



# PEAS AND CARROTS



Indiana FSSA's Division of Aging

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## Glycemic Index

The Glycemic Index (GI) is a helpful tool used in the management of blood glucose levels. The GI is a value between 0– 100, that is assigned to foods containing carbohydrates based on how slowly or quickly that food raises blood glucose levels.

Foods with a GI value of 55 or less are considered low GI and tend to release glucose slowly in the body thereby causing a lower rise in insulin levels. Low GI foods appear to have added benefits such as: promoting weight loss and reducing risk of heart disease and diabetes.

Foods with a GI value of 56-69 are considered mid GI and foods with a GI value of 70 and over are considered high GI.

High GI value foods tend to raise blood glucose levels in the body due to the rapid release of glucose. High GI foods can help to correct low blood sugar incidents and help with energy recovery after intensive exercising.

Below is a list of common foods and their assigned GI values.

Cornflakes 81+/-6    Apple,(raw) 36+/-2    Orange,(raw) 43+/-3  
 Banana(raw) 51+/-3    Peaches(canned) 43+5    Apple juice 41+2  
 Orange juice 50+/-2    Potato(boiled) 78+/-4    Carrots(boiled) 39+4  
 Sweet Potato(boiled) 63+6    Milk(skim) 37+4    Lentils 32+5  
 Chickpeas 28+9    Honey 61+3

Resources: <https://www.health.harvard.edu/diseases-and-conditions/glycemic-index-and-glycemic-load-for-100-foods>

<https://www.gisymbol.com/about-glycemic-index/>

“Health is not about the weight you lose, but about the life you gain!”

-Dr. Josh Axe

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# Oral Health



Nutrition and diet and oral health affect one another. What you eat affects the tissues in the mouth while the health of your mouth affects what is consumed. The risk of developing caries increases with the consumption of sugar in the diet, while acidic foods and drinks increase damage to tooth enamel. Oral health issues like cracked and missing teeth, ill-fitting dentures, dry mouth, inflammation in the mouth, etc. affect the foods that are eaten.

The American Dental Association's policy and recommendations on diet and nutrition include "avoiding a steady diet of foods containing natural and added sugars, processed starches and low pH-level acids as ways to help maintain optimal oral health".

The National Institute on Aging offers the following tips for taking care of your teeth and mouth: see your dentist regularly for cleaning, brush and floss twice a day, use fluoride toothpaste, eat a well -balanced diet, and quit smoking.

Suggested foods to help fight plaque buildup: Fruits and vegetables with fiber, dairy products like cheese, milk, and plain yogurt, black and green tea, sugarless chewing gum, and foods with fluoride.

Suggested foods to limit that may invite tooth decay: sticky candies and sweets, foods that contain starch that can get stuck between your teeth, carbonated soft drinks, and substances like alcohol that can dry the mouth. If medication use dries out your mouth, talk to your healthcare professional about other options or remedies.

**Resources:** <https://www.ada.org/en/member-center/oral-health-topics/nutrition-and-oral-health> , [https://www.ada.org/en/advocacy/current-policies?utm\\_source=adaorg&utm\\_medium=nutrition-and-oral-health-ac-cordion&utm\\_content=current-policies#dentalamalgam](https://www.ada.org/en/advocacy/current-policies?utm_source=adaorg&utm_medium=nutrition-and-oral-health-ac-cordion&utm_content=current-policies#dentalamalgam) , <https://www.nia.nih.gov/health/taking-care-your-teeth-and-mouth> , <https://www.mouthhealthy.org/en>

Image courtesy of Pixabay.com

## Word Search Bank

BRUSHING

CARBOHYDRATES

CARIES

DIABETES

FLOSS

FLUORIDE

GLUCOSE

GLYCEMIC INDEX

INFLAMMATION

INSULIN

JACKFRUIT

MEDICATION

ORAL HEALTH

PLAQUE

POTASSIUM

## WORD SEARCH

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

## Produce Spotlight



### Jackfruit

**What it is:** a tree species in the fig, mulberry, and breadfruit family bearing the largest fruit of all trees.

**Edible portions:** seeds from the ripe fruit can be boiled, baked, or roasted.

The flesh can be chopped and resemble artichoke hearts.

**Flavor profile:** Combination of apple, pineapple, mango, and banana when the fruit is ripe. A mild flavor and meat-like texture is a characteristic of the unripe fruit. The flesh has a mild taste. The seeds when roasted are compared to the taste of chestnuts. The seeds are compared to the taste of brazil nuts when boiled or baked.

**Nutritional Profile:** 1 cup Raw Jackfruit– Cal (157kcal), Protein (2.84g), Fat (1.06g), Carbohydrates (38.4g), Fiber (2.48g), Calcium (39.6mg), Potassium (739 mg), Sodium (3,3 mg), Vitamin C (22.6 mg)

**Sources:** [https://en.wikipedia.org/wiki/Jackfruit#:~:text=The%20jackfruit%20\(Artocarpus%20heterophyllus\)%2C.and%20the%20rainforests%20of%20Malaysia.](https://en.wikipedia.org/wiki/Jackfruit#:~:text=The%20jackfruit%20(Artocarpus%20heterophyllus)%2C.and%20the%20rainforests%20of%20Malaysia.)

<https://fdc.nal.usda.gov/fdc-app.html#/food-details/174687/nutrients>

Image courtesy of Pixabay.com

## BBQ Jackfruit Sandwich with Avocado Slaw

Recipe courtesy of: <https://produceforkids.com/recipes/bbq-jackfruit-sandwich-with-avocado-slau/>

### Servings: 8

Nutrition information per serving: Calories:319;Total Fat: 12g; Cholesterol:0mg; Sodium 490mg; Carbohydrates: 50g; Fiber 17g; Sugar:14g; Protein 8.5g

### Ingredients:

3 cups young jackfruit, shredded	1/4 cup yellow mustard
1tbsp brown sugar	2 tbsp molasses
1/2 tsp chili powder	2 avocados
1 tsp garlic powder	1 tbsp. lime juice
1/4 tsp pepper	1/4 tsp salt
2 tbsp. vegetable oil	1(16oz)bag coleslaw mix
3/4 cups no-salt-added ketchup	1/2cup roasted sunflower seeds
3/4 cups no-salt-added tomato sauce	8 whole wheat buns

### Instructions:

1. Chop jackfruit into small pieces. Sprinkle with brown sugar, chili powder, garlic powder and pepper. Stir to coat.
2. Heat oil in large skillet over medium heat. Add jackfruit and cook, stirring occasionally, 2-3 minutes, or until lightly browned. Add ketchup, tomato sauce, mustard and molasses. Stir and reduce heat to low. Cover and simmer 15 minutes, stirring occasionally.
3. Mash avocado, lime juice and salt in large bowl. Add cabbage and sunflower seeds. Stir to coat.
4. Top buns with BBQ jackfruit and slaw.

## 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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