

# PEAS AND CARROTS

Indiana FSSA's Division of Aging

March 2020

## National Nutrition Month<sup>®</sup>

The Academy of Nutrition and Dietetics celebrates in the month of March with an emphasis on the “importance of making informed food choices and developing sound eating and physical activity habits”.

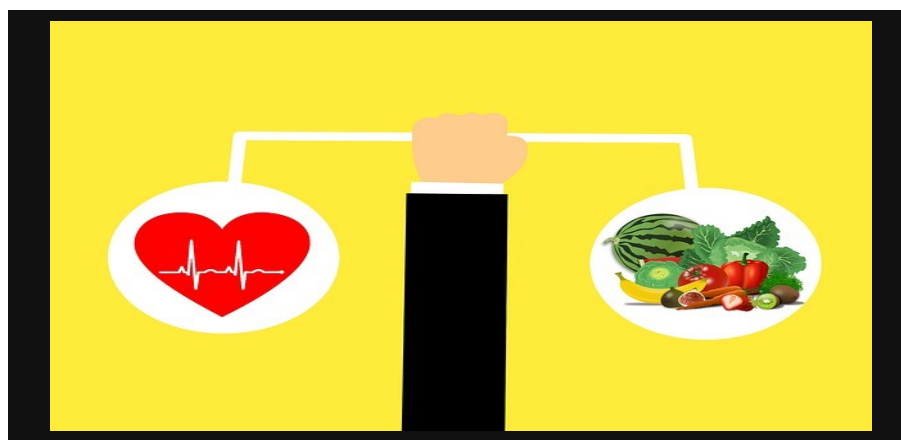
This year's theme is “**Eat Right Bite by Bite**”

Nutrition Awareness will be celebrated at area congregate sites **March 16th– March 20th**. A special menu and fun activities are planned in celebration.

Contact your local Area Agency on Aging for more information. If you are not sure how to contact them, start by visiting the INConnect website at <https://www.in.gov/fssa/inconnectalliance/>

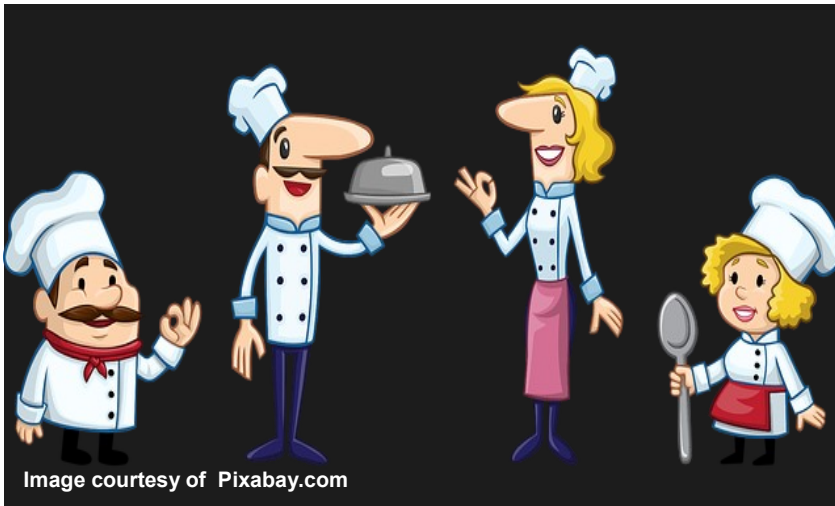
*“To change our eating habits, we must learn to eat mindfully, being more aware of chewing and tasting what we eat so that the brain can register the incoming nutrients.”*

*- John M. Poothullil*



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## How to be Menu-savvy when eating out

Eating out with family and friends should be a relaxing and fun social experience. Restaurants have a wide variety of dishes to choose from. Unfortunately, most dishes are prepared in such way that can increase your sugar, sodium, and saturated fat intakes. In addition, the portion sizes may be too large for recommendations, which result in increasing your caloric intake.

Below are some helpful tips to help you make better choices when eating out.

1. If time allows, look at the restaurant's menu before arriving so that you are prepared before you get to the restaurant.
2. Choose your beverage wisely by ordering items such as water or unsweetened tea. By choosing unsweetened tea, you can control how much sugar is added to your drink.
3. Look for key words in the description of the menu items. Words like crispy, crunchy, or battered tend to indicate that the item is fried. Words like sticky, glazed, or Teriyaki tend to indicate there is sugar. Opt for menu items that have the words steamed, grilled, baked, or roasted.
4. Choose a salad as your starter and order the dressing on the side.
5. Ask for substitutions, just because the side dish is French fries, it does not mean you can not request a vegetable instead.
6. And lastly, pay attention to portion size— Perhaps when your meal arrives, ask for a to-go container and divide your meal— (Bonus! It is lunch for the next day)

## Hydrating Healthfully

Staying hydrated and getting enough fluids is important as we age. Older Adults have an increased chance of experiencing dehydration due to reasons such as the process of aging, certain medications, and decreased sensitivity to being thirsty.

Some signs and symptoms of dehydration may include:

Dry mouth, dizziness, muscle cramps, dark-colored urine, headaches, or confusion.

Some tips for increasing fluid intake include:

- keeping a pitcher of water in the refrigerator for easy access or if room temperature is desired, a pitcher and a cup on a table that is close by.
- Making popsicles from fruit juice or a mix of 1/2 fruit juice and 1/2 water.
- Considering other sources of fluids besides water, such as tea, fruit juice, broths, smoothies, or food with a high water content (think cucumbers, lettuce, celery, tomatoes, squash, bell peppers, watermelon, peaches, & pineapples).

Source of data: <https://dailycaring.com/dehydration-in-elderly-is-dangerous/>

<https://dailycaring.com/6-ideas-to-get-seniors-to-drink-more-water/>

## Word Search Bank

AWARENESS

BATTERED

CENSUS

CHOICES

CONFUSION

CONGREGATE

GRILLED

HYDRATE

INFORMED

MINDFUL

PORTION

RELAXING

STEAMED

UNSWEETENED

WATER

## WORD SEARCH

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

### What's For Dinner ?

Tired of the same old dishes? Interested in trying new flavors or new foods? Below are some dishes, foods, and spices used in different cuisines.

#### Asian

Dish– Stir fry

Spices & foods- garlic, coriander, ginger, soy sauce, sesame oil, rice vinegar, rice, tofu, seafood, chicken, fish, noodles

#### Mexican

Dish or dishes- Burritos, fajitas, tacos, enchiladas

Spices & foods- cumin, chili powder, onion powder, garlic, cilantro, limes, avocado, tomatoes, onions, black beans

#### Thai

Dish– Pad Thai

Spices & Foods– garlic, turmeric, cardamom, basil, coconut milk, peanuts, noodles

#### Italian

Dish- Pasta

Spices & foods- garlic, basil, oregano, parsley, rosemary, tomatoes, olives, lemon, mushrooms

#### Mediterranean

Dish– Roasted chicken, fish, vegetables

Spices & foods– basil, parsley, rosemary, oregano, lemon, rice, tomatoes, peppers, lentils

## CENSUS 2020

Programs that older adults use that rely on an accurate count of older adults include: Medicaid, SNAP, Section 8 Housing, home delivered meals, Medicare Part B health insurance, & senior citizen centers to name a few.

**March 12– 20th**> Official Census Bureau mail will be delivered to households. Information will be included on how to respond. Responses may be made online, by phone, or by mail.

**April**> Census takers will conduct quality check interviews at some homes.

**May– July**> Census takers will visit homes that have not responded to help make sure everyone is counted.

Census takers should have: valid ID badges with their photo, a U.S. Dept. of Commerce watermark, & an expiration date. They may also carry a bag or other equipment with the Census Bureau logo. Census takers **will not** ask for your social security number, money, donations, or bank and credit card numbers. If you are in doubt call the Regional Census Center located in Chicago at 312-579-1500.

Indiana Family and Social Services Administration is participating in the state's Complete Count Committee. To find out more visit: <http://www.census.indiana.edu/why.html>

## 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](http://www.in.gov/fssa/2329.htm)

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PLACE  
STAMP  
HERE