

PEAS AND CARROTS



Indiana FSSA's Division of Aging **January 2024**



Image by Quoc Hung Hau from Pixabay

“The secret of change is to focus all of your energy, not on fighting the old, but on building the new.”

- Socrates

10 Essentials for Your Emergency Kit

Older adults can be especially vulnerable during severe weather.

Stock your emergency kit with these essentials.



 Non-perishable food & water	 Flashlight & extra batteries	 First aid kit	 Sanitation & hygiene supplies	 Sleeping bags & warm blankets
 Communication devices	 Change of clothes & shoes	 Eyeglasses & hearing aids	 Medications & equipment	 Health information & documents

To learn more about how older adults can be prepared, visit www.nia.nih.gov/disaster-preparedness.



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Nutrition Facts

4 servings per container
Serving size 1 1/2 cup (208g)

Amount per serving
Calories 240

% Daily Value*

Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet, 2,000 calories a day is used for general nutrition advice.

Sodium is a nutrient
to get less of.

Sodium

Diets higher in sodium are associated with an increased risk of developing high blood pressure, which can raise the risk of heart attacks, heart failure, stroke, kidney disease, and blindness.

What It Is

The words “table salt” and “sodium” are often used interchangeably, but they do not mean the same thing. Table salt (also known by its chemical name, sodium chloride) is a crystal-like compound that is abundant in nature. Sodium is a **mineral** and one of the **chemical elements found in table salt**.

Where It Is Found

Over 70% of dietary sodium comes from eating **packaged and prepared foods**, whereas only a small portion (about 11%) comes from table salt added to food when cooking and eating.

According to the Centers for Disease Control and Prevention, about 40% of the sodium consumed by Americans comes from the following foods, many of which are commercially processed or prepared:

- Deli meat sandwiches
- Pizza
- Burritos and tacos
- Soups
- Savory snacks (e.g., chips, crackers, popcorn)
- Poultry
- Pasta mixed dishes
- Burgers
- Egg dishes and omelets

What It Does

- Sodium is an essential nutrient that the human body needs in relatively small amounts (provided that substantial sweating does not occur).
- Sodium is important for many body processes, such as fluid balance, muscle contraction, and nervous system function.
- As a food ingredient, sodium is used in multiple ways, including curing meat, baking, as a thickening agent, as a flavor enhancer, as a preservative, and to retain moisture.



FDA U.S. FOOD & DRUG
ADMINISTRATION

www.fda.gov/nutritioneducation

Interactive Nutrition Facts Label • October 2021

Sodium 1

Health Facts

- Most Americans exceed the recommended limits for sodium in the diet. On average, Americans eat about 3,400 milligrams (mg) of sodium per day.
- Diets higher in sodium are associated with an **increased risk of developing high blood pressure** (also known as hypertension), a condition in which blood pressure remains elevated over time. High blood pressure makes the heart work harder, and the high force of the blood flow can harm arteries and organs, such as the heart, brain, kidneys, and eyes. Uncontrolled high blood pressure can raise the risk of heart attacks, heart failure, stroke, kidney disease, and blindness.
- The *Dietary Guidelines for Americans* recommend that adults **limit sodium intake to less than 2,300 mg per day**—that's equal to about 1 teaspoon of table salt! For children under age 14, recommended limits are even lower.
- The U.S. Food and Drug Administration is working with the food industry to make reasonable reductions in sodium across a wide variety of foods so Americans have an easier time consuming less sodium if they want to.

✔ Action Steps

For Reducing Sodium in Your Diet

Use the **Nutrition Facts** label as a tool for reducing consumption of sodium. The Nutrition Facts label on food and beverage packages shows the amount in milligrams (mg) and the % Daily Value (%DV) of sodium per serving of the food.

The Daily Value for sodium is less than 2,300 mg per day.

- Compare and choose foods to get less than 100% DV of sodium each day. And remember:
 - 5% DV or less of sodium per serving is considered low
 - 20% DV or more of sodium per serving is considered high
- Look for light, low sodium, reduced sodium, or no-salt-added versions of packaged foods.
- Prepare your own food when possible and limit packaged sauces and flavored products (such as rice and pasta mixes and instant noodles).
- Flavor foods with herbs and spices and no-salt seasoning blends instead of adding table salt to foods when cooking, baking, and eating.
- Select lean meats, poultry, and seafood, rather than processed varieties. Also, check the package on fresh meats and poultry to see if salt water or saline has been added.
- Buy fresh, frozen (no sauce or seasoning), low sodium, or no-salt-added canned vegetables.
- Rinse sodium-containing canned foods, such as beans, tuna, and vegetables before eating.
- Try light or reduced sodium condiments, add oil and vinegar to salads rather than bottled dressings, and use only a small amount of seasoning from flavoring packets instead of the entire packet.
- Choose low sodium or no-salt-added nuts, seeds, and snack foods (such as chips and pretzels)—or choose carrots or celery sticks as snacks instead.
- Consume smaller portions of foods and beverages that are higher in sodium or consume them less often.
- When eating out, ask that your meal be prepared without table salt and request that sauces and salad dressings be served “on the side,” then use less of them. You can also ask if nutrition information is available and then choose options that are lower in sodium.

Health Benefits of Physical Activity

FOR ADULTS 65 AND OLDER



IMMEDIATE

A single bout of moderate-to-vigorous physical activity provides immediate benefits for your health.

LONG-TERM

Regular physical activity provides important health benefits for chronic disease prevention.



Sleep

Improves sleep quality



Less Anxiety

Reduces feelings of anxiety



Blood Pressure

Reduces blood pressure



Emerging research suggests physical activity may also help boost immune function.

Nieman, "The Compelling Link," 201-217.
Jones, "Exercise, Immunity, and Illness," 317-344.



Brain Health

Reduces risks of developing dementia (including Alzheimer's disease) and reduces risk of depression



Heart Health

Lowers risk of heart disease, stroke, and type 2 diabetes



Cancer Prevention

Lowers risk of eight cancers: bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach



Healthy Weight

Reduces risk of weight gain



Independent Living

Helps people live independently longer



Bone Strength

Improves bone health



Balance and Coordination

Reduces risks of falls



WORD SEARCH BANK

COORDINATION

ESSENTIALS

EYEGLASSES

HEARING AIDS

HYPERTENSION

MILLIGRAMS

MINERAL

PORTION

PRESERVATIVE

PREVENTION

PROCESSED

SANITATION

SODIUM

UNCONTROLLED

VIGOROUS

WORD SEARCH

C F S S P C K N J L X S H M D
O A P L A O Q H A E U E I P E
O C O V A U R R Z O A L J R L
R E H E M I E T R R L F R E L
D Y B P A N T O I I B Z R S O
I E L G I R G N G O C R M E R
N G J M V I G R E T N S U R T
A L X F V A A U K S Z Q I V N
T A D I I M V Z W R S B D A O
I S C D S G I J P I P E O T C
O S S N O I T A T I N A S I N
N E P R O C E S S E D R H V U
P S J P R E V E N T I O N E Q
N O I S N E T R E P Y H L Y N
F L L Z C C D U Y A S Q F E P

TIME TO SCALE BACK

Portion sizes have been growing, so have we. Burgers today are three times bigger than they were in the 1950s, and men are, on average, 28 pounds heavier. At this rate, imagine the size of a burger in 2050! But, we can work together to make healthy living easier. Scale back when eating out by ordering the smaller portion, sharing with a friend, or eating half and taking the rest with you. And, ask the restaurant manager to offer smaller-sized options.



FOR MORE INFORMATION, VISIT
MakingHealthEasier.org/TimeToScaleBack

Turkey-Cranberry Wrap

Recipe Courtesy of: <https://www.eatingwell.com/recipe/263471/turkey-cranberry-wrap/>

Servings: 1

Nutrition Information:

Calories:270, Total Carbohydrate: 34g; Dietary Fiber: 12g; Total Sugars: 12g; Protein: 36g; Total Fat: 7g; Saturated Fat: 3g; Cholesterol 82mg; Sodium: 421mg

Ingredients:

2 1/2 tablespoons whipped reduced-fat cream cheese spread
1 Flatout® Light Original Flatbread (feel free to substitute)
1 cup torn romaine lettuce
3 ounces sliced cooked turkey or chicken breast meat
2 tablespoons reduced-sugar or light cranberry sauce

Directions:

Spread cream cheese over one side of flatbread. Top with romaine, turkey and cranberry sauce. Roll up flatbread to enclose filling.

Contact Us

Contact the Division of Aging at

1-888-673-0002

Monday through Friday
8 a.m. to 4:30 p.m. EST

or visit us online:
www.in.gov/fssa/2329.htm

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