viruses and other diseases.

Studies show that the more diverse your diet is, the better the biodiversity of your microbiome. Eating a variety of high fiber foods, including Medjool dates can help you achieve a better gut microbiome. Adequate fiber intake as well as hydration are also vital to regular laxation. What goes in, must come out.

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