

PEAS AND CARROTS

Indiana FSSA's Division of Aging February 2024

**“Health is a state of body.
 Wellness is a state of being.”**

- J. Stanford

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American Heart Month

28 Days Toward a Healthy Heart

Try one of these tips each day for a month, then keep up the momentum and make your favorites part of your regular routine.

#OurHearts
 are healthier together

<p>Day 1 Call a friend and join the #OurHearts movement.</p> 	<p>Day 2 Make a heart-healthy snack.</p> 	<p>Day 3 Schedule your annual physical. Discuss your heart health goals with your doctor.</p> 	<p>Day 4 Sport red today for National Wear Red Day.</p> 	<p>Day 5 Squat it out. Do 1 minute of squats.</p> 	<p>Day 6 Make today a salt-free day. Use herbs for flavor instead of salt.</p> 	<p>Day 7 Visit Smokefree.gov to take the first step to quitting smoking.</p> 
<p>Day 8 Get your blood pressure checked.</p> 	<p>Day 9 Walk an extra 15 minutes today.</p> 	<p>Day 10 Aim for 30 minutes of physical activity today.</p> 	<p>Day 11 Plan your menu for the week with heart-healthy recipes.</p> 	<p>Day 12 Reduce stress using relaxation techniques.</p> 	<p>Day 13 Give the elevator a day off and take the stairs.</p> 	<p>Day 14 Protect your sweetheart's heart: Plan a heart-healthy date.</p> 
<p>Day 15 Swap the sweets for a piece of fruit for dessert.</p> 	<p>Day 16 Stress less. Practice mindful meditation for 10 minutes.</p> 	<p>Day 17 Head to bed with enough time to get a full 7-8 hours of sleep.</p> 	<p>Day 18 Add a stretch break to your calendar to increase your flexibility.</p> 	<p>Day 19 Eat vegetarian for a day.</p> 	<p>Day 20 Share a funny video or joke that makes you laugh.</p> 	<p>Day 21 Dance for 15 minutes to your favorite music.</p> 
<p>Day 22 Call a relative and ask about your family health history.</p> 	<p>Day 23 March in place during commercial breaks to get your heart going.</p> 	<p>Day 24 Get a tape measure and find out the size of your waist.</p> 	<p>Day 25 Ask a family member or neighbor to join you for a walk.</p> 	<p>Day 26 Fill half of your lunch and dinner plates with vegetables.</p> 	<p>Day 27 See how many push-ups you can do in 1 minute.</p> 	<p>Day 28 Pay it forward and tell a friend about The Heart Truth.</p> 

Information Series for Adults

What You Need to Know About Heart Disease and Adult Vaccines

Each year thousands of adults in the United States get sick from diseases that could be prevented by vaccines — some people are hospitalized, and some even die. People with heart disease and those who have suffered stroke are at higher risk for serious problems from certain diseases. **Getting vaccinated is an important step in staying healthy.**



Why Vaccines Are Important for You

Heart disease can make it harder for you to fight off certain diseases or make it more likely that you will have serious complications from certain diseases.

Some vaccine-preventable diseases, like the flu, can increase the risk of another heart attack or stroke.

Immunization provides the best protection against vaccine-preventable diseases.

Vaccines are one of the safest way to protect your health, even if you are taking prescription medications.

Vaccine side effects are usually mild and go away on their own. Severe side effects are very rare.

Getting Vaccinated

You may regularly see a cardiologist, or your primary care provider. Either is a great place to start! If your healthcare professional does not offer the vaccines you need, ask for a referral so you can get the vaccines elsewhere.

Adults can get vaccines at doctors' offices, pharmacies, workplaces, community health clinics, health departments, and other locations. To find a place near you to get a vaccine, go to <http://vaccine.healthmap.org>.

Most health insurance plans cover recommended vaccines. Check with your insurance provider for details and for a list of vaccine providers covered by your plan. If you do not have health insurance, visit www.healthcare.gov to learn more about health insurance options.

For more information on vaccines or to take an adult vaccine quiz to find out which vaccines you might need, visit www.cdc.gov/vaccines/adults.

What vaccines do you need?

Flu vaccine every year to protect against seasonal flu

Pneumococcal vaccines to protect against serious pneumococcal diseases

Tdap vaccine to protect against tetanus, diphtheria, and pertussis (whooping cough)

Zoster vaccine to protect against shingles if you are 50 years or older

There may be other vaccines recommended for you so be sure to talk with your healthcare professional about what is right for you.

DON'T WAIT. VACCINATE!



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

Tips for Eating Out

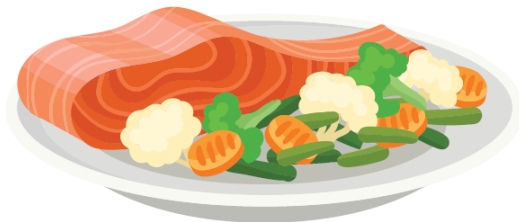
You don't have to give up eating out to eat right. Here are some heart-healthy choices.

Sandwiches

- ♥ Order sandwiches without mayonnaise, tartar sauce, or special sauces. Try mustard or low-fat mayonnaise. Ask for vegetables on your sandwich.
- ♥ Order small, plain hamburgers instead of "deluxe" ones.
- ♥ Order sandwiches made with lean roast beef or turkey. Chicken salad and tuna salad made with regular mayonnaise are high in fat.
- ♥ Choose grilled instead of breaded chicken or fish sandwiches.

Main dishes

- ♥ Go for rotisserie-style chicken rather than fried. Always remove the skin.
- ♥ Order pizza with vegetable toppings, such as peppers, mushrooms, or onions. Ask for half the usual amount of cheese.
- ♥ Choose grilled, steamed, or baked fish instead of deep-fried.
- ♥ Leave off all butter, gravy, and sauces.



Side dishes

- ♥ Ask for any high-fat toppings, including salad dressing, on the side. Use less than the amount they give you.
- ♥ Ask the server not to add salt to your serving.
- ♥ Order a baked potato instead of fries.
 - ▶ Try salsa or vegetables as a potato topping.
 - ▶ If you really want fries, order the small size to share instead of having a large order by yourself.
- ♥ Use low-calorie, low-fat salad dressing. Bring your own if the restaurant doesn't offer a low-fat dressing. You can buy small packets at some stores.
- ♥ Try to create a balanced meal by making half your meal vegetables, one-quarter a whole grain, and one-quarter a protein.
- ♥ Ask for low-fat cheese and low-fat sour cream.

Beverages

- ♥ Choose water, 100 percent fruit juice, unsweetened iced tea, or fat-free or low-fat (1 percent) milk rather than a soft drink or a milkshake.
- ♥ If you really want to have a soft drink, order a small one.

Desserts

- ♥ Buy a small fat-free frozen yogurt, low-fat ice cream, or sherbet instead of cakes or pies.



Use Herbs and Spices Instead of Salt



Eating less salt and sodium can help protect your heart. Try these herbs and spices instead of salt to season your food. Start with small amounts to see if you like them.

Allspice: for meats, fish, poultry, soups, stews, and desserts

Anise: for breads, snacks, soups, stews, vegetables, meats, and poultry

Annatto Seeds: for vegetables, meats, poultry, and rice

Basil: for soups, salads, vegetables, fish, and meats

Bay Leaf: for soups, stews, meats, poultry, seafood, and sauces

Cayenne Pepper: for meats, poultry, stews, and sauces

Celery Seed: for fish, salads, dressings, and vegetables

Chili Powder/Chile Pequeño: for meats, poultry, vegetables, fish, and stews

Cilantro: for meats, sauces, stews, and rice

Cinnamon: for salads, vegetables, breads, and snacks

Clove: for soups, salads, and vegetables.

Cumin: for meats and poultry

Curry Powder: for meats, shellfish, and vegetables

Dill Weed and Dill Seed: for fish, soups, salads, and vegetables

Garlic: for soups, stews, salads, vegetables, meats, poultry, seafood, and sauces

Garlic Powder: for meats, poultry, fish, vegetables, salads, soups, and stews

Ginger: for soups, salads, vegetables, and meats

Lemongrass: for soups, stews, meats, poultry, seafood, and sauces

Marjoram: for soups, salads, vegetables, beef, fish, and poultry

Nutmeg: for vegetables and meats

Onion Powder/Green Onion: for meats, poultry, soups, and salads

Oregano: for soups, salads, vegetables, meats, and poultry

Paprika: for meats, fish, poultry, and vegetables

Parsley: for salads, vegetables, fish, and meats

Rosemary: for salads, vegetables, fish, and meats

Saffron: for breads, snacks, soups, stews, poultry, seafood, sauces, and rice

Sage: for soups, salads, vegetables, meats, and poultry

Tamarind: for soups, poultry, sauces, and rice

Thyme: for salads, vegetables, fish, and poultry

Vinegar: for soups, salads, vegetables, meats, and poultry

Find more tips to help you reduce salt and sodium see www.nhlbi.nih.gov/resources/tips-reduce-salt-sodium.



WORD SEARCH BANK

ALLSPICE

ANISE

CILANTRO

CINNAMON

GARLIC

LEMONGRASS

NUTMEG

OREGANO

PAPRIKA

PARSLEY

ROSEMARY

SAFFRON

THYME

VINEGAR

WORD SEARCH

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

Peanut Butter & Berries Waffle Sandwich

Recipe Courtesy: <https://www.eatingwell.com/recipe/8008397/peanut-butter-berries-waffle-sandwich/>

Servings: 1

Nutrition Info: 209 Calories; 24g Total Carbohydrates; 4g Dietary Fiber; 8g Total Sugars; 5g Added Sugars; 6g Protein; 11g Total Fat; 2g Saturated Fat; 3mg Cholesterol; 223mg Sodium; 150 mg Calcium; 2mg Iron; 5mg Magnesium; 84mg Potassium

Ingredients:

1 whole-wheat freezer waffle, toasted
1 tablespoon crunchy natural peanut butter
1/4 cup fresh or frozen mixed berries (for example raspberries, strawberries, blackberries, blueberries)
1/2 teaspoon honey

Directions:

Step 1: Slice waffle in half down the center. Spread peanut butter over one half.

Step 2: Place berries in a small bowl & mash with the back of a fork. Spread on top of the peanut butter layer and drizzle with honey. Top with the remaining waffle half.

Contact Us

Contact the Division of Aging at 1-888-673-0002

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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