

# Second Helping

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

January 2022

## No Bad Apples

All Apples Are Good for You, But These Are Some of The Healthiest

For generations, apples have been a universal symbol of good health. After all, they're rich in **fiber, vitamins, minerals and polyphenols**, which are antioxidants that may help prevent cancer, heart disease, inflammation and weight gain. While all apples are healthy, their specific benefits vary – depending on the type and amount of polyphenols and other nutrients they contain.

- **Red Delicious**

When most people think of apples, they probably picture the classic dark red variety. It so happens that Red Delicious apples may offer some of the greatest health benefits. In addition to high levels of certain antioxidants (one of which produces that deep red color), they also contain at least 28 additional bioactive compounds and numerous minerals, including calcium, which is vital to your bones and teeth and regulates nerve and muscle function.

- **Granny Smith**

Their bright green color and sweet-tart taste make Granny Smith apples easy to identify. But it's their fiber content that make them especially healthy. Studies have suggested that the fiber in Granny Smiths might enhance the friendly micro-organisms in your stomach and digestive system – in a way that could help you control your weight.

- **Golden Delicious**

The antioxidants known as carotenoids are not only what give Golden Delicious apples their color, but some of their "golden" health benefits, as well. Carotenoids are essential to your eyes, heart and brain function. They're also a good source of potassium, iron and zinc.

- **Fugi**

In addition to their naturally sweet flavor, Fugi apples have been found to be loaded with polyphenols, including the antioxidants that are thought to lower cholesterol, improve liver enzymes and help glucose metabolism (which is important to preventing type 2 diabetes).

- **Gala**

They're red, sweet and bursting with potential health benefits. Gala apples contain polyphenols thought to reduce inflammation, total cholesterol and triglycerides. All of which adds up to better heart health. So remember, as they say, "An apple a day keeps the doctor away."

Questions for Meals on Wheels? Call us at 205.592.0413.

Source: Healthline.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.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Email \_\_\_\_\_ Telephone \_\_\_\_\_



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205.592.0413

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

CSH-01/22

# Meals on Wheels Will Be Closed On the Following Days

January 17, 2022

February 21, 2022

April 15, 2022

April 25, 2022

May 30, 2022

July 4, 2022

September 5, 2022

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