Nutrition News
October 2026

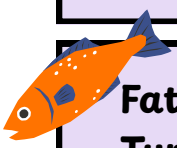
JSL Residents and Friends

October is National Depression and Mental Health Screening Month—a vital time to prioritize your emotional well-being. Proactive mental health care goes hand-in-hand with daily nutrition:

- **Check Your Mood:** Just like monitoring blood pressure, mental health screenings are a normal, vital part of older adult health.
- **Feed Your Mind:** As we age, our bodies absorb nutrients differently. Eating right directly fuels our memory, mood, and sleep quality. This month, let's combine routine wellness checks with plates full of brain-boosting foods.

Foods that Support Mood

Adding these simple, delicious whole foods to your daily meals can help stabilize your energy and brighten your outlook:



Fatty Fish (Salmon, Sardines, Tuna): Packed with Omega-3 fatty acids to reduce brain inflammation and ease anxiety.



Berries (Blueberries, Strawberries): High in antioxidants that protect brain cells from age-related stress.



Leafy Greens (Spinach, Kale): Rich in folate, a B-vitamin that helps your brain produce feel-good chemicals like dopamine.



Fermented Foods (Yogurt, Kefir): Boosts gut health, where 90% of the body's mood-regulating serotonin is made.



Nuts and Seeds (Walnuts, Chia Seeds): Loaded with magnesium, which promotes better sleep and calmer nerves.



Beans and Lentils: Provide steady, slow-burning energy to prevent the blood sugar crashes that cause irritability.





Black Bean & Pumpkin Stew

Only 20 min, 1 Pot, & 4 delicious servings!



Ingredients

- 2 cans (15oz) black beans, rinsed & drained
- 1 can (15oz) pumpkin puree*
- ½ cup orzo (pasta)
- 4 cups low-sodium vegetable broth
- 2 Tbsp olive oil
- ½ tsp garlic powder
- 1 tsp ground cumin
- ½ tsp fine sea salt and black pepper to taste



*Note: Check the label to ensure you are buying **100% pure pumpkin puree** rather than pre-mixed pumpkin pie mix, which contains added sugars and spices.

Instructions

1. **Toast the pasta & spices:** Heat the olive oil in a medium pot over medium heat. Add the tiny orzo pasta, garlic powder, cumin, salt, and pepper. Stir constantly for about 1 min until you smell the warm, cozy aroma of the spices.
2. **Add the liquid:** Carefully pour in the vegetable broth and bring the mixture to a gentle boil.
3. **Mix it together:** Stir in the pumpkin puree until it smoothly blends into the broth, then stir in the rinsed black beans.
4. **Simmer:** Turn heat down to low, cover the pot, and let it simmer for about 7-9 min. Once the tiny pasta is soft and tender, it is ready to serve!

enjoy

Canned Pumpkin

1 cup serving =

- 7g Fiber
- >200% Vitamin A

Easy ways to add in pumpkin goodness!

- Stir a spoonful into hot morning oats with a pinch of cinnamon.
- Blend with milk or a protein shake, a banana, and pumpkin pie spice for a creamy treat.
- Swirl into plain or vanilla Greek yogurt and top w/ walnuts.
- Stir a few spoonfuls into canned tomato, butternut squash, or chicken soup for added fiber and thicker texture.

Nutrition Classes

This month's class will focus on **The Power of Whole Grains.** We'll discuss what they are, how to find good products, and how to incorporate more in your weekly diet.

Hechtman: Wednesday October 21 @ 11:00am
Oak Park(Teitel): Thursday October 22 @ 12:30pm
Meer: Monday October 26 @ 1:00pm

Snacks are provided:)
Hope to see you there!

~Elizabeth

Jewish Senior LIFE

Elizabeth Freyre, RDN Email: efreyre@jslmi.org Ph: 248.234.2140