

PEAS AND CARROTS

Indiana FSSA's Division of Aging

October 2024

APPLE MONTH

USDA Economic Research Service
U.S. DEPARTMENT OF AGRICULTURE

U.S. APPLES: Slicing Through the Data

The United States is expected to produce almost **10 billion pounds** of apples during the 2023/24 season, up 1.5 percent from 2022/23. As apple production increases, **new varieties** of apples are growing in popularity.

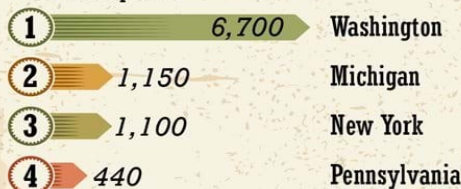
We ate HOW MUCH?!



More than
26 pounds
per person consumed
in 2021

People in the U.S. consumed an average **14.7 pounds** (equivalent to 1.7 gallons) of apple juice, roughly **9 pounds** of fresh apples, and a total of **3.1 pounds** of canned, dried, and frozen apples in 2021.

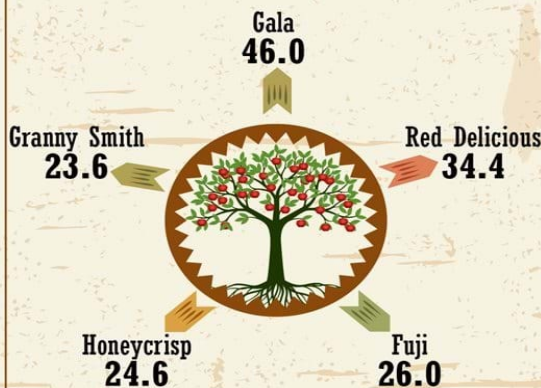
Top producing States in million pounds



Top U.S. fresh apple export destinations, by volume

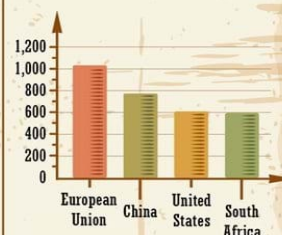


Top 5 varieties grown in Washington, 2022/23 (millions of 42-lb. bushels)



U.S. ranks 3rd among apple exporters

Volume of exports, 2022/23 (thousands of metric tons)



The marketing season for apples is August–July, and the **peak picking time** differs by variety and State. October is an especially big month, particularly in Washington. Apples **not sold immediately** after harvest are stored in pack-houses and used throughout the **following year**.



Organic apples account for:

- 16% of total U.S. apple sales value.
- 22% of the total U.S. organic crop sales value.
- 30% of total U.S. acreage planted to apples.

(2019 data)



“Every thought is a seed. If you plant crab apples, don’t count on harvesting golden delicious.”

- Bill Meyer

In This Issue

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- ◆ Quick Exercise Break
- ◆ Home Safety Tips
- ◆ Probiotics
- ◆ Word Search
- ◆ Safe Driving Tips
- ◆ Recipe



This infographic is drawn from Weber, C., Sirmitt, S., Wechsler, S., & Wakefield, H. (2023). *Fruit and tree nuts outlook September 2023* (Report No. FTS-377). U.S. Department of Agriculture, Economic Research Service.

Weber, C. (2023). *Fruit and tree nuts data* [Data product]. U.S. Department of Agriculture, Economic Research Service.

Carlson, A., Greene, C., Raszap Skorbiński, S., Hitaj, C., Ha, K., Cavigelli, M., Ferrer, P., & McBride, W. (2023). *U.S. organic production, markets, consumers, and policy 2008-21* (Report No. ERR-315). U.S. Department of Agriculture, Economic Research Service.

Kantor, L., & Blazejczyk, A. (2023). *Food availability (per capita) data system* [Data product]. U.S. Department of Agriculture, Economic Research Service.

Taking a quick exercise break? Try one of these ideas!



Endurance

Endurance exercises improve the health of your heart, lungs, and circulatory system.



Flexibility

Stretching can improve your flexibility to make everyday activities easier.



Balance

Balance exercises help prevent falls and can improve balance.



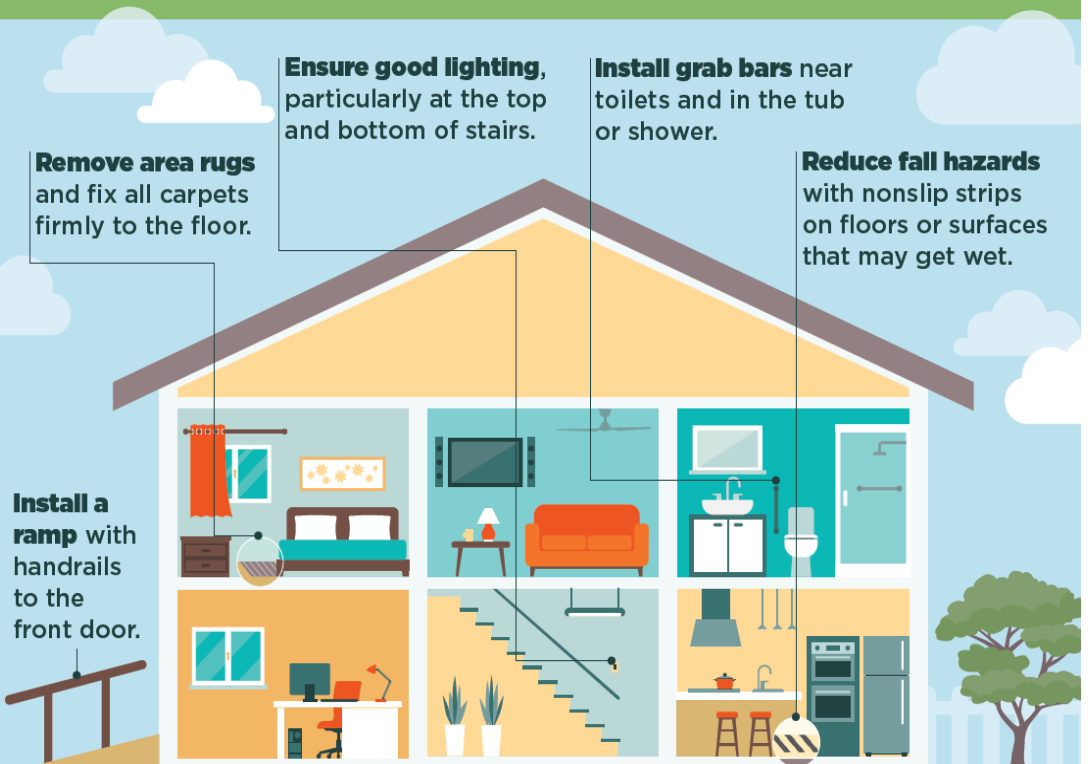
Strength

Strength exercises can help you stay independent and prevent fall-related injuries.

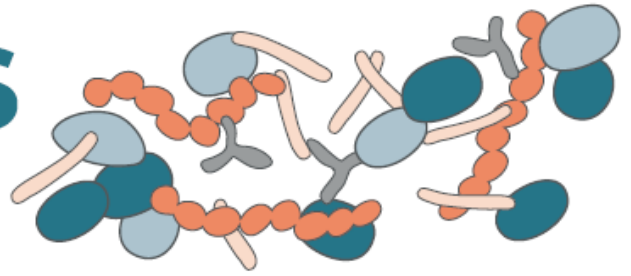
➔ To learn more about exercise, visit: www.nia.nih.gov/exercise.

Home safety tips for older adults

A few changes could make your home easier and safer to live in and help you continue to live independently.



Probiotics



What are probiotics?

Scientists define probiotics as live microorganisms that, when administered in adequate amounts, confer a health benefit on the host. They can help support the bacteria that live with us, especially when our bacteria are challenged, for example by antibiotics, poor diet or traveling. Probiotics are present in numerous foods and dietary supplements.

What can probiotics do for you?

Probiotics can support health in different ways

- Help your immune system function properly
- Aid digestion by breaking down some of the food we can't digest
- Keep harmful microorganisms in check
- Produce vitamins and aid in nutrient absorption

Some probiotics may:

- Help reduce antibiotic-associated diarrhea
- Help manage digestive discomforts
- Help reduce colic symptoms and eczema in infants
- Help with the digestion of lactose
- Treat infectious diarrhea
- Decrease risk or duration of common infections, including respiratory tract, gut and vaginal tract



For more information visit ISAPPscience.org
Follow ISAPP on Twitter [@ISAPPscience](https://twitter.com/ISAPPscience)

Choosing a probiotic

Know your probiotic. Probiotics are known by their genus, species and strain (for example, *Lactobacillus acidophilus* ABC). Products should display each strain's designation.

Match the strain to the benefit you want. Not all strains are the same. See usprobioticguide.com or probioticchart.ca.

Amounts matter. Be sure the product contains at least the level of probiotics that was used in the study. Higher counts are not necessarily better. Levels of live probiotics should be provided through the 'best by' date (not time of manufacture).

Supplements or foods? More important than supplement vs food is getting an effective probiotic strain at an effective dose. Some yogurts, fermented milks and some other foods may contain probiotics. Look for added probiotics listed on the label and for a food that fits within your healthy diet.

Other fermented foods? Traditional yogurts contain live bacteria that can help digestion of lactose, but not all fermented foods contain live cultures that meet the definition of probiotic. See ISAPPscience.org/fermented-foods

Safety. Probiotics are safe for most people, but talk to your doctor if you suffer from an immune disorder, have a serious underlying illness, have short gut, or before giving to a young infant.



Word Search Bank

BALANCE

DRIVING

ENDURANCE

FERMENTED

FLEXIBILITY

GRANNY SMITH

HANDRAILS

HONEYCRISP

INDEPENDENT

LENGTHEN

PROBIOTICS

RED DELICIOUS

ROUTINE

STRETCHING

WORD SEARCH

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

3 Safe Driving Tips for Older Adults

Changes that happen with age may affect your driving. However, there may be steps you can take to help stay safe on the road.



Take care of your vision and hearing:
Schedule routine eye and ear exams.



Know your limits:
If you are concerned about driving in bad weather or at night, try waiting until another time or using transit or ridesharing services.



Exercise:
Staying strong and flexible can lengthen your driving years.

For a full list of safe driving tips for older adults, visit:
www.nia.nih.gov/health/older-drivers.

Apple-Cinnamon Quinoa Bowl

Recipe courtesy: <https://www.eatingwell.com/recipe/260928/apple-cinnamon-quinoa-bowl/>

Servings: 1

Nutrition Facts: 331 Calories; 52g Total Carbohydrates; 6g Dietary Fiber; 21g Total Sugars; 3g Added Sugars; 14g Protein; 8g Total Fat; 2g Saturated Fat; 9mg Cholesterol; 406IU Vitamin A; 3mg Vitamin C; 93mcg Folate; 374mg Sodium; 281mg Calcium; 2mg Iron; 129mg Magnesium; 654mg Potassium

Ingredients:

- 3/4 cup low-fat milk
- 2/3 cup diced apple, divided
- 1/4 cup quinoa
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon salt
- 4 teaspoons sliced almonds
- 1/2 teaspoon honey

Directions:

1. Combine milk, 1/3 cup apple, quinoa, cinnamon, and salt in a small saucepan. Bring to a boil. Cover and simmer on very low heat until the liquid is absorbed, about 12 minutes.
2. Let stand 5 minutes. Top with the remaining 1/3 cup apple, almonds, and honey.

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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