

Our menus include a variety of foods to provide you with well-balanced meals, which are lower in fat and sodium and offer the choice of a diabetic friendly dessert.

Have Anxiety? Eat a Pickle !

Do you struggle with anxiety? Research from Virginia’s College of William and Mary and the University of Maryland suggest that eating fermented foods, such as pickles, sauerkraut, and kimchi, may ease symptoms of social anxiety. The probiotics in these foods are likely helping our bodies to make gamma-aminobutyric acid (GABA), a mood-boosting chemical.

The Gut Microbiome

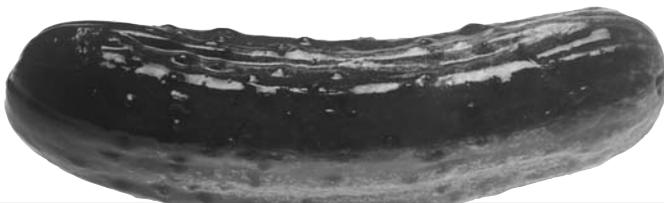
Other studies have shown that the microbiome of the gut – the “good” bacteria that is constantly present in our intestines – is linked to our mental health, as well. To maintain a healthy balance of these helpful microbes, it’s important to have sources of pre- and probiotics in our diet (probiotics are living microscopic organisms, and prebiotics are their “food”). Foods like yogurt, kefir, kombucha, tempeh, and other fermented foods are all excellent choices to support a healthy gut.



Other Foods for a Good Mood

Many compounds in our food impact our health, and we are just beginning to understand these complex links. For example, serotonin is a neurotransmitter produced by the body that causes improved mood. To produce serotonin effectively, many compounds in different foods play a role, such as the B vitamins (found in avocados), tryptophan (in turkey), and magnesium (from almonds).

Other components in food, like folate in asparagus, antioxidants in blueberries and kale, and omega-3 fatty acids in salmon, all support brain function, as well. A balanced and diverse diet is key to enjoying both physical and mental health.



Adapted from <https://www.ncbi.nlm.nih.gov>; <https://www.nationalgeographic.com>; <https://www.medicalnewstoday.com>; <https://www.psychom.net/foods-that-help-with-anxiety-and-stress/>
Photos courtesy of Wikimedia Commons; theimpulsivebuy.com

Dining Centers & Days of Service Call for Lunch Reservations

LINN COUNTY

Albany Senior Center

Monday - Friday (541) 967-7647

Brownsville Christian Church

Tues. & Thurs. (541) 466-5015

Lebanon Senior Center

Monday - Friday (541) 451-1139

Mill City, First Presbyterian

Tues. & Thurs. (503) 897-2204

Sweet Home Community Center

Mon., Tues., Fri (541) 367-8843

BENTON COUNTY

Corvallis Senior Center

Monday - Friday (541) 753-1022

LINCOLN COUNTY

Lincoln City Community Center

Mon., Wed., Fri. (541) 994-7731

Newport Senior Center

Mon., Wed., Fri. (541) 574-0669

Siletz, Tribal Community Center

Mon. & Wed. (541) 270-6853

Toledo, Trinity United Methodist

Friday (541) 270-7416

Waldport, South County Sr. Center

Mon., Wed., Fri (541) 563-8796