

# Second Helping

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

April 2022

## Your Mother Was Right About Broccoli

It's Packed with Nutrients to Keep You Healthy and Strong

As kids, most of us were probably not big fans of broccoli -- or many other vegetables for that matter. But as well-informed, health-conscious adults, we can now appreciate broccoli as a welcome addition to our diets thanks to its many vitamins and minerals, as well as fiber and antioxidants. Cooked or raw, it just might be one of the healthiest things we can learn to love.

- **Excellent Source of Vitamin C and Much More**

One cup of chopped broccoli contains about 90% of your daily vitamin C needs -- almost as much as an orange. It's also loaded with B vitamins, vitamin K, potassium, phosphorous, folate, beta-carotene, iron, magnesium manganese and zinc. It even contains protein and calcium!

- **Great Source of Fiber**

A cup of broccoli also provides about 10% of your daily fiber requirements. Since it contains both soluble and insoluble fiber, it's especially helpful in all stages of digestion and can improve colorectal and heart health while lowering your risk of obesity, diabetes and cancer.

- **Boosts Immunity and Reduces Inflammation**

Broccoli's phytonutrients are good for your immune system and reduce the risk of inflammatory bowel disease as well as cardiovascular disease -- the leading cause of death in the U.S.

- **May Help Slow the Aging Process**

The abundant antioxidants in broccoli help reduce the risk of cancer, heart disease, arthritis and can actually help slow the aging process by repairing DNA damage that has already occurred.

- **Protects Against Heart Disease and Type 2 Diabetes**

Broccoli's combination of antioxidants and anti-inflammatory properties work together to lower your risk of heart disease and high blood pressure. Studies have also shown that chemicals in broccoli can inhibit glucose production and improve glucose tolerance, which can reduce your diabetes risk.

- **Raw Might Be Even Better**

Both raw and cooked broccoli are super-healthy choices; but raw could actually offer a slight advantage. It has a higher level of compounds called anticarcinogens, which absorb faster in the body. And that might help you get even more of a good thing.

Questions for Meals on Wheels? Call us at 205.592.0413.

Source: healthgrades.com

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 nutritious meals and friendly visits. My tax-deductible contribution is enclosed in the amount of:

\_\_\_\$10    \_\_\_\$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/give](http://www.mowjeffco.org/give).

CSH-04/22

# Meals on Wheels Will Be Closed on the Following Days

April 15, 2022

April 25, 2022

May 30, 2022

July 4, 2022

September 5, 2022

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Call us at [205.592.0413](tel:205.592.0413).

