



# PEAS AND CARROTS

Indiana FSSA's Division of Aging

August 2020

## Plant Forward Eating

**What it is:** a cooking and eating style that makes plant-based foods the star of the plate. Meat is not excluded from eating; however it is not the main attraction.

**Benefits:** Reduced risk of heart disease, stroke, Type 2 diabetes, breast, prostate, and colon cancers, frailty, depression, obesity, high blood pressure, and high cholesterol.

**Non-animal product protein sources include:** quinoa, mushrooms, lentils, chickpeas, artichokes, asparagus, broccoli, brussel sprouts, beans and legumes, collards, corn, potatoes, peppers, spinach, sweet potatoes, turnip greens, tofu

**Ways to increase more plants in the diet:** Make at least half your plate vegetables at lunch and dinner, choose vegetables for snacks, eat fruit as your dessert, include whole grains for breakfast, practice “meatless Monday”.



Resources: <https://www.health.harvard.edu/blog/what-is-a-plant-based-diet-and-why-should-you-try-it-2018092614760>

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/how-does-plant-forward-eating-benefit-your-health>

Image courtesy of Pixabay.com

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“Even in this high-tech age, the low-tech plant continues to be the key to nutrition and health.”

-Jack Weatherford

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# World Plant Milk Day

## August 22, 2020

Plant milks are alternative beverage choices for dairy milk. However, not all plant milks are the same nor are they nutritionally equivalent to dairy milk. This also holds true from brand to brand, as some companies add additional sugar to enhance taste. It is important to read the nutrition labels when choosing a plant milk.

Some choices include almond, cashew, coconut, flaxseed, hemp, oat, pea, rice, and soy. Because flaxseed milk is made from the flaxseed, it also includes Omega-3s.

Below is a chart comparing the nutritional profile of dairy milk and plant milk. All plant milks are the unsweetened version.

Serving 1 Cup (8oz)	Calories	Carbohydrates (total) (g)	Sugars (g)	Fat (g)	Protein (g)	Calcium (mg)	Vitamin D (µg)
*1% dairy milk	102	12.2	12.7	2.37	8.22	305	2.93
*Almond	36.6	1.42	0	2.68	1.44	481	2.44
**Cashew	25	1	0	2	<1	450	2.5
***Coconut	40	1	0	4	0	460	2
****Flaxseed	25	1	0	2.5	0	280	2.3
◆Hemp	50	1	0	5	2	300	1
☒ Oat	60	7	0	3	1	460	3.5
☑ Pea	70	<1	0	4.5	8	465	6
★Rice	70	11	<1	2.5	0	Not given	Not given
▲ Soy	80	3	1	4	7	300	3

Rice Dream has 25% DV of calcium and Vitamin D based on a 2000 cal diet.

### References

- \* USDA FoodData Central -<https://fdc.nal.usda.gov/index.html>
- \*\*<https://silk.com/plant-based-products/cashewmilk/unsweetened-cashewmilk/>
- \*\*\*<https://silk.com/plant-based-products/coconutmilk/unsweet-coconutmilk/>
- \*\*\*\* <https://goodkarmafoods.com/buy-flaxmilk/unsweetened-flaxmilk/>
- ◆ [https://manitobaharvest.com/products/hemp-yeah-unsweetened-original-hemp-milk-3-pack#tab\\_3](https://manitobaharvest.com/products/hemp-yeah-unsweetened-original-hemp-milk-3-pack#tab_3)
- ☒ <https://silk.com/plant-based-products/oatmilk/sugar-free-oatmilk>
- ☑ <https://www.ripplefoods.com/original-unsweetened-plant-milk/>
- ★ <http://www.dreamplantbased.com/product/rice-dream-enriched-unsweetened-organic-rice-drink/>
- ▲ <https://silk.com/plant-based-products/soymilk/organic-unsweet-soymilk>

## Word Search Bank

ALTERNATIVE

BENEFICIAL

BEVERAGE

CHICKPEAS

ENHANCE

EQUIVALENT

FLAXSEED

GINGER

INFLAMMATORY

LEGUMES

MEATLESS

PROTEIN

QUINOA

TUMERIC

VEGETABLES

## WORD SEARCH

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

## Ginger and Tumeric



Ginger



Tumeric

These 2 spices are often confused when browsing in the grocery store. Both spices are considered beneficial for their anti-inflammatory properties due to containing chemicals which block inflammatory pathways in the body.

Ginger– can be used in sweet or savory dishes. Beneficial as a tea by boiling in water, a 1– 2 inch piece of ginger root for 30—60 minutes.

Tumeric– is known to stain hands and clothes, so be careful when using. It is typically used in curry and other Indian dishes. Pairing the spice with black pepper helps with better absorption

Reference: <https://www.arthritis.org/health-wellness/healthy-living/nutrition/healthy-eating/best-spices-for-arthritis>

Images courtesy of :Pixabay



## National Farmers Market Week August 2-8, 2020

Established to celebrate Farmers Markets and the value they bring to the community by increasing access to nutritious foods, stimulating local economies, and preserving farmlands. Check with your local market to see what, if any, activities are planned.

### 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](http://www.in.gov/fssa/2329.htm)

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PLACE  
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