

# Peas and Carrots

Summer Edition M6--PY09



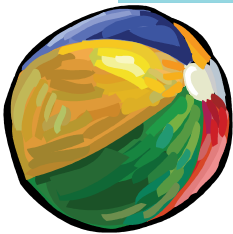
## Cholesterol: Good *and* Bad?

Cholesterol is a soft, fat-like, waxy substance found in your bloodstream and all your body's cells. It is normal to have cholesterol and is an important part of a healthy body. However, too much cholesterol in the blood is a major risk for heart attack and stroke.

Cholesterol comes from your body and the food you eat. Your liver and other cells in your body make about 75% of blood cholesterol and the remaining 25% comes from the foods you eat. The two types of cholesterol are LDL and HDL. LDL is the "bad" type of cholesterol and when too much of it circulates in your blood, it can clog arteries, increasing your risk of heart attack and stroke. On the other hand, HDL is known as the "good" type of cholesterol. High levels of HDL appear to actually protect against heart attack. Medical experts think HDL tends to carry cholesterol away from the arteries and back to the liver, where it is passed from the body.

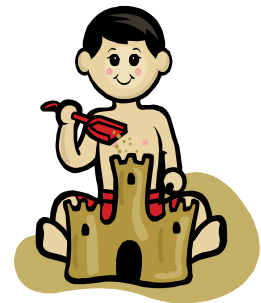
While there are some genetic factors that impact your cholesterol level, you can make changes to your diet, get regular physical activity and avoid tobacco smoke to improve your cholesterol level. Sometimes prescription medication is needed to control cholesterol levels if lifestyle changes alone are not enough to reach a healthy level. You should talk with your doctor if you are concerned about your cholesterol level.

Source: American Heart Association



Can you match the Indiana State Park with its description?

- |                                 |                            |
|---------------------------------|----------------------------|
| 1. Falls of the Ohio State Park | 5. Spring Mill State Park  |
| 2. Brown County State Park      | 6. Clifty Falls State Park |
| 3. McCormick's Creek State Park | 7. Mounds State Park       |
| 4. Turkey Run State Park        | 8. Pokagon State Park      |



- A. East of Anderson, contains the state's largest Native American earthworks.
- B. Near Madison, home of 400-million-year-old fossil beds.
- C. Southeastern Indiana, areas of the park have beautiful views of the Ohio River and Kentucky shoreline.
- D. Northwest of Bloomington and the first state park established in Indiana.
- E. Angola, popular center for winter sports.
- F. West Central Indiana, known for its rugged sandstone canyons and winding streams.
- G. East of Bloomington and the state's largest park. Very popular with tourists and landscape painters.
- H. Mitchell, home of some of the state's largest tulip trees and white oaks. Site of restored frontier village.

Answers on the next page.



*"People helping people help themselves"*

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

## Superfood of the Month: Milk

Milk is a great source of blood pressure-lowering calcium, magnesium and potassium. Research says that calcium and other minerals in milk help lower blood pressure by keeping arteries flexible and helping your kidneys flush sodium out of your body. Drinking milk could cut your risk of insulin resistance, a heart disease risk factor, by 71% and help you lose weight.

Here are some ideas to increase your milk consumption.

- \* Cook hot cereal and low-sodium soups with milk instead of water.
- \* At your favorite coffee shop, get your drink with skim milk instead of cream.
- \* Use fat-free evaporated milk instead of regular milk in baked goods, soups and sauces. A cup contains 742 milligrams of calcium, which is more than double the amount in low-fat milk.

Source: AllRecipes



“Beginning is easy —  
Continuing is hard.”  
- Japanese Proverb



### Chicken Pasta Salad

4 Tablespoons olive oil  
2 cloves garlic, thinly sliced  
8 basil leaves, torn into small pieces  
2 tomatoes, cored, seeded and cut into 1/2 inch cubes (3 cups)  
1/4 cup chopped red onion  
1/2 pound penne or other whole grain pasta  
1 large head broccoli, cut into florets  
1 cup frozen peas  
2 cups shredded cooked chicken breast  
4 cups bite-sized pieces spinach  
Salt and pepper to taste



1. Combine 3 tablespoons olive oil, garlic and basil in a large bowl. Add the tomatoes and onion and stir. Set aside to marinate.
2. Bring a large pot of water to boil. Add the penne and cook according to package instructions; 3 minutes before pasta is done, add the broccoli. A minute later, add the peas. When the pasta is done, drain the pasta and vegetables in a colander.
3. Add pasta and vegetables to bowl with tomatoes. Add chicken and spinach and season with salt and pepper. Toss gently. Transfer to serving bowl, drizzle with remaining tablespoon oil and serve. Serves 4.

Source: Indianapolis Star