



PEAS AND CARROTS

Indiana FSSA's Division of Aging

June 2021

Fresh Fruit and Vegetable Month

Goal: Increase daily consumption of fresh produce.

Fruits and Vegetables provide calcium, fiber, folate, iron, magnesium, sodium, Vitamins A & C, and potassium, which your body needs.



Recommendations for older adults: 2 1/2 cups of vegetables daily and 2 cups of fruit daily based upon the Healthy U.S. style dietary pattern at the 2,000 calorie daily level.

Ways to add more fruit and vegetables to your diet include: at breakfast, add fruit to cereal or oatmeal, add chopped vegetables to eggs or potatoes; at lunch, have a salad, put vegetables on sandwiches and burgers, have vegetables or fruit instead of chips; at dinner, have vegetables for sides, add chopped vegetables to soups, stews, rice, and sauces.

Garden Week— June 6-12, 2021

What better way to increase your fruit and vegetable consumption than to plant your own. Planting your own garden gives you control over what you plant and how you plant, whether you choose to use pesticides, fertilizers, or grow organically.

If you do not have yard space, try container gardening. Plants like peas, tomatoes, potatoes, squash, peppers, cucumbers, eggplant, radishes, lettuce, and salad greens all grow well in containers.

Resources: <https://fruitsandveggies.org/stories/its-june-and-fresh-rules/>, <https://www.heart.org/en/healthy-living/healthy-eating/add-color/how-to-eat-more-fruits-and-vegetables>, U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020., <https://www.thespruce.com/great-vegetables-to-grow-in-containers-848214>

“One should eat to live, not live to eat.”

- Benjamin Franklin

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National Dairy Month



National Dairy Month began in 1937 as National Milk Month to promote drinking milk in response to a surplus of dairy. Now, the contributions of the dairy industry are celebrated during this month.

Dairy products according to the Dietary Guidelines for Americans are one of the core elements that make up a healthy dietary pattern. Dairy products include milk, evaporated milk, buttermilk, yogurt, kefir, and cheese. Choices should be fat-free or low-fat. Soy beverages (“soy milk”) and soy yogurt fortified with calcium, vitamin A, and vitamin D are considered in the dairy group due to the similarity to milk and yogurt’s nutrient composition.

It is recommended that older adults (ages 60 and older) consume 3 cups of dairy a day as part of a healthy U.S. style dietary pattern based on a 2,000 daily calorie level. Dairy provides calcium (for maintaining bone strength during aging), vitamin D, if fortified (helps in maintaining calcium and phosphorus levels in the body), protein (beneficial to preserve muscle mass and other functions within the body), and potassium (helpful in maintaining blood pressure). Dairy products also provide other nutrients such as phosphorus, vitamin A, riboflavin, vitamin B12, zinc, choline, magnesium, and selenium.

1 cup dairy equivalents: 1 1/2 ounces hard cheese, 1/3 cup shredded cheese, 8 fl. ounces yogurt, 1 cup milk or soy milk beverage

Ways to increase dairy in your diet include: replace water with milk when making oatmeal or cream-based soups, and smoothies.

Lactose intolerant tips: choose lactose-free milk and milk products, try hard, aged cheeses (cheddar, swiss, parmesan), and yogurt, which are naturally low in lactose.

Resources: <https://www.idfa.org/june-is-national-dairy-month>, U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020. , <https://www.myplate.gov/eat-healthy/dairy#:~:text=Previous-,Nutrients,choline%2C%20magnesium%2C%20and%20selenium.>, <https://www.myplate.gov/eat-healthy/dairy>

Fruit Milkshake

Courtesy: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/fruit-milk-shakes>

Yield: 2 Servings

Serving Size: 1/2 of recipe

Nutrition Information per serving: 214 Calories, 1g Total Fat, 150mg Sodium, 42g Carbohydrates(3g fiber, 30 g Sugars), 11g Protein, 3mcg Vitamin D, 368 mg Calcium, 906 mg Potassium

Ingredients:

1 cup milk (or water)

1/2 cup non-fat dry milk

2 banana (ripe, or 1/3 cup orange juice concentrate)

1/2 teaspoon vanilla

10 large ice cubes

Directions:

1. Place the ingredients in blender. Blend for 30 seconds to 1 minute.

Contact Us

Contact the Division of Aging at

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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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