



# PEAS AND CARROTS

Indiana FSSA's Division of Aging

March 2021

## Nutrition Awareness Week March 15th-March 19th, 2021

### Theme: Enhance Your Plate

Nutrition Awareness week is being celebrated this year March 15th-19th by the Areas on Aging across the state of Indiana. The nutrition coordinators have been working hard to ensure a colorful, tasty, and healthy meal in celebration.

The theme, Enhance your plate is meant to encourage the use of herbs and spices for their many benefits to enrich your plate.

Herbs are typically considered as the fresh leaves of plants, with examples being oregano, rosemary, thyme, basil, parsley, and sage. Spices can consist of the stem, seed, fruit, root, flower or bark of the tree or plant, with examples being turmeric, black pepper, cinnamon, star anise, and ginger. One example of where a plant can produce both a spice and a herb include the plant, *Coriandrum sativum*, which produces cilantro (plant) and coriander (seed).

Herbs and spices can be used in cooking to help flavor dishes, act as a preservative, and in some cases as a substitute to using salt as a seasoning.

More recently, spices and herbs have been noted for their benefits to health with some having anti-inflammatory, antibacterial, nausea relief, or heart healthy benefits. Chef Nancy at Cancer Wellness at Piedmont suggest cooking with herbs and spices such as cilantro, turmeric, smoke paprika, garlic, cinnamon, ginger, basil, parsley, fresh mint, and rosemary.

The following tips may come in handy when using herbs and spices in cooking: when purchasing fresh herbs, wrap the stems in damp paper towels and store in a plastic bag in the refrigerator's produce bin, use dried herbs in place of fresh herbs if the recipe calls for a small amount to lessen the price and the chance of waste, store dried herbs away from heat, moisture, and direct sunlight, add fresh herbs in the last few minutes of cooking (unless the recipe states otherwise), add dried herbs and spices near the beginning of cooking to aid in releasing their flavors, and 1 tablespoon of a fresh herb is equal to 1 teaspoon of the same herb when dried.

#### Resources:

<https://www.almanac.com/difference-between-herbs-and-spices#>

<https://www.piedmont.org/living-better/11-herbs-and-spices-that-promote-wellness>

<https://cookingmatters.org/tips/10-tips-using-herbs-and-spices>

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“When you have the best and tastiest ingredients, you can cook very simply and the food will be extraordinary because it tastes like what it is.”

- Alice Waters

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### In This Issue

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# Benefits of Gardening



Image courtesy of Pixabay

Gardening, whether it be for the beauty of it or to provide food, has many benefits. Some benefits include:

- ◆ Exposure to Vitamin D- Ultraviolet rays from the sun penetrating the skin starts the production of Vitamin D in the body. Vitamin D helps with the absorption of calcium in the body and plays a role in cell growth, bone growth, bone remodeling, immune function, and reducing inflammation. Remember to protect yourself by wearing sunscreen, hats, and sunglasses when working outside.
- ◆ Physical Activity- the digging, lifting, and carrying activities when gardening provide muscle strengthening for the major muscle groups found in the legs, hips, chest, back, abdomen, shoulder, and arms. In addition, light gardening provides moderate physical activity.
- ◆ Feel-Good Mood- in a 2020 Landscape and Urban Planning article, researchers found that household gardening was associated with high emotional well-being and not statistically different than walking, biking, and eating out. Household gardening ranked in the top five activities for meaningfulness.
- ◆ Money saver- Growing your own food can potentially save you at the grocery store. Buying a package of seeds and yielding the produce from the harvest will in some instances cost less than purchasing one item at the store. You may be able to grow items that you may not be able to find at your local grocery store.
- ◆ Improvement in Nutrition- Growing your own food allows you to control what type of soil and under what type of conditions your food is grown. You can choose to grow your food, using no pesticides and using only natural weed and pest deterrents.
- ◆ Socialization- planting a garden can be a topic of discussion with your neighbor. It can offer opportunities to share your harvest with neighbors and friends. If you join a gardening club, you can meet new people who share the same interest as you.

## Resources:

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6977207/>
2. <https://ods.od.nih.gov/factsheets/VitaminD-Consumer/>
3. Graham Ambrose, Kirti Das, Yingling Fan, Anu Ramaswami, Is gardening associated with greater happiness of urban residents? A multi-activity, dynamic assessment in the Twin-Cities region, USA, Landscape and Urban Planning, Volume 198,2020,103776,ISSN 0169-2046, <https://doi.org/10.1016/j.landurbplan.2020.103776>

## Word Search Bank

ANTIOXIDANTS

BUCKWHEAT

CORIANDER

EMOTIONAL

ENRICHED

OREGANO

PRESERVATIVE

QUINOA

ROSEMARY

SORGHUM

STAR ANISE

TUMERIC

ULTRAVIOLET

WHEAT BERRY

## WORD SEARCH

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

## Whole Grains

To qualify as a whole grain, the bran, germ, and endosperm of the grain's kernel must all be present in the product. The bran contains antioxidants, B vitamins, and fiber. The endosperm contains starchy carbohydrates, proteins, and some vitamins and minerals. The germ contains B vitamins, protein, minerals, and healthy fats.

Whole grains help decrease the risk of heart disease, diabetes, stroke, and certain cancers, like colorectal. The 2020-2025 Dietary Guidelines for Americans recommends that older adults consume 6 oz of grains daily for a 2,000 calorie diet, choosing 1/2 of this serving as whole grains. If choosing refined grain products, be sure to choose those that state enriched grains. Some examples of whole grains include amaranth, barley (not pearled), brown rice, buckwheat, bulgur, millet, oats, popcorn, quinoa, and dark rye.

How to determine how much whole grain, if any is in a product: the best way to determine is to read the ingredients list. The specific whole grain should be the first ingredient or at least the second ingredient after water. A tip from a Harvard Health contributing dietitian is to look for at least 3g of fiber in bread and crackers per serving and 5g of fiber per serving in cereal.

### References:

1. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020
2. <https://wholegrainscouncil.org/whole-grains-101/health-studies-health-benefits/what-are-health-benefits>
3. <https://www.health.harvard.edu/blog/whole-grain-or-no-grain-food-labels-can-be-misleading-2020093021025>

## Whole Grain Pita Pizza

Recipe Courtesy of Oldways Whole Grains Council

**Servings:** 2

**Ingredients:**

2 round 6-7" whole wheat pitas  
6 oz spaghetti sauce (about 1/4 of a typical jar)  
3 oz part-skim shredded mozzarella cheese  
1 cup chopped vegetables  
(examples include: onions, peppers, mushrooms, spinach, olives)  
Drizzle of olive oil

**Directions:**

1. Preheat oven to 350°.
2. Spread half the sauce on each pita round.
3. If using spinach– top with spinach.
4. Top each round with cheese.
5. Top with vegetables, drizzle with oil.
6. Bake for 15 minutes on a pizza pan or cookie sheet.

## Contact Us

Contact the Division of Aging at

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

or visit us online:  
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