

Healthy living best remedy for brain fog

Eating healthy helps reduce children's risk for viral infections — including COVID. Get kids started on a healthy eating adventure with games and activities at myplate.gov/life-stages/kids.



KATHY KOLASA

you need from healthy eating. Vitamin D is known to reduce inflammation in the body as

well as improve memory and concentration. Consuming more vitamin D by eating fish, drinking milk, or being out in the sun may reduce some of the brain fog symptoms. There is no clear evidence that it has any direct effect though it might not hurt.

Omega-3 fats, found in foods such as fatty fish, chia seeds, flax seeds and walnuts, have been shown to improve memory and cognition. However, there are no data from studies showing it helps people with brain fog. Magnesium is a mineral found in dark chocolate, nuts and beans. It plays a role in decreasing your body's stress response as well as improving your memory and cognition. It does not, however, have any direct effect on the symptoms of brain fog.

Finally, iron and vitamin B12 both play important roles in making new red blood cells. If your body does not have enough of these in reserve, you can have some of the symptoms of brain fog such as confusion and memory loss. Since iron and vitamin B12 are mostly found in meat and dairy products, people who eat very little animal foods or a vegan diet should consider talking to their doctor about taking supplements.

The best treatment for brain fog — besides eating a healthy diet

that is full of fruits and vegetables that considers portion size and reducing sugar and saturated fat intake — is being physically active; avoiding alcohol, sugary drinks and candy; and finding things that boost your mood and reduce stress. You could try visiting with a friend, reading a book, listening to music, doing yoga or going for a long walk.

Think a bit more about what you do and don't eat. There is good evidence that following either the Mediterranean or the MIND diet improves brain health. Both diets promote eating foods that are not highly processed and consuming lots of vegetables, nuts, beans and other legumes, healthy oils, lean meats, and poultry and at least one serving of fish a week.

If you're experiencing brain fog it might be worth trying one of them. The more closely you follow the eating pattern, the greater will be the results. A Registered Dietitian Nutritionist can help you with an eating plan that meets your personal preferences and your budget.

One Registered Dietitian Nutritionist colleague explored a host of supplements to treat her brain fog and none of them worked. When she followed the Mediterranean style of eating and exercised, she DID function better. See medinsteadofmeds.com for excellent advice from Dr. Carolyn Dunn at NC State University.

Professor emeritus Kathy Kolasa, a registered dietitian nutritionist and Ph.D., is an affiliate professor in the Brody School of Medicine at ECU. Contact her at kolasaka@ecu.edu.

Lazy salad good for a steamy day

Summer heat calls for little exertion. It invites lazy days lounging under a canopy of shade with icy drinks clinking in perspiring glasses. Simple food, fresh and easy, requiring little preparation, is the way to roll.

Luckily this bountiful season produces an abundance of fresh vegetables and fruit at their peak, stand-alone delicious and requiring little manipulation to enjoy. The tables and stalls are stacked and lined at farmers markets with a cornucopia of fresh delights. If you have a garden, it can be tempting to stand in the middle of it, munch on its goodies and call it lunch.

Fresh corn and tomatoes are two summer headliners. Ears of corn, shucked at the bin, steamed, grilled or boiled, then slathered in butter — a classic treat. Tomatoes dominate in all their colors and shapes — heirlooms, Early Girls, cherries and Romas. They're the bright stars of fresh salads, salsas, cool soups and sandwiches. It's easy to indulge and a refreshingly un-guilty pleasure on a steamy, sultry day.

Sweet tomatoes and corn unite in this refreshing salad, which is delightfully simple and utterly delicious. They are mutually sweet, yet differentiated by the juicy acidity of the tomato and the milky-sweet crunch of fresh corn kernels. Bound together with lime juice and olive oil, streaked with quick-pickled red onions, the peppery bite



LYNDA BALSLEV/TASTEFOOD

Veggies are bound together with lime juice and olive oil in this summer corn and tomato salad.

of poblano and earthy parsley, each bite is juicy, cool and balanced.

Summer Corn and Tomato Salad

Active time: 15 minutes, plus soaking time
Total time: 45 minutes
Yield: Serves 4
Ingredients:
 1/2 small red onion, thinly sliced
 4 tablespoons fresh lime juice, divided
 2 ears corn, husked
 1 pint cherry or grape tomatoes, halved
 1 poblano pepper, stemmed, seeded, diced
 1/4 cup chopped Italian parsley leaves
 2 tablespoons extra-virgin olive oil
 1/2 teaspoon ground cumin
 1/2 teaspoon kosher salt
 Freshly ground black pepper

Steps:
 Place the onions in a small bowl with 2 tablespoons lime juice. Stir to coat. Let stand at room temperature for 30 minutes. (This step softens the sharpness of the onion.)

Shuck the corn and remove any silky strings. Cut the kernels from the cobs and place in a bowl. Drain the onions. Add the onions, tomatoes, pepper and parsley to the bowl.

Whisk the remaining 2 tablespoons lime juice, olive oil, cumin, salt, and a generous grind of black pepper in a small bowl. Drizzle over the salad, stir to combine, and taste for seasoning.

Lynda Balslev is an award-winning cookbook author, recipe developer, tester and editor. Taste Food is distributed by Andrews McMeel Syndication.

Sponsored Content

Grab some breakfast at Bill's Hot Dogs in Greenville

BY CHRISTINA RUOTOLO
Hot Dish Writer

July not only marks the beginning of summer, it's also when we celebrate National Hot Dog Month, and on July 20, National Hot Dog Day. It's estimated that on Independence Day alone Americans eat upward of 150 million hot dogs, enough to stretch from Washington, D.C., to Los Angeles. And more hot dogs are consumed in the southeast than in any other region. That's a lot of hot dogs, so let's celebrate summer with Bill's Hot Dogs in Greenville.

Located at 4300 Eastern Pines Road since December 2018, Bill's has already served up close to one million hot dogs. It is the only Bill's outside of the two stores in Washington, N.C., where Bill's got its start in 1928. The original store on Gladden Street, not far from the Washington waterfront, is a landmark and institution.

Greenville franchisees Billy and Valerie Dunn said they are honored to expand the hot dog roots that Bill's original owner planted almost 100 years ago. And I'm even more excited to tell you that they

now serve breakfast!

The menu is served from 6-10 a.m. Monday-Saturday at the intersection of Eastern Pines and Portertown roads. Come grab some tasty fuel starting with homemade, fluffy cheese biscuits dripping with gooey extra sharp cheddar cheese. Or you can build your perfect breakfast sandwich. Choose from bacon, egg and cheese; link sausage, egg and cheese; or country ham, egg and cheese. You also can order a combo with your favorite breakfast sandwich or sausage dog to pair it with crispy hash browns.

I started with the cheese biscuit — a fluffy homemade biscuit, butter dusted and filled with sharp cheddar cheese. It's always a nice way to start the day. A skirt of baked cheese hugged the edges of the biscuit, signaling its authenticity and offering a sneak peek of the goodness inside. The bread and soft filling delivered a cheesy taste and warmth that will make you feel good all day.

Next, I tried the sausage dog paired with hash browns. I love how the ends of the sausage dogs get crispy and a little crunchy



CHRISTINA RUOTOLO

Bill's breakfast menu items include, clockwise from left, the sausage link, egg and cheese sandwich; the sausage dog and hash browns; the bacon, egg and cheese sandwich and the classic cheese biscuit.

in the fryer and the middle is warm and filling. You can add on cheese or their famous chili if you want, or just enjoy it plain in a bun. I loved the crispy, seasoned hash browns, one of my favorite breakfast sides.

how to do breakfast right. It was everything it should be and tasted wake-up worthy.

For lunch, the menu still features the original deep-fried red hot dogs, fresh sausage dogs, smoked sausage dogs, fries, chili cheese fries and homemade pork rinds. They also serve homemade pimento cheese and chicken salad. And those Bill's chili lovers will be happy to know you can buy their chili sauce by the cup.

If you have never had one, the fried red hot dogs have that quintessential southern fried blistered skin. Take a bite, hear a snap and it transports you to the summer picnic or the county fair. The chili is light in color, features beans and has a smooth seasoned consistency. It has some spice to it, and some people love it so much they will order just chili in a bun.

You can order your hot dog a few ways. "All the way" or a "Bill's dog" means mustard, onions and chili. A "fry combo" is two hot dogs, french fries, and a drink for \$6.50, or order a "chip combo" which is two hot dogs, a bag of chips, and a drink for \$5.50. A Bill's dog is \$2.10 and a plain dog is \$1.75.



The Greenville location is the only Bill's that serves fries, chili cheese fries and sausage dogs. The owners wanted to add a few more items while maintaining the spirit of the original store.

And if you want something sweet, they now serve apple hand-pies and always have wrapped Little Debbie oatmeal pies or Moon Pies. And don't forget to grab an old-fashioned glass bottle of soda, Simply Natural white or chocolate milk, orange or apple juice, a bottled drink, or a cup of sweet homemade iced tea.

Bill's Hot Dogs in Greenville is open from 6 a.m. to 6 p.m. Monday-Saturday. The restaurant is available to cater your next picnic, family reunion, tailgate or any other event. You can call in large orders for pick-up or they can deliver in Pitt County for a small fee, and they are partnered with Door Dash. For more information follow them on Facebook or call 689-6987.



NOW SERVING BREAKFAST MONDAY-SATURDAY 6AM-10AM

Homemade Cheese Biscuits, Breakfast Biscuits & Pimpos, Cheese & Chicken Salad

4300 Eastern Pines Road GREENVILLE, NC

