

Peas and Carrots

Winter Edition M3--PY09



Lower Blood Pressure by Adding Potassium

Research shows that diets higher in potassium can help lower blood pressure. However, Americans are typically consuming only half the level of potassium that is recommended for a healthy diet. The *2005 Dietary Guidelines for Americans* recommend consuming 4,700 mg of potassium everyday. Yet, the average potassium intake for women is 2200-2400 mg and 2800-3300 mg for men.

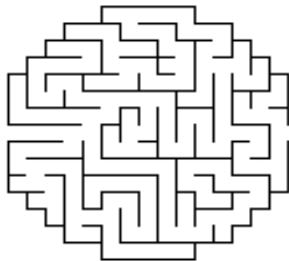
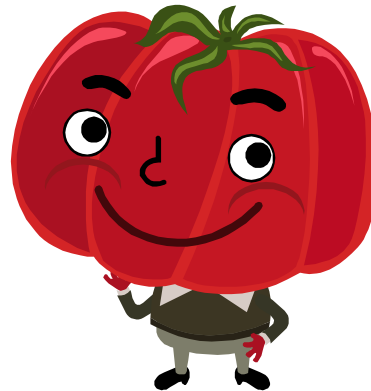
Ideally, potassium-rich foods like fruits and vegetables, low-fat dairy and whole grain cereals would be the top food sources of potassium in the American diet. This is not usually the case however, as many people get more of their potassium from coffee than bananas. While popular sources of potassium like dairy, potatoes and beef are on the list of top food sources of potassium, many people choose the high fat options of these items. Healthier choices include low-fat, low-calorie or lean choices of these foods.

Why do we need more potassium? Studies show that potassium can significantly lower blood pressure and reduce the risk of stroke. High blood pressure, also called hypertension, affects nearly one in three American adults, or about 72 million men and women. An additional 70 million adults are at risk of developing high blood pressure (pre-hypertension). Over 25 intervention studies concluded that blood pressure was reduced in individuals who had a high intake of potassium. In addition, a diet high in potassium has been linked to decreased risk of stroke in people with normal and high blood pressure.

To increase your potassium intake, eat some foods that are known to pack a potassium punch, like bananas, sweet potatoes, tomatoes, oranges, spinach, kidney beans and potatoes.

Source: American Dietetic Association

“Treat your friends as you do your pictures, and place them in their best light.”
— Jennie Jerome Churchill,
Mother of Winston Churchill



Peas and Carrots Puzzler: This month’s edition features cartoon depictions of fruits and vegetables. See if you can accurately guess what fruits and vegetables are represented on each page! Answers are on the last page.



“People helping people help themselves”

“Peas & Carrots” is created and developed by the Indiana Family & Social Services Administration, Division of Aging

Choosing Nutrient-Rich Foods

Nutrition advice often focuses on telling people what not to eat as opposed to what to eat. It is time for a change in the way we view food. Choosing nutrient-rich foods that provide the most nutrients per calorie can help us build healthier diets and start down a path of health and wellness.

Building a nutrient-rich diet can be done by choosing foods based on their total nutrient package, including vitamins and minerals, rather than choosing foods based solely on what they do not contain, such as salt, sugar and saturated fat. This is a positive and realistic way to think about eating and focuses on enjoying food instead of avoiding it. Nutrient-rich foods are familiar, easy to find, and represent the five basic food groups so building a healthier diet is simpler and stress-free.

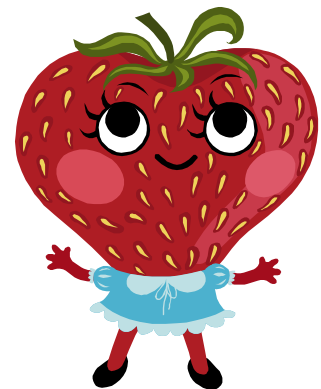
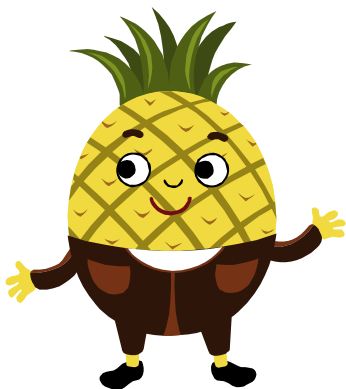
To build a nutrient-rich diet, first choose among the basic food groups:

- Brightly-colored fruits and 100% fruit juice
- Vibrantly-colored vegetables and potatoes
- Whole, fortified and fiber-rich grain foods
- Low-fat and fat-free milk, cheese and yogurt
- Lean meats, poultry, fish, eggs, beans and nuts

Here are some tips to easily add nutrient-rich foods and beverages to your daily diet:

- Make oatmeal creamier by adding fat-free milk instead of water. Mix in some raisins, dried cranberries, cherries or blueberries.
- Create sandwiches on whole grain bread with fillings such as lean roast beef, ham, turkey or chicken. Add slices of tomato, cucumber, avocado or lettuce.
- Make macaroni and cheese with whole wheat macaroni.
- When dining out, look for meal options such as salads with grilled seafood and low-calorie dressing, grilled vegetables and reduced-fat cheese, baked potatoes topped with salsa or yogurt parfaits with strawberries and blueberries.
- Choose nutrient-rich beverages such as low-fat or fat-free plain or flavored milk or 100% fruit juice.
- Savor the first few bites of any dish. Top foods with chopped nuts or reduced-fat, shredded sharp cheese to get crunch, flavor and nutrients in every bite.
- Serve meals that pack multiple nutrient-rich foods into one dish like hearty, broth-based soups that are full of colorful vegetables, beans and lean meat. Try chili served with whole grain breads or rolls.
- For dessert, enjoy a smoothie made by blending mango, plain low-fat milk, ice and a splash of pineapple juice. Or stir chocolate syrup into a cup of coffee-flavored yogurt, freeze and enjoy.

Source: American Dietetic Association



Asparagus and Mushroom Frittata



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| 1 Tablespoon butter | 1 Tablespoon water |
| 3 Tablespoons olive oil | 1 teaspoon chopped fresh thyme |
| 1/2 pound fresh asparagus, trimmed and cut into one inch pieces | 3 Tablespoons freshly grated Parmesan cheese |
| 1/2 pound fresh mushrooms, sliced | 1/2 cup shredded mozzarella cheese |
| | 6 eggs |



1. Preheat oven to 325 degrees.
2. Melt the butter in an oven-safe skillet over medium heat. Stir in olive oil and asparagus, and cook until the asparagus is tender, about 10 minutes. Stir in the mushrooms and continue cooking about 5 minutes.
3. In a medium bowl, whisk together eggs, water and thyme. Pour into the skillet and reduce heat to low. Cover and cook 5 minutes.
4. Transfer the skillet to the preheated oven. Bake 10 to 15 minutes, until eggs are no longer runny. Top the mixture with Parmesan cheese and mozzarella cheese. Turn on the broiler and broil until cheeses are melted and lightly browned.

Source: Allrecipes

Facts on Food Labels

Have you ever really looked at the Nutrition Facts panel found on packaged foods? This panel provides valuable information and can help you find out which foods are good sources of fiber, calcium, iron and Vitamin C; search for low-sodium foods; and look for foods that are low in saturated fat and trans fats.

When reading the Nutrition Facts label, first start with the serving size to see the amount in one serving and also the number of servings in the package. Compare your portion size with the serving size listed on the label. If a label serving size is one cup and you eat two cups, you are getting twice the calories, fat and other nutrients listed on the label. After you have reviewed the serving size, check out the total calories and fat. If you are watching your weight, it is a good idea to cut back on calories and fat.

Next, use the percent Daily Values (DV) to help you evaluate how a certain food fits into your daily meal plan. Daily Values are average levels of nutrients for a person eating 2,000 calories per day. A food item with a 5% DV means it is 5% of the amount that a person consuming 2,000 calories a day would eat. Something with 5% DV or less is low. You should aim low in total saturated fat, total fat, cholesterol and sodium. Something with 20% DV or more is high. You should aim high in vitamins, minerals and fiber.

When reviewing the Nutrition Facts label, be sure to pay attention to total fat, cholesterol and sodium. Eating fewer of these nutrients may help reduce your risk for heart disease, high blood pressure and cancer. However, make sure to get enough vitamins, mineral and fiber. Eating more fiber, Vitamins A and C, calcium and iron can help you maintain good health and reduce your risk of certain health problems such as anemia and osteoporosis. Eating plenty of fruits and vegetables can help you meet your daily requirements for vitamins, minerals and fiber.

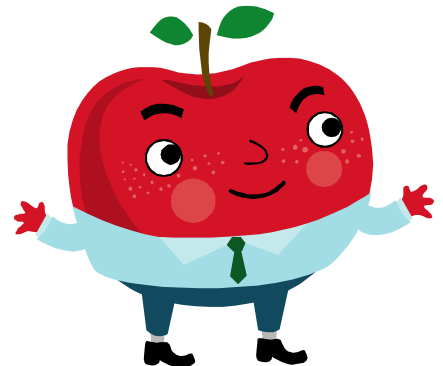
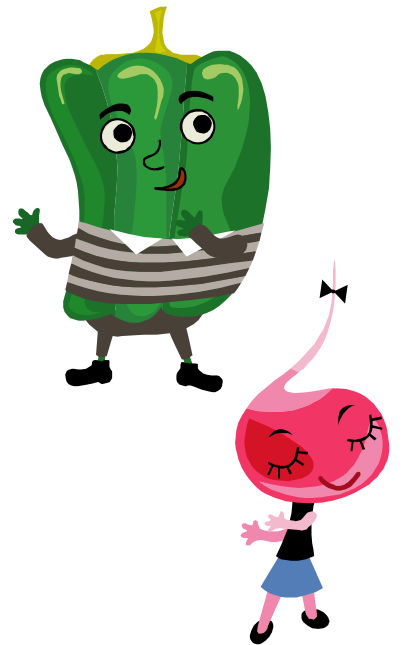
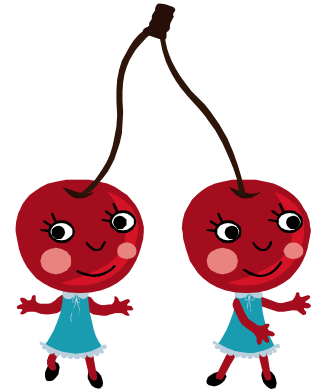
Source: American Dietetic Association

What Does *That* Mean?

Have you ever wondered what “low calorie” or “reduced fat” really means? This quick guide to common claims seen on food packages can help you decipher its true meaning.

- “Low calorie” – less than 40 calories per serving.
- “Low cholesterol” – less than 20mg of cholesterol and 2 mg or less of saturated fat per serving.
- “Reduced” – 25% less of the specified nutrient or calories than the usual product.
- “Good source of” – provides at least 10% of the Daily Value of a particular vitamin or nutrient per serving.
- “Calorie free” – less than five calories per serving.
- “Fat free/sugar free” – less than a half gram of fat or sugar per serving.
- “Low sodium” – less than 140 mg of sodium per serving.
- “High in” – provides 20% or more of the Daily Value of a specified nutrient per serving.
- “High fiber” – five or more grams of fiber per serving.

Source: American Dietetic Association



WORD SEARCH

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| Banana | Chocolate | Pancake | Roll |
| Beef | Grapes | Pasta | Shrimp |
| Cereal | Jam | Peanuts | Spinach |
| Cheddar | Lime | Potato | Squash |
| Cherries | Oatmeal | Pumpkin | Yogurt |

Source: American Dietetic Association

Peas and Carrots Puzzler
 Answers: Page 1– Tomato and
 pickle; Page 2– Pineapple,
 blueberry and strawberry;
 Page 3– Mushroom and garlic;
 Page 4– Cherries, green
 pepper, radish and apple.