

# Second Helping

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

March 2018

## Foods That Make the A-List

Make Sure Your Diet Includes Enough Vitamin A

Vitamin A is a fat-soluble vitamin that is naturally present in many foods, and is important for normal vision and the immune system. Vitamin A also helps the heart, lungs, kidneys and other organs work properly.

There are two different types of vitamin A. Preformed vitamin A comes from meat, poultry, fish and dairy products, while provitamin A is found in fruits, vegetables and other plant-based products. The most common type of provitamin A is beta-carotene. The U.S. Food and Drug Administration has established a vitamin A daily value for adults of 5,000 international units (IU) derived from both plant and animal-based foods.

You can get recommended amounts of vitamin A from a varied diet consisting of:

- Beef, chicken and some types of fish, such as salmon (all in limited portions)
- Leafy, green vegetables as well as other green, orange and yellow vegetables, such as broccoli, carrots and squash
- Fruits, such as cantaloupe, apricots and mangos
- Dairy products, especially milk with added vitamin A
- Fortified breakfast cereals
- And always ask your doctor for guidance on which foods, supplements and how much are right for you!

Questions for Meals on Wheels? Call us at 205.592.0413.

Source: National Institutes of Health, 2016

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:

\_\_\_\$25      \_\_\_\$50      \_\_\_\$100      \_\_\_Other \$\_\_\_\_\_

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

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

# MARCH

## ADSS NUTRITION PROGRAM

WINTER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>March is National Nutrition Month! Eat Right!</b></p> 				
<p><u>Menu 6</u> Orange Juice Ham and Potato Casserole Mixed Vegetables Applesauce Wheat Roll Margarine Marshmallow Treat Milk</p>	<p><u>Menu 7</u> Hamburger/Bun Baked Beans Coleslaw Lettuce/Onion/Tomato Ketchup/Mustard/Mayonnaise Hot Peach Cobbler Milk/Chocolate Milk</p>	<p><u>Menu 8</u> Cranberry Juice Chicken and Rice Casserole Green Peas Garden Vegetables Wheat Bread Margarine White Cake Milk</p>	<p><u>Menu 9</u> Tomato Juice Smoked Sausage/Bun Southwest Succotash Baked Potato Salad Diced Onions Mustard/Ketchup Lemon Pudding Milk</p>	<p><u>Menu 5</u> Cranberry Juice Mesquite Chicken Drumsticks (2) Mixed Beans Green Beans/Red Peppers Texas Bread Margarine Chocolate Cake/Whipped Topping Milk</p>
<p><u>Menu 11</u> Cranberry Juice Breaded Chicken/Mushroom Gravy Field Peas/Snaps Parslaid Carrots Wheat Bread Margarine Raisin Crème Pie Milk</p>	<p><u>Menu 12</u> Orange Juice Sausage Patty (3) Cheese Grits Hot Spiced Apples Biscuit Margarine/Jelly Whole Grain Bran Flakes Milk</p>	<p><u>Menu 13</u> Baked Ham Delmonico Potatoes Turnip Greens Fresh Fruit Cornbread Margarine Marble Cake Milk/Buttermilk</p>	<p><u>Menu 14</u> Pineapple Juice Zesty Meatballs (3) Whole Grain Penne/Tomatoes Italian Green Beans Wheat Roll Margarine Strawberry Pudding Milk</p>	<p><u>Menu 15</u> <b>Taco Salad:</b> Taco Meat Taco Salad Mix Pinto Beans Corn Chips Taco Sauce Sour Cream Orange Gelatin Milk</p>
<p><u>Menu 16</u> Blended Juice Chicken Taco Soup Mexican Rice Mixed Fruit Saline Crackers Margarine Fudge Brownie Milk</p>	<p><u>Menu 17</u> BBQ Rib Patty Country Corn Broccoli Casserole Sliced Peaches Whole Wheat Bread Margarine Yellow Cake Milk</p>	<p><u>Menu 18</u> Grape Juice Baked Chicken Thigh Lima Beans Mixed Greens Cornbread Margarine Raspberry Gelatin Milk/Buttermilk</p>	<p><u>Menu 19</u> Spaghetti Casserole Peas and Carrots Tossed Salad/Ranch Dressing Fresh Fruit Texas Bread Margarine Assorted Snack Cakes/Cookies Milk</p>	<p><u>Menu 20</u> Apple Cherry Juice Frankfurter/Bun Baked Beans Coleslaw Diced Onions Ketchup/Mustard/Mayonnaise Hot Apple Cobbler Milk/Chocolate Milk</p>
<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p>

**Comments or Suggestions**