

Peas and Carrots



Winter Edition M1--PY09

Ten Tips for Greater Energy

- 1. Nurse a coffee throughout the day.** Research from many institutions, including Harvard Medical School, finds that frequent low doses of caffeine, such as the amount in a quarter cup of coffee, were more effective than a few larger doses of caffeine in keeping people alert.
 - 2. Lighten your glycemic load.** Foods with a low glycemic load, such as beans, bran cereal, brown rice, whole wheat bread and nuts, have less impact on your blood sugar than foods with a high glycemic load, like white rice, spaghetti, potatoes, and sugary juices and drinks. Eating more foods with a low glycemic load will help keep your blood sugar steady and avoid the lightheadedness associated with a drop in blood sugar.
 - 3. If you have dried rosemary in your kitchen, crush a small handful and take a whiff or two.** The herb's intense woody fragrance is known to herbalists as an invigorating stimulant.
 - 4. Once a day, go for a 10-minute "thank you" walk.** As you walk, focus your thoughts on what you feel most thankful for and make a mental note of how you feel. This simple yet powerful exercise energizes the mind and body while at the same time building mental and physical muscle.
 - 5. When you find yourself thinking a negative thought, picture a stop sign.** Then either push the thought out of your mind or replace it with a positive one. Dr. Kathleen Wilson, author of *When You Think You Are Falling Apart*, says, "Negative feelings take a lot of mental energy...stop blaming yourself for past events that you cannot change and know that you deserve the same level of consideration and mercy as others."
 - 6. Drink two glasses of icy water.** Fatigue is often one of the first symptoms of dehydration and the coldness will be refreshing.
 - 7. Soak a washcloth in icy water and place it over your face.** The icy coolness of the washcloth will quickly rejuvenate your facial muscles and eyes.
 - 8. Get enough iron.** Iron-deficiency anemia is a common cause of fatigue. Iron is essential for producing hemoglobin, which carries oxygen to your body's cells where it is used to produce energy. Good food sources of iron are red meat, iron-fortified cereal, green leafy vegetables, and dried beans.
 - 9. When someone asks you to do something, say, "Let me check my schedule and I'll get back to you."** This gives you time to think about the request and decide if it is something you genuinely want to do or merely an energy-sucking waste of time.
 - 10. Have your thyroid checked.** If it's not producing enough thyroid hormone, it could be making you feel tired and run down. A simple blood test will tell.
- Source: Reader's Digest and All Recipes

"Goodness is the only investment that never fails."

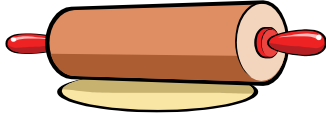
— Henry David Thoreau



"People helping people help themselves"

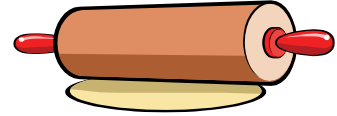


"Peas & Carrots" is created and developed by the
Indiana Family & Social Services Administration, Division of Aging



Easy As Tortilla Pie

Serves: 4
Prep Time: 15 Minutes
Cook Time: 10 Minutes

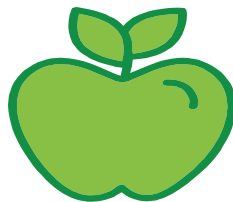
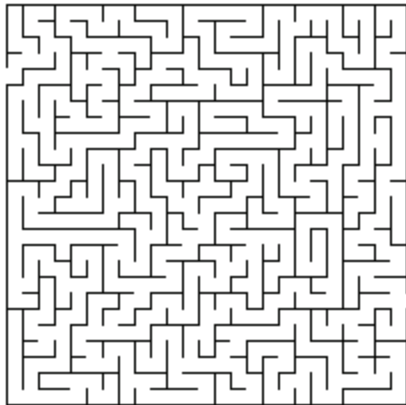


1 cup frozen corn kernels
2 green onions, thinly sliced
1 teaspoon ground cumin
1 1/2 cups salsa

1 can (15 to 19 oz) black beans, rinsed and drained
4 burrito-sized tortillas, 96% fat free
1 package (8 oz) 2% shredded Mexican cheese blend
2 Tablespoons chopped fresh cilantro leaves

- 1) Preheat oven to 450 degrees. Spray large cookie sheet with cooking spray.
- 2) Spray 12-inch nonstick skillet with cooking spray; place over medium heat. Add frozen corn, green onions and cumin; cook three minutes or until corn thaws. Remove skillet from heat; stir in salsa and beans.
- 3) Place one tortilla on cookie sheets; top with one cup bean mixture and 1/2 cup cheese. Repeat, starting with tortilla to make two more layers. Top with remaining tortilla and cheese.
- 4) Bake pie 10 minutes or until heated through. Carefully transfer pie to cutting board; sprinkle with chopped cilantro. With sharp knife, cut into wedges to serve.

Source: Good Housekeeping



Savvy Snacking

Hungry for a nutritious snack but don't know where to begin? You may enjoy some of the following snack ideas, which may be low in fat, calories, or sugar and come from the American Dietetic Association.

- * Whole wheat crackers with peanut butter
- * Microwaved low-fat popcorn
- * Trail mix made with breakfast cereal, raisins, and pretzels
- * Light yogurt with low-fat granola
- * Half of a whole wheat bagel with fruit preserves
- * Berry smoothies
- * Chopped veggies with light salad dressing for dipping
- * Mixed nuts combined with dried fruit
- * Fruit juice (check the label to make sure the product is 100% juice)
- * Apple slices with cheese cubes

Source: AllRecipes

