

Second Helping

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

July 2019

Some of the Pros and Cons of Protein

Make Sure You Get Enough, But Not Too Much

You probably know that protein is an essential nutrient for building and repairing muscle and tissue for strong bodies. Good sources of protein include lean beef, chicken, fish and nonfat dairy. But too much of a good thing can cause problems.

- **First, the Pros**

Protein helps keep your body structurally sound. It also fills you up faster than most other types of food, stays with you longer and keeps hunger pangs in check. And at the same time that it helps build lean muscle mass, it may also help reduce body fat as part of a healthy, balanced, low-calorie diet.

- **Now, the Cons**

Increasing protein -- and simultaneously restricting carbohydrates and fats -- can have mild to serious health effects over time. These can include uncomfortable digestive issues stemming from nutrient deficiencies and reduced fiber. Too much protein can also lead to serious long-term problems, such as kidney disease and osteoporosis.

- **How You Get It matters**

Loading up on high-protein foods that are also high in fat, such as red meat and full-fat cheese, may raise your risk of heart disease or even cancer. You'll be better off sticking to proteins that are lower in calories and offer a variety of vitamins and minerals, such as lean poultry, fish, nonfat dairy, beans, lentils, nuts and seeds.

- **How Much Is Too Much?**

It depends. Individuals have different protein needs based on their age, sex and daily activity levels. According to the USDA, most adult women need 5 to 5.5 ounces of protein per day, and most adult men need 6 to 6.5 ounces. Those are averages, roughly equivalent to about .366 grams of protein per day for every pound you weigh. The bottom line is that most of us already consume about twice as much protein as we really need simply by choosing whole, nutritious foods. So there's no need to overdo it.

Questions for Meals on Wheels? Call us at 205.592.0413.

Source: San Francisco Chronicle

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 a hot, nutritious meal and friendly visit day after day. My tax-deductible contribution is enclosed in the amount of:

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Please make checks payable to Meals on Wheels and mail in the enclosed postage-paid envelope.

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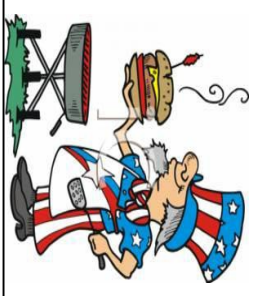

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CSH-07/19



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Menu 1 Meatloaf Green Peas Garlic Mashed Potatoes Blushing Applesauce Wheat Bread Sugar Cookie Milk Ketchup (2 ea.) Margarine</p>	<p>Menu 2 Meatballs (5) /Apple Brown Gravy Yellow Rice/Red Peppers Collard Greens Pineapple Tidbits Cornbread Mini Moon Pie Milk/Buttermilk Margarine</p>	<p>Happy 4th Theme Meal BBQ Chicken Drums Baked Beans Potato Salad Coleslaw/Carrots Texas Bread Banana Pudding/Vanilla Wafers (2) Milk</p>		
<p>Menu 6 Orange Juice Chopped BBQ Chicken/Bun Green Beans/Red Peppers Cream Style Corn Oatmeal Cream Pie Milk</p>	<p>Menu 7 Blended Juice Pork Riblet/Mushroom Gravy Field Peas Glazed Carrots Wheat Bread Chocolate Chip Cookie Milk Margarine</p>	<p>Menu 8 Broiled Beef Patty/Bun Baked Beans Potato Salad Lettuce/Tomato/Onion Hot Peach Cobbler Milk/Chocolate Milk Ketchup/Mustard/Mayonnaise</p>	<p>Menu 9 Smoked Sausage/Bun Macaroni and Cheese Italian Flat Beans Cinnamon Applesauce Chocolate Cake Milk Mustard/Ketchup</p>	<p>Menu 10 Apple Juice Seasoned Chicken Thigh Mashed Sweet Potatoes Turnip Greens Cornbread Fruited Gelatin Milk/Buttermilk Margarine</p>
<p>Menu 11 Sloppy Joe / Bun Rice Pilaf Mixed Vegetables Peas and Mandarin Oranges Apple Spice Cookie Milk / Chocolate Milk</p>	<p>Menu 12 Apple Juice Ham and Pasta Salad Mixed Green Salad Fresh Fruit Wheat Bread Vanilla Pudding Milk Italian / Ranch Dressing Margarine</p>	<p>Menu 13 Blended Juice Garlic Parmesan Chicken Breast Parsiled Mashed Potatoes Mixed Greens Cornbread Oatmeal Raisin Cookie Milk/Buttermilk Margarine</p>	<p>Menu 14 Taco Salad: Seasoned Ground Beef Lettuce/Cheese/Tomatoes Pinto Beans Corn Tortilla Chips Mandarin Oranges Milk Taco Sauce/ Sour Cream</p>	<p>Menu 15 Grape Juice Brunswick Stew Coleslaw Fresh Fruit Saltine Crackers (2 pkg) White Cake Milk Margarine</p>
<p>Menu 16 Orange Juice Salisbury Steak/Onion Gravy Parsiled Rice Green Beans/Red Peppers Blushing Peas Dinner Roll Milk/Chocolate Milk Margarine</p>	<p>Menu 17 Blended Juice Macaroni and Cheese Okra and Tomatoes Collard Greens Cornbread Fudge Round Milk/Buttermilk Margarine</p>	<p>Menu 18 Turkey Salad Corn Chips Three Bean Salad Fresh Orange Wheat Bread (2 sl.) Nutty Buddy Milk</p>	<p>Menu 19 Chicken and Rice Navy Beans California Vegetable Blend Peaches Wheat Bread Yellow Cake Milk Margarine</p>	<p>Menu 20 Blended Juice Spaghetti/Meat Sauce Succotash Mixed Green Salad Italian Bread Fruited Gelatin Milk Italian/Ranch Dressing Margarine</p>
<p>Menu 1 Meatloaf Green Peas Garlic Mashed Potatoes Blushing Applesauce Wheat Bread Sugar Cookie Milk Ketchup (2 ea.) Margarine</p>	<p>Menu 2 Meatballs (5) /Apple Brown Gravy Yellow Rice w/ Red Peppers Collard Greens Pineapple Tidbits Cornbread Mini Moon Pie Milk/Buttermilk Margarine</p>	<p>Menu 3 Grape Juice Seasoned Chicken Drum Rosemary Diced Potatoes Italian Flat Beans Texas Bread White Cake Milk Margarine</p>		

Comments or Suggestions