

# Second Helping

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

October 2020

## Round Out Your Plate for a Healthier Winter

### Good Nutrition Will Boost Your Immune System

As if COVID-19 hasn't added enough to our health concerns, now we're heading into the traditional cold and flu season. But paying attention to what you eat, and getting the right amount and variety of healthy foods in your diet, can go a long way toward making you more resistant to whatever bugs are going around. And that's nothing to sneeze at!

- **Start with Fruits and Vegetables**

Aim for about half of your plate to be devoted to nutrient-packed produce in a wide range of colors – especially orange, red and green vegetables as well as all kinds of berries and dark-skinned fruit. They're loaded with vitamins, fiber, antioxidants and enzymes that not only help you fight off illness, but may also aid in keeping your mind sharp.

- **Get All the Good Out of Grains**

When it comes to bread, cereal and pasta, choose whole wheat for all its nutrients as well as high fiber content for proper digestion. Instead of white rice, make brown rice your healthier (and more flavorful) choice. Or try quinoa for the added benefit of high protein.

- **Keep Your Balance with All Four Food Groups**

In addition to fruits, veggies and grains, a well-balanced diet also includes sensible portions of protein and dairy. Fish, lean meats, lentils, chickpeas, nuts and seeds are all good sources of protein for strength and muscle repair. Milk, cheese and yogurt are also essential to bone and muscle health, and provide the Vitamin D you need when you can't spend as much time in the sun.

- **Try Eating Smaller Meals, But More of Them**

If you have trouble maintaining weight or regulating your blood sugar, eating five or six *mini-meals* a day may help. You'll increase your overall intake of calories and keep insulin levels from fluctuating as much by eating more often – but less at one time.

- **Hydrate, Hydrate, Hydrate**

Drinking plenty of fluids is a must. It aids in digestion, circulation, concentration, joint movement and just about everything else, including faster recovery...if you do catch a bug.

Questions for Meals on Wheels? Call us at 205.592.0413.

Source: elderlymanagement.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 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.

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