



PEAS AND CARROTS

Indiana FSSA's Division of Aging

December 2020



4 Healthy Swaps for traditional holiday dishes

As you set the table, consider these substitutions for some traditional dishes. Making these substitutions can result in decreased calories, decreased added sugar, and an increase in certain nutrients or a combination of all of the above.

Baked Ham Swap

Try swapping out your traditional ham with a leaner cut of pork such as **pork tenderloin**. A 3 oz. cooked serving of pork tenderloin when roasted delivers only 122 calories, 22.2 g Protein, 48.4 g Sodium, and 3 g of Fat, making it a lower calorie, less fat and sodium, and more protein option than a boneless ham at your local retail shop.^{1,2}

Mashed Potatoes Swap

Decrease calories and carbohydrates by using **cauliflower or rutabagas** instead of white potatoes.

Green Bean Casserole Swap

Instead of a casserole which is loaded with fat and sodium from creamed soups and the french fried onions opt for **steaming fresh green beans** and adding fresh herbs for seasoning.

Jellied Cranberry Sauce

Your typical store bought canned jellied cranberry sauce is loaded with sugar, try making a **chutney** with fresh and dried fruits which results in less calories and sugar per serving. Head here for a recipe: <http://www.eatingwell.com/recipe/249892/fresh-fruit-chutney/#nutrition>

Sources: ¹<https://fdc.nal.usda.gov/fdc-app.html#/food-details/168250/nutrients>

²<http://www.nutritionix.com/honeybaked-ham/menu/premium>

“You are what you eat.
What would YOU like to be?”

-Julie Murphy, Nutrition Across A Lifetime

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Vitamin D

“The Sunshine Vitamin”

The ending of daylight saving time and the coming of winter translates to less opportunity to spend outside and receive sunshine that our bodies use to help make Vitamin D when exposed to the ultraviolet rays. Vitamin D is available in some foods and can be obtained from dietary supplements.

Vitamin D helps with calcium absorption along with helping to maintain calcium and phosphate levels which are important for bone mineralization, bone growth and remodeling, and the prevention of muscle cramps and spasms. Vitamin D is also important for the immune system in the fight against bacteria and viruses. Vitamin D when paired with calcium aids in the protection of osteoporosis in older adults.

Osteoporosis happens when there is too much bone loss or too little bone made, or a combination of both resulting in weak bones and an increase risk of fractures if one falls.

Too much Vitamin D in the blood can also be a problem and result in negative health conditions. The Institute of Medicine, Dietary Reference Intakes recommendations for Vitamin D are 15 mcg per day for females and males ages 51-70 and 20 mcg per day for females and males older than 70 years of age. As always, it is wise to talk to your health care professional about your Vitamin D levels and any concerns that you may have.

Food Sources and the amount of Vitamin D per standard portion size include:

3 oz. Portion

Sockeye Salmon (17.9 mcg)
Rainbow Trout(16.2 mcg)
Pink Salmon (12.3 mcg)

1 C Serving

Fortified Whole Milk (3.2 mcg)
Fortified 1% & 2% Milk (2.9mcg)
Fortified Orange Juice (2.5 mcg)

1/2 C Serving

Portabella Mushrooms (7.9 mcg)

Sources: <https://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/>
https://www.dietaryguidelines.gov/sites/default/files/2019-05/2015-2020_Dietary_Guidelines.pdf
<https://www.ncbi.nlm.nih.gov/books/NBK56068/table/summarytables.t2/?report=objectonly>
<https://ods.od.nih.gov/factsheets/VitaminD-Consumer/>

Word Search Bank

ABSORPTION

BARTLETT

CAULIFLOWER

CHUTNEY

COMICE

DAYLIGHT

FORTIFIED

MINERALIZATION

NUTRIENTS

OSTEOPOROSIS

STARKRIMSON

SUBSTITUTE

SUNSHINE

TENDERLOIN

TRADITIONAL

WORD SEARCH

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



Pictured:
Red Anjou

Produce Spotlight

Pears

December is National Pear Month. There are approximately 10 different USA varieties of pears: Green Anjou, Red Anjou, Bartlett, Red Bartlett, Bosc, Comice, Concorde, Forelle, Seckel, & Starkrimson. When purchasing pears, look for pears that are firm with no bruising. To check for ripeness, lightly press near the stem— if it is soft, then it should be ripe.

Nutritional Profile for 1 medium pear: Calories-103 calories; Total Carbohydrates 27.4g (Fiber 5.58 g, Sugar 17.6g); Protein 0.648g; Calcium 16.2mg; Potassium 209mg; Vitamin C 7.74 mg

Edible portions: Can be eaten whole minus the stem, core, and seeds or cut up into pieces.

Flavor Profile: Described as having a mild flavor while being juicy and sweet. When ripe, soft with a grainy texture feel.

Sources: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/1102682/nutrients>
<https://usapears.org/pear-varieties/>
<https://eatfresh.org/discover-foods/pears>

Baked Pears with Maple Yogurt & Granola

Serves: 2; **Serving Size:** 1 1/3 cups

Nutrition Information: Total Calories-331 cal, Total Fat- 7 g, Saturated Fat- 2 g, Carbohydrates- 62 g, Protein- 9 g, Fiber- 4.5 g, Sodium- 115 mg

Ingredients:

1 firm Pear, Bartlett or Anjou	8 ounces Plain Greek Yogurt
1/4 cup Apple juice	2 Tablespoons Maple Syrup
1/4 cup Water	1/4 cup Granola
1/2 Tablespoon Honey	1 Tablespoon Walnuts, chopped

Directions:

1. Preheat the oven to 375°F.
2. Cut the pears in half lengthwise, and remove cores with a spoon. Place in an 8x8-inch baking pan, cut-sides down.
3. Pour apple juice and water over pears, and drizzle with honey. Cover pan loosely with foil and bake about 35 minutes or until tender.
4. When pears are done, pour the leftover baking liquid into a small saucepan and reduce over medium heat until about 1/8 - 1/4 cup of syrup remains; set aside to cool.
5. Open container of Greek yogurt and stir in the maple syrup. Divide yogurt into two bowls. Place a half of the warm pear in each bowl, cut side up. Top with granola and walnuts, and drizzle with syrup you set aside.

Recipe can be found at: <https://eatfresh.org/recipe/breakfast/baked-pears-maple-yogurt-granola#.X6lrwWhKjIU>

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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