

PEAS AND CARROTS



Division of Aging



Indiana FSSA's Division of Aging

June 2024

“Success is the sum of small efforts, repeated day in and day out”

- Robert Collier



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What To Know About High Blood Pressure as You Age

Points to remember:



The chance of having high blood pressure increases as you age.



Most people with high blood pressure don't have signs or symptoms.



Serious health problems can develop if high blood pressure is left untreated.

What you can do:



Get your blood pressure checked frequently.



Eat a healthy diet and exercise regularly.



Ask your doctor if you need medication to manage your blood pressure.

Learn more about high blood pressure and older adults at www.nia.nih.gov/high-blood-pressure.



Start simple
with MyPlate



Vary Your Vegetables

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 vegetables to eat, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Start your day with vegetables

Add leftover cooked vegetables to your omelet or breakfast wrap. Or, add spinach to a morning smoothie and enjoy a burst of flavor and nutrition!



Add variety to salads

Make your salad pop with color and flavor by including corn kernels, radish slices, or diced red onions. Include seasonal vegetables for variety throughout the year.



Try a stir-fry

Stir-fry vegetables like carrots, shredded cabbage, greens, and low-sodium jarred mushrooms for a quick meal. Add some tofu as a protein source.



Spruce up your sandwich

Add spinach or some thinly sliced sweet onions to your favorite sandwich or wrap for extra flavor and a little crunch.



Go for a dip or a dunk

Enjoy baked potato wedges, cucumber slices, or cauliflower pieces with a homemade Italian dressing or dunked into a low-fat dip or hummus.



Take vegetables on the go

Carry along some crunchy carrot, celery, or jicama sticks. A small container of cherry tomatoes or sugar snap peas also makes an easy snack.

Building a Balanced Smoothie

Smoothies are a delicious, fast, and nutritious meal or snack – when made correctly. It is important to remember that meals, whether served on a plate or in a glass, should be nutritionally balanced. So, while an all-fruit smoothie may make your taste buds happy, the lack of protein and fat will leave your body unsatisfied.

Luckily making a nutritionally balanced smoothie is simple – just follow these five steps. Amounts below will make 2 servings:

1. Choose a Base (1/2 cup):

Low fat milk, almond milk, brewed tea, coconut water, coconut milk, rice beverage, soymilk, water, or 100% fruit juice

2. Choose a Fruit (fresh or frozen) (1 cup):

Apple, banana, blackberries, blueberries, cherries, grapes, kiwi, mango, melon, oranges, papaya, peach, pear, pineapple, raspberries, or strawberries

3. Choose a Vegetable (1/2 cup):

- **Raw:** Arugula, beet greens, celery, chard, collard greens, cucumbers, dandelion greens, kale, or spinach (greens can be raw or cooked). Raw vegetables will require a powerful blender to fully grind them up.
- **Cooked:** butternut squash, carrots, pumpkin, or sweet potato

4. Add in Protein, Healthy fats and/or Fiber:

Protein:

- 1/2 cup cottage cheese or Greek yogurt
- 1/4 cup silken tofu, cooked lentils, or beans
- 1-2 tablespoons peanut butter, almond butter, or sun butter

Healthy Fat/Fiber:

- 1/4 Avocado
- 1 Tablespoon chia seeds
- 2 Tablespoons chopped nuts
- 1 Tablespoon ground flax seeds
- 1 Tablespoon hemp seeds or hearts
- 1 Tablespoon wheat germ

Give it a Boost (choose 1):

- 1 Tablespoon cocoa powder
- 1 capsule fish oil, open and squeeze in to smoothie (for omega-3's)
- 2 drops flavor extracts (vanilla, almond, or mint)
- 1 tsp chopped fresh herbs (mint or basil)
- Pinch of spices (cinnamon, nutmeg, ginger, or cayenne)
- 3 cubes ice

Extra Tips:

- If you use frozen fruit, buy varieties with no added sugar.
- Notice the fat content of your liquid base and protein – try to choose low fat varieties of milk and yogurt.
- You can adjust the consistency of the smoothie by adding more liquid or using less dense fruits and vegetables.
- Be creative! This formula makes a nutritionally balanced smoothie – so throw your taste buds some (delicious) curve balls!

Blender Tips: All blenders are not created equal. They vary in size, strength and ease of cleaning.

- Standing Blender: large standing blenders hold 5-8 cups, vary in strength to crush ice and grind vegetables.
- Single Serving Blenders: good for making 1-2 servings. Hold 2-4 cups.
- Handheld Immersion Blender: good for making 1-2 servings. Easy to clean.

Sample Recipes:

Strawberry-Banana Smoothie: 1/2 cup plain yogurt, 1/2 banana, 1/4 cup orange juice, 1/4 cup water, 1/2 cup frozen strawberries, 1/2 cup cooked butternut squash

Orange Creamsicle: 1/2 cup plain yogurt, 1 orange (peeled), 1/4 tsp vanilla extract, 1/4 cup orange juice, 1/2 Tbsp chia seeds, 1/4 cup water, 3 ice cubes

Peachy Keen: 1/2 cup milk, 1/4 cup plain yogurt, 1 cup frozen peaches and strawberries, 1/4 of an avocado, pinch powdered ginger or 1 tsp grated fresh ginger

Peanut Butter Dream: 1 ripe banana, 1/2 cup milk, 1 Tbsp creamy peanut butter, 1/2 Tbsp cocoa powder, 1/2 cup baby spinach leaves

Word Search Bank

ALTERNATIVES

BALANCED

BLOOD PRESSURE

BUDGET

CAULIFLOWER

CUCUMBERS

JICAMA

MANAGE

PERSONALIZED

PINEAPPLE

SATURATED

SEASONAL

SMOOTHIE

SYMPTOMS

VEGETABLES

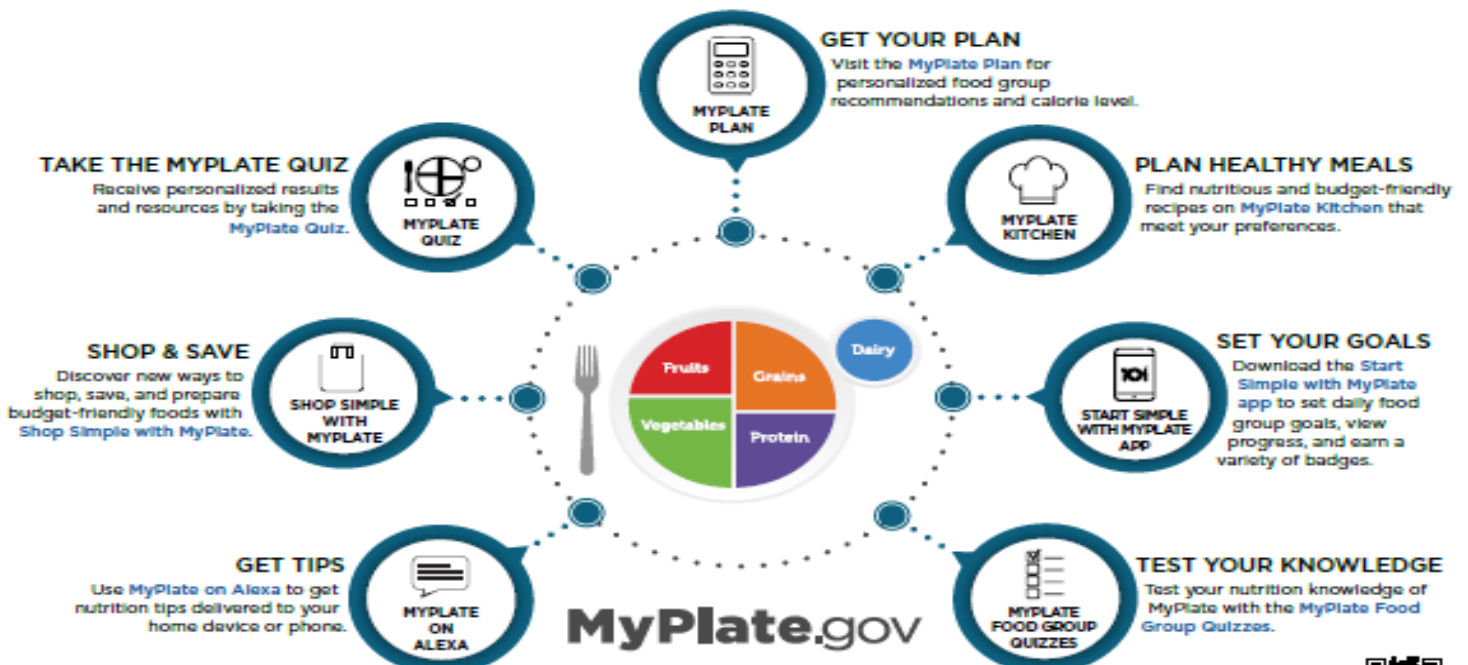
WORD SEARCH

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



HEALTHY EATING WITH MYPLATE TOOLS

Use just one or all together.



Spinach Avocado Smoothie

Recipe Courtesy: <https://www.eatingwell.com/recipe/262759/spinach-avocado-smoothie/>

Servings: 1

Nutrition Info: 357 calories; 58g Total Carbohydrate; 8g Dietary Fiber; 39g Total Sugars; 6g Added Sugars; 18g Protein; 8g Total Fat; 2g Saturated Fat; 5mg Cholesterol; 34mg Vitamin C; 238mg Sodium; 554mg Calcium; 3mg Iron; 1295mg Potassium

Ingredients:

1 cup non fat plain yogurt
1 cup fresh spinach
1 frozen banana
1/4 avocado
2 tablespoons water
1 teaspoon honey

Directions:

Combine yogurt, spinach, banana, avocado, water, and honey in a blender. Puree until smooth.

Contact Us

Contact the Division of
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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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