

PEAS AND CARROTS



Indiana FSSA's Division of Aging

March 2022

SENIOR NUTRITION PROGRAM

CELEBRATE • INNOVATE • EDUCATE



The National Senior Nutrition Program has funded local Area Agencies on Aging and other organizations to serve home-delivered and congregate meals that help to ensure older adults have opportunities to stay healthy, independent, and connected since 1972.

The local senior nutrition programs throughout the state help older adults access healthy foods, provide nutrition screening, nutrition education, social opportunities, and other supports that encourage well-being.

The Older Americans Act Title III Nutrition Program is an integral part of the state providing sustenance and so much more to our older community members, especially those most vulnerable to food insecurity, chronic health conditions, social isolation, and COVID.

National Nutrition Month is celebrated every year in the month of March. Specifically in Indiana, Area Agencies on Aging have selected March 14th-18th to recognize as Nutrition Awareness week. The nutrition coordinators have been working hard to provide a meal that embodies the theme of **celebrate-innovate-educate**. The focus will be on hydration and varying your protein choices.

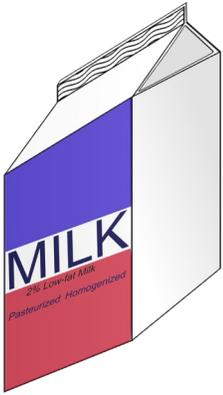
“Water is the most neglected nutrient in your diet, but one of the most vital.”

-Julia Child

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Hydration



What does hydration mean? According to Merriam-Webster, hydration is “the act or process of combining or treating with water: as the introduction of additional fluid into the body”.

It is important to be adequately hydrated. Adequate hydration aids in numerous bodily functions such as: delivering nutrient to cells, aiding in proper organ function, regulating body temperature, lubricating joints, preventing infection, improving sleep quality, improving cognition, and improving mood.

Dehydration, the opposite of hydration, results when you do not consume enough fluids and can lead to serious conditions such as heat stroke, kidney failure, and urinary tract infections. Dehydration also lessens your ability to fight infections and heal from illnesses. As we age, the body's internal signal to drink decreases; thereby increasing the risk of dehydration. Other barriers that prevent adequate hydration include: mobility issues, bladder control issues, medication use, body temperature dysregulation, and body composition changes.

Eight glasses of water a day is a general recommendation; however in reality, water needs vary from person to person. It is recommended to talk to your physician to determine the amount you need daily.

When thinking of hydrating, choose water first; however other beverage choices can include unsweetened beverages like 100% fruit or vegetable juice, low-fat or fat-free milk, and fortified soy beverages. Foods with a high water content are also good choices to include in meals to increase hydration. Foods with a high water content include: watermelon, lettuce, cucumbers, tomatoes, celery, and strawberries.

Tips to increase hydration status include: drink a beverage with each meal, before and after exercise, and if drinking a whole glass at one time can not be achieved, try taking small sips throughout the day.

References: <https://www.merriam-webster.com/medical/hydration>, <https://www.hsph.harvard.edu/news/hsph-in-the-news/the-importance-of-hydration/#:~:text=Drinking%20enough%20water%20each%20day,quality%2C%20cognition%2C%20and%20mood.>, 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.ncoa.org/article/how-to-stay-hydrated-for-better-health>, <https://health.clevelandclinic.org/drink-up-dehydration-is-an-often-overlooked-health-risk-for-seniors/>. All images courtesy of Pixabay.com

Word Search Bank

AWARENESS

COGNITION

COMPOSITION

CONGREGATE

DEHYDRATION

FORTIFIED

HYDRATION

INDEPENDENT

INSECURITY

LENTILS

LUBRICATION

PROTEIN

SUSTENANCE

UNSWEETENED

WELL BEING

WORD SEARCH

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

Legumes



Image by yilmazfatih from Pixabay

Legumes include lentils, beans, and peas. They are a good source of protein, typically low in fat and high in folate, iron, magnesium and potassium. They are also a good source of insoluble and soluble fiber and healthful fats. A few types of legumes include: black-eyed peas, edamame, garbanzo beans, adzuki beans, lentils, soy nuts, peas, navy beans, lima beans, and pinto beans.

Legumes can be eaten for breakfast, lunch, and dinner. Tips to add beans to your diet include: adding to dips, spreads, soups, salsas, chili, salads, and tacos or including as a side dish.

When adding legumes and beans to your diet, increase your water intake and incorporate regular exercise to aid with any gastrointestinal issues that may arise from the increase in dietary fiber.

Resources: <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/legumes/art-20044278>, <https://medlineplus.gov/ency/patientinstructions/000726.htm>

White Bean & Avocado Toast

Recipe courtesy: <https://www.eatingwell.com/recipe/261611/white-bean-avocado-toast/>

Servings: 1

Nutrition Facts per serving: 230 calories; protein 11.5g; carbohydrates 34.7g; added sugar 2g; dietary fiber 11.3g; sugars 3g; fat 8.8g; saturated fat 1.3g; folate 158.2mcg; calcium 93.4mg; iron 2.3mg; magnesium 35.1mg; potassium 655.4mg; sodium 458.6mg

Ingredients:

1 slice whole-wheat bread, toasted
1/4 avocado, mashed
1/2 cup canned white beans, rinsed and drained
Kosher salt to taste
Ground pepper to taste
1 pinch Crushed red pepper

Directions:

1. Top toast with mashed avocado and white beans. Season with a pinch each of salt, pepper, and crushed red pepper.

Contact Us

Contact the Division of Aging at

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Monday through Friday
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or visit us online:
www.in.gov/fssa/2329.htm

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