



PEAS AND CARROTS

Indiana FSSA's Division of Aging February 2023

American Heart Month

Know the heart attack warning signs.



Your chest may hurt or feel squeezed, or it may feel like heartburn or indigestion.



You may feel light-headed or break out in a cold sweat.



Your arms, back, shoulders, neck, jaw, or upper stomach (above the belly button) may hurt.



You may feel sick to your stomach.



You may feel like you can't breathe.



You may feel really, really tired.

Quick Action Can Save Your Life:

Call 9-1-1

If you think you might be having a heart attack, **call 9-1-1 immediately.** Don't ignore your pain or discomfort. Every minute matters when it comes to getting treatment for heart attacks.

Never delay calling 9-1-1 to take aspirin or do anything else you think might help.

Do not drive yourself to the hospital. The ambulance is the best and safest way to get there. Emergency medical services workers will start lifesaving treatments right away.

Important Information

Fill out this information and keep this card with your ID.

It will help emergency medical staff treat you after you call 9-1-1.

Medicines you are taking:

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.....
.....

Medicines you are allergic to:

.....
.....
.....

Healthcare Provider

Name:

Office phone:

After hours phone:

Person You Would Like Contacted if You Go to the Hospital

Name:

Phone:

For more information on heart health go to hearttruth.gov.



Heart Attack Wallet Card
Know the warning signs



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
National Institutes of Health
National Heart, Lung, and Blood Institute
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Start simple
with MyPlate



Healthy Eating for Older Adults

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Make eating a social event

Enjoy meals with friends or family members as often as possible. Take advantage of technology to enjoy meals virtually with loved ones in different cities or States.



Drink plenty of liquids

You may not always feel thirsty when your body needs fluids, and that's why it's important to drink beverages throughout the day. Enjoy coffee and tea if you like, or some water, milk, or 100% juice.



Add a touch of spice

Limiting salt is important as you get older. Fresh and dried herbs and spices, such as basil, oregano, and parsley, add flavor without the salt.



Make the most of your food choices

Older adults need plenty of nutrients but fewer calories, so it's important to make every bite count. Foods that are full of vitamins and minerals are the best way to get what you need.



Be mindful of your nutrient needs

You may not be getting enough nutrients such as calcium, vitamin D, potassium, dietary fiber, vitamin B12, and also protein. Read the [Nutrition Facts label](#) on packaged foods and also speak with your healthcare provider about possible supplements.



Keep food safe

Discard food if it has an "off" odor, flavor, or texture. Refer to the "use by" dates for a guide to freshness. Canned or frozen foods store well if shopping trips are difficult.

Heart-Healthy Eating Plan

What you eat makes a difference to your heart. A heart-healthy eating plan emphasizes vegetables, fruits, and whole grains, includes fat-free or low-fat dairy products, and limits foods high in saturated fat and sugar-sweetened beverages and sweets. Use the guide below to determine how much you should eat from each food group.*

Food Group

Heart-Healthy Options

 <p>Whole Grains Bread, cereal, starchy vegetables, rice, and pasta (6 ounces for women and 8 ounces for men)</p>	<ul style="list-style-type: none">♥ Whole grain versions of sliced bread, sandwich buns, dinner rolls, pita, English muffins, bagels♥ Unsalted, low-fat crackers (such as graham crackers), pretzels, and popcorn♥ Cooked hot cereals (not instant) and whole grain cold cereals♥ Rice and pasta (such as whole grain noodles, spaghetti, and macaroni)
 <p>Vegetables (without added fat) (2½ cups)</p>	<ul style="list-style-type: none">♥ Fresh, frozen, or no-salt-added canned vegetables (such as green beans, string beans, carrots, cabbage, tomatoes, squash, broccoli, and okra)
 <p>Fruits (2 cups)</p>	<ul style="list-style-type: none">♥ Fresh, frozen, canned (in fruit juice rather than syrup), or dried fruits
 <p>Fat-free or low-fat milk and milk products Milk, yogurt, and cheese (3 cups)</p>	<ul style="list-style-type: none">♥ Fat-free or low-fat (1 percent) milk♥ Fat-free or low-fat yogurt♥ Cheeses lower in fat and sodium
 <p>Protein Meat, poultry, fish, eggs, nuts, seeds, and legumes (5½ ounces)</p>	<ul style="list-style-type: none">♥ Chicken or turkey without the skin♥ Fish♥ Lean cuts of beef, such as round, sirloin, chuck, loin, and extra-lean ground beef♥ Lean cuts of pork, such as the leg, shoulder, tenderloin, and lean ham♥ Eggs♥ Cooked dry beans and peas (such as field peas, crowder peas, black-eyed peas)♥ Frozen butter beans and lima beans♥ Nuts and seeds
 <p>Fats and oils (less than 22 grams of saturated fat)</p>	<ul style="list-style-type: none">♥ Soft tub margarine♥ Oils (canola, corn, safflower, olive, peanut, or sesame)
 <p>Sweets and added sugars Limit sugar and other sweeteners. Ask your healthcare provider about how much sugar or other sweetener is okay for you.</p>	<ul style="list-style-type: none">♥ Frozen desserts (such as frozen juice pops, low-fat frozen yogurt, or low-fat ice cream)♥ Low-fat cake and cookies (such as angel food cake, fig bar cookies, ginger snaps, animal crackers, vanilla wafers, and graham crackers)

*Serving sizes depend on how many calories you need, which is based on your age, gender, and physical activity.



National Heart, Lung, and Blood Institute



hearttruth.gov

Source: National Heart, Lung, and Blood Institute; National Institutes of Health; U.S. Department of Health and Human Services.

Word Search Bank

ALTERNATIVE

CALORIES

DISCOMFORT

HEARTBURN

IMMEDIATELY

INDIGESTION

LEGUMES

LOWFAT

MINERALS

PROTEIN

SWEETENERS

TECHNOLOGY

TREATMENT

VEGETABLES

VITAMINS

WORD SEARCH

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

“Cheerfulness is the best promoter of health and is as friendly to the mind as to the body.”

-Joseph Addison

Savory Brown Rice

Recipe Courtesy: <https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=1&cId=8&rId=57>

Servings: 4

Serving Size: 1 Cup Rice

Nutrition Information: 246 calories; 5g Total fat; 1g Saturated fat; 2mg Cholesterol; 221 mg Sodium; 4g Total fiber, 7g Protein, 43g Carbohydrates; 314mg Potassium

Ingredients:

1 Tbsp olive oil
1 Cup onion, chopped
1 Cup Portobella mushrooms, rinsed, halved, then thinly sliced
1/2 Cup celery, rinsed and finely diced
2 Cups low sodium chicken broth
1 Cup Instant brown rice, uncooked
1/4 Cup dried parsley
1/4 tsp salt
Ground black pepper to taste

Directions:

1. In a 4-quart saucepan, warm olive oil over medium heat. Add onion, mushrooms, & celery. Cook & stir for 5-7 minutes, until all vegetables are soft, but not brown.
2. Stir in chicken broth, brown rice, parsley, salt, & pepper. Cover. Bring to a boil over high heat.
3. Reduce heat to medium. Cook according to brown rice package directions, about 5– 10 minutes. Drain off any excess liquid. Fluff

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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