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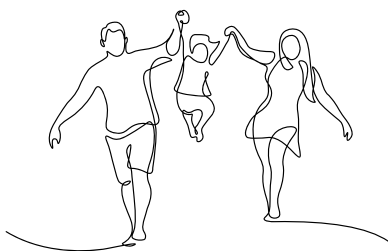
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## Add Some Vigorous Exercise

Research shows that adding small bouts of vigorous exercise to your activity routine can help prevent cognitive decline as you get older. People of all ages can benefit from adding intervals, short bursts of vigorous activity, to their exercise routine, and it is beneficial for your brain and body.

You can include interval training in your physical activity routine at many levels and it doesn't require special equipment. The key is to start at a level that is right for you and build from there. If walking is the activity you prefer, alternate with short bursts of brisk walking or jogging, depending on your fitness level. If you walk outdoors, you could walk faster between certain mailboxes, trees, or other landmarks. If you walk on a treadmill, leave the speed the same and increase the grade for short amounts of time — 30 seconds to 2 minutes — and back down again.

Interval training can jazz up your activity routine and keep it interesting and fresh. The more vigorous the activity, the more calories you burn, so it makes sense that interval training aids in weight loss. Another benefit is improved cardiovascular fitness, which will allow you to cover a specific distance in less time.

While most people can include interval training safely, it may not be appropriate for everyone. If you haven't exercised regularly, or have a chronic health condition, be sure to check with your physician before adding any type of interval training.

As with any activity, you should begin with a 5-minute warm-up, such as walking at a slower pace and light stretching. Start by adding just one or two intense activity bursts and work up from there. Listen to cues your body give you to avoid injuries and sore muscles. Challenge yourself more as your stamina improves and always include cool-down time at the end of any activity. Give intervals a try — you may be surprised by the results!

## Enjoy Nuts Everyday

Nuts are loaded with nutrients. The MIND diet recommends eating 1 ounce of nuts (equivalent to a small handful), five or more days per week. And you can enjoy a variety of nuts, like walnuts, pecans, pistachios, almonds, cashews, macadamia nuts, Brazil nuts, and peanuts.

Each type of nut offers a unique nutrient profile. Overall, nuts are good for brain and heart health and they are a good source of vitamin E, B vitamins, healthy fats, and a variety of minerals.

Nuts are calorically dense, meaning that every bite will have more calories than an equal amount of other foods, like vegetables, fruits, or grains. Even though nuts contain a high amount of fat and calories, research does not show an association between eating the recommended amount of nuts and weight gain. Nuts contain unsaturated fats and they are satiating, meaning you feel full and satisfied with just a small amount, due mainly to their levels of fiber and protein.

In addition to supporting brain health, nuts also aid in reducing inflammation, reducing risk for cardiovascular disease, and they help to manage diabetes. Nuts that are flavored, raw, roasted, or unsalted all have a place in a healthy diet. Limit nuts that are loaded with extra sugar, coated with candy, or heavily salted.

You can incorporate more nuts into your daily diet in a variety of ways. Here are some tips:

- » Replace a less nutrient-dense snack food, like chips or cookies, with a small handful of nuts.
- » Add nuts to salads, soups, pasta, and stir-fry dishes.
- » Sauté nuts with vegetables.
- » Make homemade nut butter.
- » Top cereal or yogurt with nuts.
- » Add texture to desserts with nuts.
- » Transform nuts into crumbs and use as a substitute for breadcrumbs.

This recipe is a true winner for brain health! Eggs are loaded with choline. This is a nutrient that is receiving well-deserved attention for its important roles in health. Choline is usually grouped with the vitamin B complex and appears to positively affect areas of the brain responsible for memory function and lifelong learning ability. Enjoy these tasty crusted egg cups!



## Squats for Strength

There is one exercise that should be part of everyone's routine – squats. It doesn't matter how old you are, your gender, or what your fitness goals are. Everyone can benefit from this exercise.

Squats are one of the best exercises for your lower body. They are great for strengthening your legs and glutes, and they also strengthen your core. When you do these properly, they also improve knee stability, promote mobility, and improve balance.

The squat is a somewhat complicated movement, and it is so beneficial because it forces the body's parts to work and grow stronger together as a single unit. It is one of the best functional exercises out there!

This is how to do squats:

1. Stand with your feet shoulder-width apart.
2. Keep your back in a neutral position, and keep your knees centered over your feet.
3. Slowly bend your knees, hips, and ankles, lowering until you reach a 90-degree angle.
4. Return to your starting position.

For a demonstration on doing squats go to: [www.youtube.com/watch?v=TDu8MMr6\\_hU&feature=youtu.be](https://www.youtube.com/watch?v=TDu8MMr6_hU&feature=youtu.be)

Demonstration of squats with a dumbbell: [www.youtube.com/watch?v=G4LOVMnRapA&feature=youtu.be](https://www.youtube.com/watch?v=G4LOVMnRapA&feature=youtu.be)

# Crusted Veggie Egg Cups

Makes 12 Servings

## Ingredients:

- 1½ cups old-fashioned oats
- ¾ cup chopped walnuts
- ¼ cup olive oil
- ¼ teaspoon salt
- 2 tablespoons cold water
- 9 large eggs
- ½ teaspoon garlic powder
- 1 teaspoon dried oregano leaves
- 1 tablespoon Dijon mustard
- 1 cup baby spinach, coarsely chopped
- 1 small red bell pepper, diced
- ¾ cup extra sharp shredded cheddar cheese

## Directions:

1. Wash hands with soap and water.
2. Preheat oven to 350° F. Spray a 12-cup muffin pan with cooking spray.
3. In the bowl of a food processor, pulse the oats until fine and the consistency of flour. Add the walnuts and pulse until blended with the oat flour. Pulse in the olive oil, salt, and water until the mixture comes together.
4. Spoon walnut-oat crust mixture evenly (about 1¼ tablespoons each) into each muffin cup and press it into the bottom and part way up the sides. Bake 25 minutes, until crust begins to brown. Cool pan on wire rack 10 minutes.
5. Rinse bell pepper by gently rubbing under cold running water, then chop as directed. Place spinach leaves in a colander and rinse with cold running water. Lay spinach leaves on dry paper towels or clean dish towels and gently blot away excess moisture. Chop as directed.
6. In a large bowl, whisk eggs, garlic powder, oregano, and mustard until well combined. Stir in spinach, bell pepper, and cheese.
7. Fill each muffin cup evenly with the egg-veggie mixture and bake 20 minutes, or until the eggs are set. Cool pan slightly on a wire rack before removing the egg cups by carefully inserting a sharp knife between the crust and the muffin pan.

**Recipe source:** California Walnuts

**Nutrition Information per egg cup:** 210 calories; 16 g fat (4 g saturated fat); 9 g carbohydrates; 9 g protein, 2 g fiber; 180 mg sodium; 1 g sugar.



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