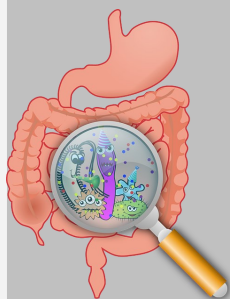


PEAS AND CARROTS

Indiana FSSA's Division of Aging

April 2021



Prebiotics, Probiotics, and Gut Health

“Good” and “Bad” bacteria referred to as your gut microbiota live in your digestive system. Each individual has their own personal “mix” of bacteria. Age, diet, genes, medications, and environment can all affect your microbial mix.

According to UC Davis Health a “healthy gut” includes healthy bacteria and immune cells that keep viruses, fungi, and bad bacteria at bay and through the nerves and hormones is able to communicate with the brain to maintain health.

Prebiotics found in foods like artichokes, soybeans, garlic, onions, dandelion greens, bananas, beans, leeks, and whole grains consists mostly of fiber or complex carbohydrates. These prebiotics can not be digested by your body and serve as food for the “good” bacteria found in your gut; thereby encouraging the growth of the helpful bacteria.

Probiotics found in fermented foods such as yogurt, kefir, kombucha, sauerkraut, pickles, miso, tempeh, kimchi, some cheeses (gouda, cheddar, mozzarella, & cottage), and sourdough bread contain live organisms and add to healthy microbes in your gut.

Other ways to increase good bacteria in addition to eating prebiotic and probiotic rich foods include: limiting fats and animal products, avoiding unnecessary antibiotics, and practicing a healthy lifestyle by exercising, managing stress, and getting enough sleep.

Resources: <https://www.health.harvard.edu/staying-healthy/can-gut-bacteria-improve-your-health>, <https://www.pcrm.org/health-topics/gut-bacteria>, <https://health.ucdavis.edu/health-news/newsroom/what-is-gut-health-and-why-is-it-important/2019/07#:~:text=A%20healthy%20gut%20contains%20healthy,general%20health%20and%20well%2Dbeing>.
Image by openclipart-vectors from pixabay

“Food is not just fuel. Food is about family, food is about community, food is about identity. And we nourish all of those things when we eat well.”

-Michael Pollan

In This Issue

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- ◆ Recipe



Image by: JillWellington from Pixabay

Earth Day 4/22/2021

Restore Our Earth™

The first Earth Day was celebrated in 1970, shedding light on the rising consciousness of the public about the state of the planet. The first Earth Day led to the United States Environmental Protection Agency being created along with the National Environmental Education Act, the Occupational Safety and Health Act, and the Clean Air Act being passed at the end of 1970. Subsequent years led to the passage of additional environmental laws such as the Clean Water Act in 1972 and the Endangered Species Act in 1973.

Today, Earth Day is considered as a “day of action to change human behavior and create global, national and local policy changes.”¹ Earthday.org has the mission “to diversify, educate, and activate the environmental movement worldwide”² and is the largest civic observance in the world per a press release from Earthday.org. This year the 2021 theme is Restore Our Earth™.

There are several campaigns this year centered around restoring our earth. One campaign this year revolves around food and the environment. Growing, producing, transporting, and storing our food involves the processes of consuming natural resources, producing pollution, and emitting greenhouse gases. All of this impacts the environment and is measured by the term “foodprint”. What we decide to eat is determined by many factors that may include what we have access to, what we can afford, what our culture is, and the condition of our health. The Foodprints For The Future campaign message of “Fight climate change with diet change” is meant to highlight the many ways we can impact our foodprints. If you are interested in shrinking your foodprint, visit <https://www.earthday.org/campaign/foodprints-for-future/> for more information.

References:

1. <https://www.earthday.org/history/>
2. <https://www.earthday.org/press-release/earthday-org-and-global-partners-unite-for-three-parallel-climate-summits-2/>
<https://www.earthday.org/campaign/foodprints-for-future/>

Word Search Bank

ARTICHOKES

CLIMATE

DANDELION GREENS

DIGESTIVE

DISPOSAL

ENVIRONMENT

FERMENT

FOODPRINT

GREENHOUSE

MEDICATIONS

MICROBIOTA

MISUSE

PREBIOTIC

PROBIOTIC

VEGETABLE

WORD SEARCH

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

**National Prescription Take Back Day
April 24,2021**

National Prescription Take Back Day is a day in which the Drug Enforcement Administration intends to provide convenient, safe, and responsible ways to dispose of prescription drugs that are no longer needed and to educate the public about the potential abuse of medications.

The Environmental Protection Agency (EPA) states that disposing old or no longer used medicines properly protects you and the earth by preventing poisoning of children and pets, keeping medicines from entering water systems, discouraging abuse or misuse by teenagers and adults, and helping to avoid taking medicines that may no longer work well.

To find disposal locations, the DEA has a locator in which you can enter your zip code to find locations at : <https://apps2.deadiversion.usdoj.gov/pubdispsearch/spring/main?execution=e2s1>. You can also check with your local pharmacist or local law enforcement.

If you cannot locate a medication disposal location in your city, the Food and Drug Administration (FDA) offers the following instructions for safely disposing of old medications: empty drugs into a zipper storage bag, empty can, or another container with a lid and mix with coffee grounds, dirt, or cat litter. Close or seal container and throw in the trash. You should remove the label or take a marker and cover your personal information on the empty medicine container before throwing in garbage.

Resources: <https://archive.epa.gov/region02/capp/web/pdf/ppcpflyer.pdf>, <https://www.fda.gov/consumers/consumer-updates/where-and-how-dispose-unused-medicines>, https://www.deadiversion.usdoj.gov/drug_disposal/takeback/#:~:text=DEA's%20next%20National%20Prescription%20Drug,potential%20for%20abuse%20of%20medications.

Climate– friendly recipe from earthday.org/eatmoreplants

Veggie Pasta

Prep time: 5 minutes

Cook time: 10-15 minutes

Servings: 2-4

Ingredients

1 cup of vegetables (fresh or frozen)

1 box of pasta

1 tablespoon vegetable oil

2 cloves or 2 teaspoons garlic (can be fresh, powdered or minced)

1-2 teaspoons dried herbs (oregano, basil and rosemary)

1 teaspoon red pepper flakes (optional)

4-6 quarts water

Pinch of salt and pepper

Directions

- Bring 4-6 quarts of water to a boil over high heat in a pot (add a pinch of salt).
- In a pan, heat up vegetable oil on low and add in garlic, then add frozen vegetables, salt and pepper, dried herbs and stir occasionally.
- When the water has come to a boil, pour in the pasta and cook according to the directions on the box.
- When the pasta is done, drain & combine with the vegetables, stir together for several minutes.
- Serve, feel free to add more salt and pepper and red pepper flakes.

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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