



HELPING

Just a Little More Help from **United Way Meals on Wheels** January 2023

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

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 _____
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205.592.0413

You may also donate online at www.mowjeffco.org/give.

CSH-01/23

Meals on Wheels Will Be Closed the Following Days

January 2, 2023

January 16, 2023

February 20, 2023

April 7, 2023

April 24, 2023

May 29, 2023

June 5, 2023

June 19, 2023

July 4, 2023

September 4, 2023

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