

BREAKROOM BUZZ

March 2025

Brain Health Awareness Week | March 10-16

When someone asks about health, wellness, and fitness, we usually think about physical health, exercise, or nutrition. Throughout a person's lifetime, they should concentrate on improving and maintaining their physical health and working on their cognitive or brain health. American Association of Retired Persons suggests six pillars for better brain health.

1. **Be social.** Whether keeping in touch with friends and family, helping others, or considering having a pet, it benefits brain health.
2. **Engage your brain.** Challenge yourself to improve skills, pick mental activities to enjoy, and think about learning a new game or activity.
3. **Manage stress.** Laughter, physical activity, and socialization can help keep stress levels balanced. Think about creating a consistent daily schedule to help promote calmness.
4. **Ongoing exercise.** 2.5 hours of moderate-intensity physical activity each week is recommended by the Centers for Disease Control and Prevention.
5. **Restful sleep.** Make quality sleep a priority. Experts recommend that adults sleep between 7-9 hours a night.
6. **Eating healthy.** Try shopping and cooking yourself. Aim to reduce salt and sugar and limit your intake of trans and saturated fats.

Resource: bit.ly/3Dm8cqb - Adapted by Tessa Hobbs-Curley, family life educator.

March Matters: Protect Yourself from Colorectal Cancer

Colorectal cancer is the deadliest cancer in men under 50 and the second deadliest in women under 50.

Start regular screenings at age 45. A family history of colorectal polyps or cancer increases risk. Crohn's disease, ulcerative colitis, or inflammatory bowel disease also raise the risk.

Although people may have no symptoms, they should consult a doctor for changes in bowel habits, blood in their stools, persistent abdominal pain, or unexplained weight loss.

Learn more at cdc.gov/colorectal-cancer.

Exchanging a favorite recipe with a friend or coworker is a great way to celebrate National Nutrition Month's® theme of

"Food Connects Us."

CHICKPEA CHOCOLATE CAKE Servings: 6

Ingredients

- 1 ½ cups semi-sweet chocolate chips
- 1 (15 ounces) can chickpeas, rinsed and drained
- 4 eggs
- ¾ cup white sugar
- ½ teaspoon baking powder
- Optional toppings: powdered sugar, frosting or fresh berries

Directions

1. Preheat oven to 350 F and wash your hands.
2. Grease a 9-inch round cake pan.
3. Melt chocolate chips in a microwave-safe bowl, stirring occasionally until the chocolate is smooth.
4. Combine chickpeas and eggs in a food processor or blender and process until smooth.

5. Add sugar and baking powder and blend. Pour in melted chocolate, then blend until smooth.
6. Transfer the batter to the prepared cake pan. Bake for 40 minutes or until a toothpick inserted in the center of the cake comes out clean. Cool on a wire rack.



Nutrition Facts Per Serving:
(without frosting) 320 calories; 13 g fat (7.4 g saturated fat); 7 g protein; 47 g carbohydrate; 3 g fiber; 190 mg sodium; 0.8 mg iron; 10.4 mcg folate.

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