



Age Old Wisdom

HOW ABOUT A CUP OF COCOA?

A cup of hot cocoa may not only warm you up on a chilly morning, but it may also help you think more clearly. It seems that when seniors with impaired blood flow to their brains drank two or more cups of cocoa daily for a month, they saw improvement in their thinking skills. This should come as significant news to people suffering from high blood pressure and diabetes, which are associated with impaired blood flow to the brain. While no one is quite sure what compounds in cocoa may be responsible for the improved thinking ability, it may be linked to the recent finding that eating chocolate is linked to lower blood pressure readings and fewer strokes.

Whether or not hot cocoa is the beverage of choice, Deutsches Altenheim makes sure that residents enjoy nutritious and delicious meals, snacks and beverages. Our experienced staff understands the importance of incorporating essential vitamins and minerals into a senior's diet.

P.S. Flavanol, a naturally occurring compound found in plants (most notably apples, grapes, tea, and cocoa), has an antioxidant effect that is known to impart health benefits.