



Nutrition Is a Balancing Act

These Foods May Help Improve Your Balance and Prevent Falls

You've probably always heard that you should eat a balanced diet. But did you know that certain foods may actually help you keep your balance? It's true, thanks to one special ingredient! And these same foods are all pretty tasty, readily available and have many other health benefits, too.

▪ Blueberries

There are many reasons you should already be eating blueberries, including improved memory, cancer-fighting antioxidants and reduced risk of heart problems. But, because they're packed with an ingredient called **resveratrol**, consuming blueberries may also improve your balance.

▪ Red Grapes

Again, the secret ingredient is **resveratrol**. It's found mainly in the grape's skin and has been linked to longevity as well as balance. So enjoy a handful or more of red grapes on a regular basis and you just might find that you're steadier on your feet.

▪ Cranberries

Cranberries are second only to blueberries as a great source of healthy antioxidants. They're also known to help prevent urinary tract infections. But on top of all that, cranberries contain that magical ingredient **resveratrol**, which can make them another great balance enhancer.

▪ Peanuts

Peanuts are a high-energy, nutrient-dense food with a unique combination of fiber, protein and healthy fat to help keep you feeling energized. They contain important nutrients such as folate, magnesium, potassium and iron. They help regulate blood sugar. And yes, with all their special properties, including **resveratrol**, peanuts may even help you walk that straight line.

▪ Dark Chocolate

If taste alone isn't enough to make you fall for dark chocolate, the **resveratrol** it contains should make you a big fan. In addition to helping you keep your balance, dark chocolate also comes with a healthy dose of antioxidants and minerals, such as iron, copper and manganese.

Questions for Meals on Wheels? Call us at 205.592.0413.

Source: onegreenplanet.org

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P.O. Box 320189
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CSH-01/23

Meals on Wheels Will Be Closed the Following Days

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September 4, 2023

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