

STAYING HEALTHY AS WE AGE

www.chemungcountyny.gov

607-737-5520

November
2025



Strong Heart Sharp Mind

A study published in *Neurology* in May 2024 found that people who **eat** a lot of **ultra-processed foods**—like soda, chips, cookies, ice cream, canned beans, and fast food—may have a **higher chance of having a stroke or memory problems**. The study doesn't prove that these foods directly cause these issues, but it shows a strong link. Scientists followed more than 30,000 adults for about 11 years. They looked at how much processed food people ate compared to fresh, less-processed foods.

- **Memory and thinking:** 768 people developed memory problems. Those who ate more ultra-processed foods had a higher risk. For every 10% increase in processed food eaten, the risk of memory decline went up by 16%. Eating more whole foods like fruits, vegetables, and whole grains lowered the risk by 12%.
- **Stroke:** People who ate 25% more ultra processed foods were more likely to suffer a stroke than people who ate more whole foods.



Key takeaway: Regular consumption of ultra-processed foods may raise the risk of both stroke and memory decline, while **eating more whole and minimally processed foods may help protect brain health.**



Healthy Food Swaps

Here are some easy swaps to replace ultra-processed foods with whole, nutritious alternatives:

1. Chips → Fresh Veggies with Hummus or Guacamole

Swap out processed chips for crunchy carrots, bell peppers, or cucumber slices. Pair with hummus or guacamole for a satisfying snack.

2. Sugary Breakfast Cereal → Oatmeal with Fresh Fruit

top with berries, bananas, nuts, or a dash of cinnamon.

3. Soda → Infused Water or Sparkling Water with Fruit

Try lemon, berries, or cucumber or Sparkling water with a splash of fruit juice.

4. Instant Noodles → Whole Grain Pasta with Veggies and Protein

5. Packaged Cookies → Homemade Energy Balls or Fruit with Nut Butter Or enjoy apple slices with almond or peanut butter.

6. Frozen Pizza → Homemade Pizza on Whole Grain Crust

7. Flavored Yogurts → Plain Greek Yogurt with Fresh Fruit and Honey

8. Prepackaged Sandwich Meat → Grilled Chicken or Tuna or even roasted veggies for a fresh sandwich filling.

9. Processed Granola Bars → Homemade Trail Mix

Instead of sugary granola bars, make your own trail mix with nuts, seeds, and dried fruit for a protein-packed snack that's free of added sugars.





Pumpkin Pie Oatmeal



Servings: 2 **Serving size: 1 cup**

Ingredients:

- 1 **small apple**, finely diced
- 2/3 cup **apple juice**
- 2/3 cup **fat free milk**
- 1/4 cup **pumpkin purée**
- 1/2 teaspoon **pumpkin pie spice**
or cinnamon
- 2/3 cup **quick oatmeal**,
uncooked



Directions:

1. Combine everything, except the oatmeal, in a 1.5-quart microwave-safe dish. Bring just to boiling in the microwave (about 4 to 5 minutes on full power).
2. Stir in oatmeal and heat at full power for 1 minute longer.
3. Chef's Tips: You can also prepare this oatmeal on the stove top.

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Nutrition

Each 1-cup serving:
172 calories, 1.6 g fat, .4 g
saturated fat, 2 mg cholesterol,
0 mg trans-fat, 42 mg sodium,
21 g carbohydrates, 4 g fiber,
11 g sugar, 5 g protein



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**Chemung County Department of Aging and Long Term Care
Eat Well Live Well Program**

November 2025

Mon	Tue	Wed	Thu	Fri
3 Ham with Raisin Sauce	4 Oven Baked Chicken	5 Mediterranean Beef	6 Fish Nuggets	7 Macaroni & Cheese
10 Salisbury Steak	11 Congregate sites closed Mow open Turkey Divan	12 Meatball Sandwich	13 Pulled Pork Sandwich	14 Stuffed Peppers
17 Sweet & Sour Chicken	18 Hot Dog w/ Meat Sauce	19 Chicken Parmesan over Spaghetti	20 Mushroom Swiss Burger	21 Potato Cruised Tilapia
24 Sausage, Pepper & Onion	25 French Toast	26 Roast Turkey	27 Congregate and mow closed	28 Congregate and mow closed



Menu Subject to change without notice

Reservations required at least one day in advance.

Make a reservation with your site manager or call 607-737-5520 to sign up.