

Second Helping

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

October 2021

Snuffing Out Inflammation

A Smart Diet Is One of the Best Ways to Lower the Flame

Inflammation is a function of your immune system that sends white blood cells and other chemicals to heal an injured area of your body. But sometimes inflammation goes on for too long, which can be painful and contribute to major health problems. Here are some ways to reduce inflammation, including a few easy changes to your diet.

- **Get a Little Exercise**

Regular exercise can reduce the inflammation in your blood vessels that may lead to heart disease. Try to find something you can do to get moving (walking is good) for at least 20 minutes a day. Something is better than nothing!

- **Don't Smoke!**

Experts agree there's NOTHING good about smoking, which not only increases inflammation but often leads to life-threatening health problems. Stopping may reduce inflammation in just a matter of weeks, and dramatically cut your risk of cancer and heart disease.

- **Get the Right Amount of Sleep**

Sleep is another way the body repairs itself and lowers inflammation. About seven hours a night is the right amount for most adults -- too much could actually make things worse.

- **Avoid Foods that Cause Inflammation**

Fried foods, red meat, processed meat (such as hot dogs and sausage), refined carbohydrates (such as white bread and pastries), sugary beverages, margarine, shortening and lard can all spark inflammation.

- **Focus on Antioxidants**

Certain fruits and vegetables are high in natural antioxidants and polyphenols -- protective compounds found in plants -- that are known to reduce inflammation and the risk of chronic disease. These include *blueberries, strawberries, oranges, cherries, apples, tomatoes, spinach, kale, collards, almonds, walnuts, salmon, mackerel, tuna and olive oil*. So eat up and enjoy.

- **Adopt the Mediterranean Diet**

It's widely considered to be one of the healthiest (and most flavorful) ways to eat, consisting of fruits, vegetables, nuts, whole grains, fish and healthy oils -- all those foods listed above!

Questions for Meals on Wheels? Call us at 205.592.0413.

Source: sharcare.com and Harvard Health Publishing

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:

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CSH-10/21

Meals on Wheels Will Be Closed On the Following Days

October 11, 2021

November 11, 2021

November 25-26, 2021

December 24-31, 2021

January 17, 2022

February 21, 2022

April 15, 2022

April 25, 2022

May 30, 2022

July 4, 2022

September 5, 2022

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