

PEAS AND CARROTS



Indiana FSSA's Division of Aging

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In This Issue

- ◆ Sun Protection
- ◆ Diabetic Eye Disease
- ◆ Safer Food Choices
- ◆ Word Search
- ◆ Tips for Healthy Eyes
- ◆ Recipe

“If you don’t take care of your body, where are you going to live?”

- Unknown

PROTECT ALL THE SKIN YOU'RE IN



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Use a Layered Approach for Sun Protection.



Sunscreen works best when used with shade or clothes, and it must be re-applied every 2 hours and after swimming, sweating, or toweling off.



Use broad spectrum sunscreen with at least SPF 15 to protect exposed skin.



Wear a hat, sunglasses, and protective clothing to shield skin.



Seek shade, especially during midday hours.

5 Things You Should Know About Diabetic Eye Disease



Did you know that diabetes can cause eye disease? If left untreated, it can cause vision loss or even blindness. To help you keep your vision healthy, here are five things the National Eye Institute (NEI) would like you to know about diabetic eye disease:

1

A group of eye problems—

People with diabetes may face several eye problems as a complication of this disease. They include cataract, glaucoma, and diabetic retinopathy, which is the leading cause of blindness in American adults age 20–74.

2

No symptoms, no pain—

In its early stages, diabetic retinopathy has no symptoms. A person may not notice vision changes until the disease advances. Blurred vision may occur when the macula swells from the leaking fluid (called macular edema). If new vessels have grown on the surface of the retina, they can bleed into the eye, blocking vision.

3

Have diabetes? You are at risk—

Anyone with diabetes is at risk of getting diabetic retinopathy. The longer someone has diabetes, the more likely he or she will get this eye disease. In fact, between 40 and 45 percent of those with diagnosed diabetes have some degree of diabetic retinopathy.

4

Stay on TRACK—

That is: **T**ake your medications as prescribed by your doctor; **R**each and maintain a healthy weight; **A**dd more physical activity to your daily routine; **C**ontrol your ABC's—A1C, blood pressure, and cholesterol levels; and **K**ick the smoking habit.

5

Get a dilated eye exam—

If you have diabetes, be sure to have a comprehensive dilated eye exam at least once a year. Diabetic eye disease can be detected early and treated before noticeable vision loss occurs.

Video:










This video describes what the doctor sees when examining the retina (the light-sensitive tissue at the back of the eye), macula (the part of the retina needed for sharp, central vision), and optic nerve (which connects the retina to the brain).



SAFER FOOD CHOICES FOR PEOPLE WITH WEAKENED IMMUNE SYSTEMS

Always follow the four steps to food safety—clean, separate, cook, and chill—to protect yourself from food poisoning. Learn about current foodborne outbreaks and the foods linked to them.



FOODS	RISKIER CHOICE	SAFER CHOICE
 <p>POULTRY & MEAT</p>	<ul style="list-style-type: none"> Raw or undercooked poultry or meat <ul style="list-style-type: none"> Poultry includes chicken and turkey Meat includes beef, pork, lamb, and veal Unheated deli meat, cold cuts, hot dogs, and fermented or dry sausages Refrigerated pâté or meat spreads 	<ul style="list-style-type: none"> Poultry and meat cooked to a safe internal temperature. <i>Use a food thermometer to check.</i> <ul style="list-style-type: none"> All poultry, including ground chicken and turkey, cooked to 165°F Whole cuts of beef, veal, lamb, and pork cooked to 145°F (then allow the meat to rest for 3 minutes before carving or eating) Ground meats, such as beef and pork, cooked to 160°F Deli meat, cold cuts, hot dogs, and fermented or dry sausages heated to 165°F or until steaming hot Pâté or meat spreads in sealed, airtight containers that don't need to be kept refrigerated before opening
 <p>DELI SALADS</p>	<ul style="list-style-type: none"> Premade deli salads, such as: <ul style="list-style-type: none"> Coleslaw Potato salad Tuna salad Chicken salad Egg salad 	<ul style="list-style-type: none"> Homemade deli salads
 <p>VEGETABLES & FRUITS</p>	<ul style="list-style-type: none"> Any raw or undercooked sprouts, such as alfalfa and bean Unwashed fresh fruits and vegetables, including lettuce and other leafy greens Cut melon left out for more than 2 hours (1 hour if it's exposed to temperatures hotter than 90°F, such as a picnic or hot car) 	<ul style="list-style-type: none"> Cooked sprouts Washed vegetables and fruits (washed and then cooked are safest) Freshly cut melon or cut melon kept refrigerated for 7 or fewer days
 <p>JUICE</p>	<ul style="list-style-type: none"> Unpasteurized juice or cider 	<ul style="list-style-type: none"> Pasteurized juice or cider Unpasteurized juice or cider brought to a rolling boil and boiled for at least 1 minute before drinking
 <p>MILK</p>	<ul style="list-style-type: none"> Unpasteurized (raw) milk, and dairy products made from raw milk 	<ul style="list-style-type: none"> Pasteurized milk, and dairy products made from pasteurized milk
 <p>CHEESE</p>	<ul style="list-style-type: none"> Soft cheese made from unpasteurized (raw) milk—for example, queso fresco, brie, camembert, and blue-veined cheese Unheated cheese sliced at a deli 	<ul style="list-style-type: none"> Hard cheese, such as cheddar and swiss Cottage cheese, cream cheese, string cheese, and feta Pasteurized soft cheeses heated to an internal temperature of 165°F or until steaming hot Deli-sliced cheeses heated to 165°F or until steaming hot
 <p>EGGS</p>	<ul style="list-style-type: none"> Raw or undercooked (runny) eggs, and foods that contain raw or undercooked eggs, such as <ul style="list-style-type: none"> Caesar salad dressing Raw cookie dough or raw batter Homemade eggnog 	<ul style="list-style-type: none"> Eggs cooked until the yolks and whites are firm Egg dishes (frittata, quiche, casserole) cooked to an internal temperature of 165°F if they contain meat or poultry Egg dishes cooked to an internal temperature of 160°F if they do not contain meat or poultry Pasteurized eggs in foods that will not be cooked to a safe temperature, such as mousse and salad dressing
 <p>SEAFOOD</p>	<ul style="list-style-type: none"> Raw or undercooked fish or shellfish, including sashimi, sushi, and ceviche Refrigerated smoked seafood (except in a cooked dish). Refrigerated smoked seafood is usually labeled as "nova-style," "lox," "kippered," "smoked," or "jerky" 	<ul style="list-style-type: none"> Fish cooked to a safe internal temperature of 145°F or until the flesh is opaque and separates easily with a fork Shellfish cooked until shells open during cooking or until flesh is pearly or white, and opaque <ul style="list-style-type: none"> After the shells open, boil live oysters for another 3–5 minutes. Smoked fish in sealed, airtight packages or containers that don't need to be kept refrigerated before opening Smoked fish cooked in a casserole or other cooked dishes Canned fish and seafood
 <p>FLOUR</p>	<ul style="list-style-type: none"> Raw dough or raw batter made with raw (uncooked) flour 	<ul style="list-style-type: none"> Food made with flour that is cooked following the package directions or recipe Dough and batter made with heat-treated flour and pasteurized eggs Dough and batter that is labeled "edible" or "safe to eat raw"



Centers for Disease Control and Prevention
National Center for Emerging and Zoonotic Infectious Diseases

Accessible version: <https://www.cdc.gov/foodsafety/communication/weakened-immune-systems.html>

Word Search Bank

BROAD SPECTRUM

DAIRY

DIABETES

DILATED

GLAUCOMA

IMMUNE

LAYERED

LEAFY GREENS

MIDDAY

PROTECTIVE

SALMON

SEAFOOD

SUNGLASSES

SUNSCREEN

VISION

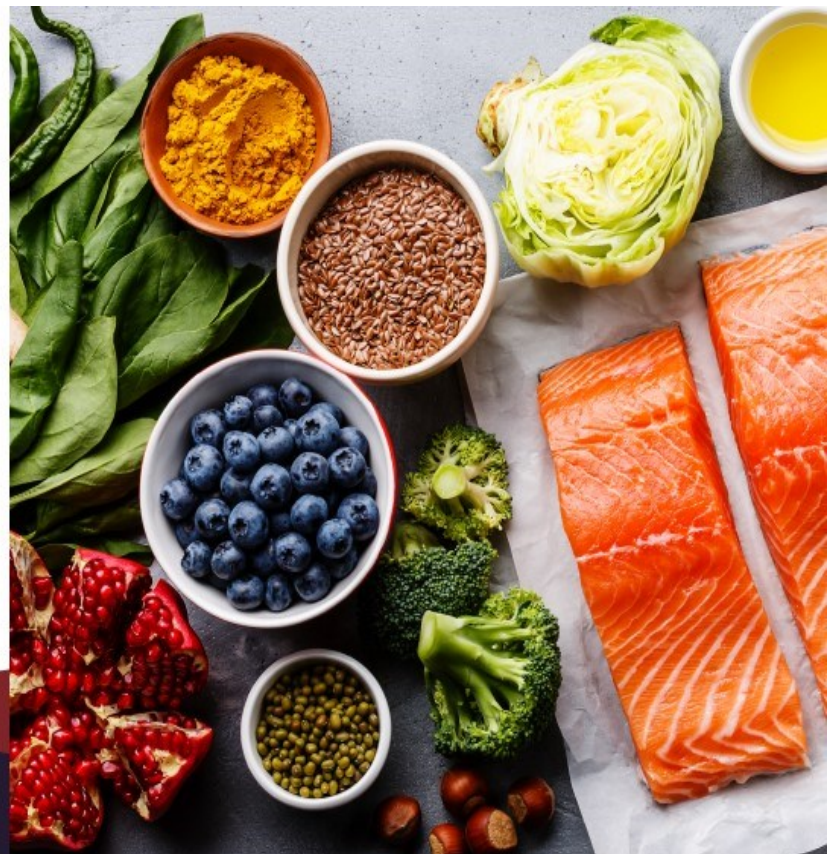
WORD SEARCH

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

Tips for Healthy Eyes



For healthy eyes, eat dark leafy greens (like kale) and fish (like salmon).



Black Bean-Cauliflower “Rice” Bowl

Recipe Courtesy: <https://www.eatingwell.com/recipe/279120/black-bean-cauliflower-rice-bowl/>

Yield: 1 Serving **Serving Size:** 2 1/2 cups

Nutrition Info: 510 Calories, 41g Total Carbohydrates; 14g Dietary Fiber, 7g Total Sugars, 20Gg Protein, 31g Total Fat, 20mg Cholesterol, 677mg Sodium, 771mg Potassium

Ingredients:

- 1 tablespoon olive oil plus 2 teaspoons, divided
- 1 cup frozen cauliflower rice
- 1/8 teaspoon salt
- 2 tablespoons chopped onion
- 2 tablespoons chopped green bell pepper
- 1/2 teaspoon chili powder
- 1/2 teaspoon ground cumin
- 1/4 teaspoon dried oregano
- 2/3 cup no-salt-added canned black beans, rinsed
- 2 tablespoons chopped roasted red pepper
- 1/4 cup water
- 1 tablespoon lime juice
- 1/4 cup shredded reduced-fat cheddar cheese
- 1 medium tomato, chopped
- 1 tablespoon chopped fresh cilantro for garnish

Directions:

1. Heat 1 tablespoon oil in a medium skillet over medium heat. Add cauliflower rice and salt; cook, stirring often, until heated through, 3 –5 minutes. Transfer to a small bowl and keep warm. Wipe out the pan.
2. Heat the remaining 2 teaspoons oil in the pan over medium heat. Add onion, green pepper, chili powder, cumin, & oregano; cook, stirring often, until the vegetables are softened, about 3 minutes. Add beans, roasted red pepper, and water; bring to a simmer. Cook, stirring occasionally, until heated through & thickened, 3—5 minutes. Remove from heat. Stir in lime juice.
3. Arrange the bean mixture with the hot cauliflower rice in a dinner bowl. Top with cheese and tomato. Garnish with cilantro, if desired.

Contact Us

Contact the Division of Aging at

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

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