

Second Helping

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

September 2018

Make No Bones About It

Proper Nutrition Is Especially Important for Strong Bones As You Age

Bone loss is a natural part of aging. But that doesn't mean they can't still be strong and healthy. To help prevent weak, thin and fragile bones that are prone to fractures, make sure you get the right nutrients every day, starting with calcium and vitamin D.

- **Dairy Products**

Milk and other dairy products are excellent natural sources of calcium. Three servings per day is generally recommended. Other good food sources of calcium are calcium-fortified orange juice, leafy green vegetables and broccoli.

- **Sunshine and Supplements**

Vitamin D helps you absorb and process calcium. But it's hard to get from foods. Sunshine is the natural source; and supplements are the easiest way. But talk to your doctor first about how much vitamin D is right for you.

- **Whole Foods**

The best way to get all the nutrients you need is by eating a variety of "whole foods." These include nuts, beans, whole grains, fruits and vegetables. Some research suggests that fruits and vegetables are just as important to bone health as dairy.

- **Avoid Processed Foods**

As opposed to whole foods, foods that are highly processed are often stripped of some of their natural nutrients. Even when vitamins and minerals are added back, processed foods are usually not as healthy as whole foods.

- **Other Ways to Keep Bones Strong**

Lean protein, vitamin B12, magnesium and vitamin C also promote bone health -- as does weight-bearing exercise. Again, ask your doctor about what's best for you.

Questions for Meals on Wheels? Call us at 205.592.0413.

Source: WebMD

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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You may also donate online at www.mowjefco.org/donate.

CSH-9/18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Happy Labor Day Centers Closed</p> 	<p>4</p> <p>Menu 7 Meatloaf/Tomato Gravy Delmonico Potatoes Green Beans Sliced Peaches Whole Wheat Bread Margarine Yellow Cake Milk</p>	<p>5</p> <p>Menu 8 Turkey/Cheese Sandwich Sliced Turkey/Cheese – 2 slices ea. Wheat Bread - 2 Lettuce/Tomato Mayonnaise/Mustard Sun Chips Three Bean Salad Fresh Fruit Milk</p>	<p>6</p> <p>Menu 9 Apple Cherry Juice Hot Dog/Bun Baked Beans Coleslaw/carrots Diced Onions Ketchup/Mustard/Mayonnaise Hot Apple Cobbler Milk/Chocolate Milk</p>	<p>7</p> <p>Menu 10 Grape Juice Beef Strips/Gravy (3) Country Potatoes Mixed Greens Cornbread Margarine Raspberry Gelatin Milk/Buttermilk</p>
<p>10</p> <p>Menu 11 Cranberry Juice Sausage Patty (3) Hashbrown Casserole Hot Spiced Apples Biscuit Margarine/Jelly Whole Grain Bran Flakes Milk</p>	<p>11</p> <p>Menu 12 Meatballs /Spaghetti Sauce (3) Whole Grain Penne/Tomatoes Parslited Carrots Fresh Fruit Texas Bread Margarine Fudge Round Milk</p>	<p>12</p> <p>Menu 13 Orange Juice BBQ Chicken/Bun Field Peas/Snaps Baked Potato Salad Lemon Fruited Gelatin Milk</p>	<p>13</p> <p>Menu 14 Chicken Taco Meat Whole Kernel Corn Fiesta Vegetables Taco Salad Mix (1/2 cup) Flour Tortilla Taco Sauce Sour Cream Oatmeal Crème Pie Milk</p>	<p>14</p> <p>Menu 15 Apple Juice Ham & Macaroni Casserole Mustard Greens Okra and Tomatoes Cornbread Margarine Chocolate Cake/Whipped Topping Milk/Buttermilk</p>
<p>17</p> <p>Menu 16 Orange Juice Chicken Jambalaya Italian Green Beans Glazed Carrots Whole Wheat Bread Margarine Jelly Crème Pie Milk</p>	<p>18</p> <p>Menu 17 Hamburger/Bun Baked Beans Corn Salad Lettuce/Tomato/Onion Ketchup/Mustard/Mayonnaise Hot Peach Cobbler Milk/Chocolate Milk</p>	<p>19</p> <p>Menu 18 Blended Juice Smoked Sausage Black-eyed Peas Turnip Greens Cornbread Margarine Cherry Fruited Gelatin Milk/Buttermilk</p>	<p>20</p> <p>Menu 19 Cheesy Beef Casserole Mixed Vegetables Tossed Salad/Ranch Dressing Fresh Fruit Dinner Roll Margarine Assorted Snack Cake/Cookie Milk</p>	<p>21</p> <p>Welcome Fall! Meal Cranberry Juice Smothered Chicken Legs (2) Diced Sweet Potatoes Green Bean Casserole Cornbread Margarine White Cake Milk/Buttermilk</p>
<p>24</p> <p>Menu 1 Blended Juice Chop Steak/Gravy Whipped Potatoes Green Peas Whole Wheat Bread Margarine Nutty Buddy Milk</p>	<p>25</p> <p>Menu 2 Glazed Ham Whipped Sweet Potatoes Collard Greens Fresh Fruit Cornbread Margarine Strawberry Swirl Pudding Milk/Buttermilk</p>	<p>26</p> <p>Menu 3 Orange Juice Chicken Rotini Casserole Green Beans Tossed Salad/Ranch Dressing Whole Wheat Bread Margarine Chocolate Chip Crème Pie Milk</p>	<p>27</p> <p>Menu 4 Cranberry Juice BBQ Rib Patty/Bun Green Limas Corn O'Brien Marble Cake Milk</p>	<p>28</p> <p>Menu 5 Taco Salad: Taco Meat Taco Salad Mix Pinto Beans Corn Chips Taco Sauce Sour Cream Orange Gelatin Milk</p>

Comments or Suggestions