

# Second Helping

A Few More Things You Might Find Helpful from United Way Meals on Wheels

February 2018

## Take This to Heart.

February is Heart Month, So Please Be Good to Yours.

We all know that a proper combination of diet and exercise is the best way to control your weight and maintain a healthy heart. And when physical limitations make exercise difficult or even impossible, your diet becomes all the more important.

High levels of triglycerides, which are a type of fat in your blood, are generally bad for your heart. If your doctor tells you that your triglycerides are too high, here are few things you can do to potentially lower their level and pump up your heart health.

- Limit starchy foods, such as corn, peas, potatoes, pasta and bread.
- Avoid saturated fats and added sugar, such as those in baked beans made with pork
- Fruit is great for you, but it's naturally high in sugar. Have only two or three pieces per day.
- Ask your doctor about whether it's safe to consume alcohol, and how much you can have.
- Reduce your intake of sweet tea and regular soda to eight ounces a day.
- Avoid honey, maple syrup, candy and desserts that are high in sugar.
- Limit saturated fats, such as those in bacon, sausage and butter.
- Beware of pastries and breads, such as croissants, with butter baked into them.
- And read food labels! Look for low saturated fat content and zero trans fat.

Questions for Meals on Wheels? Call us at 205.592.0413.

Source: WebMD, 2017

Remove lower portion and return with your kind donation

**YES!** I'll support Meals on Wheels so that even more people can look forward to a hot, nutritious meal and friendly visit day after day. My tax-deductible contribution is enclosed in the amount of:

\_\_\_\$25 \_\_\_\$50 \_\_\_\$100 \_\_\_Other \$\_\_\_\_\_

Please make checks payable to Meals on Wheels and mail in the enclosed postage-paid envelope.

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You may also donate online at [www.mowjeffco.org/donate](http://www.mowjeffco.org/donate).



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