

# PEAS AND CARROTS

Indiana FSSA's Division of Aging

February 2021



Image: PIRO4D from Pixabay

## American Heart Month

The leading cause of death in the United States for men and women is heart disease with the most common type being coronary heart disease. Heart disease refers to several conditions that affect your heart like heart infections, diseases of the heart muscle, heart valve, or blood vessels, problems with the rhythm of the heart, and defects of the heart.

High blood pressure, high blood cholesterol, prediabetes or diabetes, smoking, obesity, family history of early heart disease, older age, sedentary lifestyle, and unhealthy eating behaviors all increase the risk of developing heart disease.

To lower your risk, start by working on the things you can change. Unhealthy eating and a sedentary lifestyle are risk factors that you can change. Both of these can be accomplished by making small changes to your routine.

A heart- healthy eating plan includes eating leafy green and other vegetables, fruits, whole grains, low-fat or fat-free dairy, foods high in protein, and foods high in monounsaturated and polyunsaturated fats while limiting sodium, added sugars, saturated and trans fats, and alcohol.

Engaging in regular physical activity according to what is safe for you to engage in may help to lower stress, lower LDL cholesterol levels, increase HDL cholesterol levels, and help in losing excess weight and managing high blood pressure. Other benefits also include lowering risk of chronic diseases such as Type 2 Diabetes. As always, talk to your physician before beginning any type of physical activity to get recommendations specific to you.

Resource: <https://www.mayoclinic.org/diseases-conditions/heart-disease/symptoms-causes/syc-20353118>  
<https://www.nhlbi.nih.gov/health-topics/heart-healthy-living>

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“Start where you are.  
Use what you have. Do  
what you can.”

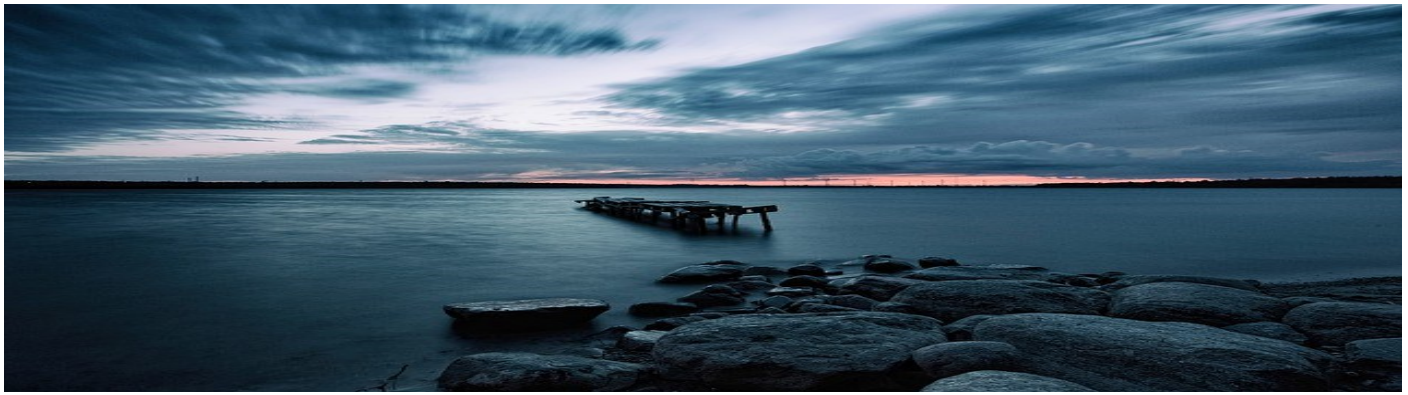
-Arthur Ashe

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## Meditation

Meditation originally was used to help deepen ones understanding of mystical and sacred forces of life; however it is now commonly used to reduce stress and provide relaxation.

Some benefits of meditation may include: reducing negative emotions, building skills to manage stress, increasing patience and tolerance, and help in managing symptoms of conditions that are worsened by stress such as anxiety, cancer, chronic pain, depression, heart disease, high blood pressure, and sleep problems.

Common features of meditation depend on the type of meditation used and include such features as focused attention, relaxed breathing, a comfortable position, an open attitude, and a quiet setting.

Types of meditation include:

**Guided meditation-** involves using as many of your senses (smell, sight, sound, & texture) as possible to form mental images of situations or places you find relaxing

**Mantra meditation-** involves preventing distracting thoughts by repeating a word, thought or phrase calmly and silently

**Mindfulness Meditation-** involves focusing on the present and being aware

**Qi gong (CHEE-gung)-** works to restore and maintain balance with a combination of meditation, relaxation, physical movement, and breathing exercises

**Tai chi (TIE-CHEE) -** involves light physical activity involving slow & graceful self- paced movements while deep breathing

**Transcendental Meditation** -works toward settling into a state of profound rest and relaxation and achieving a state of inner peace by repeating a personally assigned manta silently and in a specific way **and**

**Yoga** -works toward a more flexible body and calm mind by using controlled breathing exercises while performing varying postures

Meditation can be practiced by yourself or in a group led by a trained instructor, it can be formal or informal, it can be performed at the beginning of the day, at the end of the day, or whenever you feel the need. Some ways to practice on your own include deep breathing exercises, repeating a mantra, scanning your body, and focusing on love and gratitude.

Resource: <https://www.mayoclinic.org/tests-procedures/meditation/in-depth/meditation/art-20045858>  
Image by jwvein from pixabay

## Word Search Bank

CHOLESTEROL

CORONARY

FOCUS

LIFESTYLE

MEDITATION

MINDFULNESS

MONOUNSATURATED

MOVEMENT

PATIENCE

POLYUNSATURATED

PRESERVATION

RELAXATION

RIPENESS

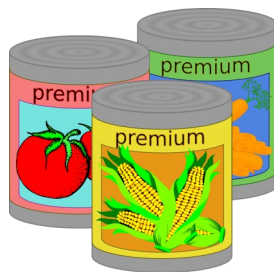
SEDENTARY

VEGETABLES

## WORD SEARCH

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

## National Canned Food Month



Canned vegetables and fruits are typically picked at the height of ripeness, processed and placed in cans with either water or juice, and/or seasoned, the lids are sealed and the cans are heated to the correct temperature for the correct amount of time to kill harmful bacteria and prevent spoilage and then quickly cooled.

The best flavor and quality of nutrients is preserved by canning fruits and vegetables. Canning extends the shelf– life of fruits and vegetables (1– 5 years).

Tips to consider when purchasing canned foods: choose fruits canned in water, 100% juice, or in its own juices, choose vegetables labeled “no salt added” or “low sodium”, avoid damaged cans (dents, bulges, cracks, rusts, or leaks), and pay attention to the freshness dates on the cans.

Tips for storing and using canned foods: store in clean, dry, cool, and dark spaces, develop a rotation method of using older cans first, and consider adding canned fruits and vegetables to recipes to add to the nutrition.

Resources: <https://www.eatright.org/food/vitamins-and-supplements/nutrient-rich-foods/are-canned-foods-nutritious-for-my-family>  
[https://food.unl.edu/healthy-bites/documents-healthy-bites/February\\_CannedFoodMonth\\_Webletter\\_02\\_16\\_16.pdf](https://food.unl.edu/healthy-bites/documents-healthy-bites/February_CannedFoodMonth_Webletter_02_16_16.pdf)  
Image: openclipart-vectors from pixabay

### 3– Can Chili

Recipe obtained from <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/3-can-chili>

**Total Servings:** 6, **Serving Size:** 1/6 of recipe

**Nutritional Information:** Total calories(129), Total Fat(1 g), Sodium (418 mg), Carbohydrates-27 g (Dietary Fiber(6 g), Total Sugars(4 g), Protein(6 g), Calcium(61 mg), Iron(2 mg), Potassium(473 mg)

#### **Ingredients:**

1(15.5 oz) can low-sodium beans (pinto, kidney, red, or black), undrained  
1(15 oz) can corn, drained (or 10 oz. package of frozen corn)  
1(15 oz) can crushed tomatoes, undrained  
Chili powder (to taste)

#### **Directions:**

1. Place the contents of all 3 cans into a pan.
2. Add chili powder to taste.
3. Stir to mix.
4. Continue to stir over medium heat until heated thoroughly.
5. Refrigerate leftovers.

## 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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