

Second Helping

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

March 2018

Foods That Make the A-List

Make Sure Your Diet Includes Enough Vitamin A

Vitamin A is a fat-soluble vitamin that is naturally present in many foods, and is important for normal vision and the immune system. Vitamin A also helps the heart, lungs, kidneys and other organs work properly.

There are two different types of vitamin A. Preformed vitamin A comes from meat, poultry, fish and dairy products, while provitamin A is found in fruits, vegetables and other plant-based products. The most common type of provitamin A is beta-carotene. The U.S. Food and Drug Administration has established a vitamin A daily value for adults of 5,000 international units (IU) derived from both plant and animal-based foods.

You can get recommended amounts of vitamin A from a varied diet consisting of:

- Beef, chicken and some types of fish, such as salmon (all in limited portions)
- Leafy, green vegetables as well as other green, orange and yellow vegetables, such as broccoli, carrots and squash
- Fruits, such as cantaloupe, apricots and mangos
- Dairy products, especially milk with added vitamin A
- Fortified breakfast cereals
- And always ask your doctor for guidance on which foods, supplements and how much are right for you!

Questions for Meals on Wheels? Call us at 205.592.0413.

Source: National Institutes of Health, 2016

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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:

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