



PEAS AND CARROTS

Indiana FSSA's Division of Aging

September 2020



World Heart Day September 29, 2020

Cardiovascular disease (CVD) includes several conditions that affect the heart, blood vessels, and the brain. Conditions such as heart disease, heart attack, stroke, heart failure, arrhythmia, and heart valve problems fall under CVD.

Key risk factors for heart disease include high blood pressure, high blood cholesterol, and smoking. Medical conditions such as diabetes, overweight and obesity, unhealthy diet, physical inactivity, and excessive alcohol use can also increase risk of developing heart disease.

Lifestyle changes such as quitting smoking, choosing meal plans that include vegetables, fruits, whole grains, low-fat dairy products, poultry, fish, legumes, and nuts while limiting sweets, red meats, and sugar-sweetened beverages, engaging in physical activity, and maintaining a healthy weight are all ways to minimize heart disease, heart attack, and stroke risks.

Resources: <https://www.cdc.gov/heartdisease/facts.htm> , <https://www.heart.org/en/health-topics/consumer-healthcare/what-is-cardiovascular-disease> , <https://www.heart.org/en/health-topics/heart-attack/life-after-a-heart-attack/lifestyle-changes-for-heart-attack-prevention>

“Health is like money, we never have a true idea of its value until we lose it.”

-Josh Billings

In This Issue

- ◆ World Heart Day
- ◆ Cholesterol
- ◆ Word Search
- ◆ Fat types & characteristics
- ◆ Recipe

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Cholesterol 101

A waxy, fat-like substance made by the liver and found in all cells of your body and used to make Vitamin D, hormones, and other substances in your body. Outside of your body, cholesterol comes from food derived from animal sources.

Too much cholesterol in your blood can build up and combine with other substances to form plaque, which is called atherosclerosis. High cholesterol is a risk factor for coronary heart disease, heart attack, and stroke.

High cholesterol is commonly caused by: unhealthy eating habits which includes eating foods with saturated and trans fats. Saturated and trans fats are typically found in fried and processed foods. High cholesterol is also commonly caused by lack of physical activity and smoking. It can also be caused by genetics.

Factors that can raise your risk of high cholesterol include: Age (cholesterol levels typically rise as you get older), Heredity (high blood cholesterol can found in families), Weight (cholesterol levels can be raised by obesity or being overweight), Race (African Americans typically have higher HDL and LDL levels).

High cholesterol is diagnosed through a blood test that measures your levels. General recommendations are for men ages 45– 65 and women ages 55– 65 to be tested every 1– 2 years. Other factors such as age, risk factors, and family history may cause deviation from the general recommendations.

Terms found on lab work for cholesterol levels include:

HDL– High-density lipoprotein, referred to as the “good” cholesterol. Good because it delivers cholesterol back to your liver from other parts of your body for removal.

LDL– Low-density lipoprotein, referred to as the “bad” cholesterol. Bad because, this type leads to the build up of plaque in arteries.

VLDL– Very low-density lipoprotein. Also contributes to buildup of plaque, mainly carries triglycerides.

Total Cholesterol– Measures the total amount of cholesterol in blood (LDL and HDL)

Triglycerides– a fat that comes from foods that you eat and extra calories that your body does not need right away

	Acceptable Ranges	
Type of Cholesterol	Men age 20 or older	Women age 20 or older
Total Cholesterol	Healthy Level 125—200mg/dL	Healthy Level 125– 200mg/dL
LDL	Less than 100mg/dL	Less than 100mg/dL
HDL	40mg/dL or higher	50 mg/dL or higher

◆ Normal Triglyceride levels are considered below 150mg/dL for both genders.

◆ Resources: <https://medlineplus.gov/cholesterol.html> , <https://medlineplus.gov/triglycerides.html> , <https://medlineplus.gov/cholesterollevelswhatyouneedtoknow.html>

Word Search Bank

ATHEROSCLEROSIS

CANOLA

CARDIOVASCULAR

CHIA

CHOLESTEROL

DIABETES

GENETICS

HEART

MINIMIZE

MONOUNSATURATED

PLAQUE

POLYUNSATURATED

SATURATED

SUNFLOWER

UNSATURATED

WORD SEARCH

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

Fat types and characteristics

Saturated Fats— solid at room temperature, found mostly in animal products. Foods high in these fats include: beef, skin of poultry, pork, hot dogs, bacon, lunch meats, whole milk, butter, fried foods, fast foods, coconut oils

Trans fatty acids— solid fats converted from liquid fats through hydrogenation, used to increase shelf-life, improve texture of foods. Found in processed foods like baked goods, cookies, and crackers

Unsaturated Fats— liquid at room temperature and found mostly in plant-based foods. Two types: monounsaturated and polyunsaturated

- **Monounsaturated Fats**— found in olive oil, canola oil, peanut oils, nut butter, nut oils, most nuts, olives, avocados
- **Polyunsaturated Fats**— found in corn oil, soybean oil, safflower oil, flax oil and seeds, sunflower oil, walnuts, fish

Omega-3—a type of polyunsaturated fat found in cold-water fish (mackerel, salmon, herring, sardines), flaxseeds, chia seeds, walnuts, soybean and canola oils

Resource: <https://my.clevelandclinic.org/health/articles/17155-fats-know-your-fats>

Shredded Kale and Brussels Sprouts Salad

Servings: 6– 1 Cup servings

Per Serving: Calories– 207, Fat– 14g (2g Sat. Fat)

Protein-7g, Carbohydrate– 16 g (Fiber– 4g, 5g Sugars)

Cholesterol –8mg, Sodium-235mg

Ingredients:

- 1 small bunch kale,, stemmed & thinly sliced
- 1/2 lb. fresh brussels sprouts, thinly sliced
- 1/2 Cup pistachios, coarsely chopped
- 1/2 Cup honey mustard salad dressing
- 1/4 Cup shredded Parmesan cheese

Directions:

1. Toss together all ingredients.

Recipe Source: <https://www.tasteofhome.com/recipes/shredded-kale-and-brussels-sprouts-salad/>

Contact Us

Contact the Division of
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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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