

# Second Helping

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

September 2019

## All Snacks Are Not Created Equal

Choose the Ones that Are Good and Good for You

Snack food and junk food are not the same thing. Junk food is high in calories and low in nutrients, but the right kinds of snacks can actually be very healthy – and beneficial to seniors in maintaining weight, strength and a balanced diet. Here are some snack options that are nutritious, taste great and ready when you are.

- **Cheese**

All aging adults, but especially older women, need to consume enough vitamin D and calcium to keep their bones strong and resistant to fractures. Cheese is rich in bone-preserving nutrients, and very versatile. Put in on crackers, melt it into a dip, pair it with fruit, put it on a sandwich or enjoy a slice on its own for a savory snack.

- **Purple Grapes**

Purple grapes are high in anti-oxidants and rich in resveratrol, which is thought to reduce blood pressure and lower your low-density lipoproteins – or "bad cholesterol." This could help reduce your chances of heart disease or stroke. This same ingredient may also play a role in immunity. So if you frequently catch colds, eating purple grapes might help prevent them. Plus, they're quick, easy and can satisfy a craving for sweets.

- **Granola**

Constipation often affects seniors because of sedentary lifestyles, medication side effects and poor nutrition. Lack of dietary fiber is another common reason. Granola's high fiber content makes it a good snack choice for seniors. Granola bars and granola cereals are also fortified with essential vitamins and minerals to further boost colon health while enhancing immunity. Sweet, crunchy and very filling anytime day or night.

- **Yogurt**

Rich in probiotics, calcium, vitamin D and active cultures, yogurt makes a great snack for seniors that can help keep your gastrointestinal tract healthy, and can make you more resistant to infections. It may also sooth many types of oral pain. And its smooth, cool, creamy texture – with or without fruit – makes it a classic comfort food.

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:

\_\_\_\$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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CSH-09/19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p>  <p>Menu 11 Sloppy Joe / Bun Rice Pilaf Mixed Vegetables Pears and Mandarin Oranges Apple Spice Cookie Milk/Chocolate Milk</p>	<p><b>3</b></p> <p>Menu 7 Blended Juice Pork Riblet/Mushroom Gravy Field Peas Glazed Carrots Wheat Bread Chocolate Chip Cookie Milk Margarine</p>	<p><b>4</b></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><b>5</b></p> <p>Menu 9 Smoked Sausage/Bun Macaroni and Cheese Italian Flat Beans Cinnamon Applesauce Chocolate Cake Milk Mustard/Ketchup</p>	<p><b>6</b></p> <p>Menu 10 Apple Juice Seasoned Chicken Thigh Mashed Sweet Potatoes Turnip Greens Cornbread Fruited Gelatin Milk/Buttermilk Margarine</p>
<p><b>9</b></p> <p>Menu 11 Sloppy Joe / Bun Rice Pilaf Mixed Vegetables Pears and Mandarin Oranges Apple Spice Cookie Milk/Chocolate Milk</p>	<p><b>10</b></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><b>11</b></p> <p>Menu 13 Blended Juice Garlic Parmesan Chicken Breast Parished Mashed Potatoes Mixed Greens Cornbread Oatmeal Raisin Cookie Milk/Buttermilk Margarine</p>	<p><b>12</b></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><b>13</b></p> <p>Menu 15 Grape Juice Brunswick Stew Coleslaw Fresh Fruit Saltine Crackers (2 pkg) White Cake Milk Margarine</p>
<p><b>16</b></p> <p>Menu 16 Orange Juice Salisbury Steak/Onion Gravy Parished Rice Green Beans/Red Peppers Blushing Pears Dinner Roll Milk/Chocolate Milk Margarine</p>	<p><b>17</b></p> <p>Menu 17 Blended Juice Macaroni and Cheese Okra and Tomatoes Collard Greens Cornbread Fudge Round Milk/Buttermilk Margarine</p>	<p><b>18</b></p> <p>Menu 18 Turkey Salad Corn Chips Three Bean Salad Fresh Orange Wheat Bread (2 sl.) Nutty Buddy Milk</p>	<p><b>19</b></p> <p>Menu 19 Chicken and Rice Navy Beans California Vegetable Blend Peaches Wheat Bread Yellow Cake Milk Margarine</p>	<p><b>20</b></p> <p>Menu 20 Blended Juice Spaghetti/Meat Sauce Succotash Mixed Green Salad Italian Bread Fruited Gelatin Milk Italian/Ranch Dressing Margarine</p>
<p><b>23</b></p> <p>Menu 1 Meatloaf Green Peas Garlic Mashed Potatoes Blushing Applesauce Wheat Bread Sugar Cookie Milk Ketchup (2 ea.) Margarine</p>	<p><b>24</b></p> <p>Menu 2 Meatballs (5) / Apple Brown Gravy Yellow Rice/Red Peppers Collard Greens Pineapple Tidbits Cornbread Mini Moon Pie/Assorted Snack Cakes Milk/Buttermilk Margarine</p>	<p><b>25</b></p> <p>Menu 3 Grape Juice Seasoned Chicken Drum Rosemary Diced Potatoes Italian Flat Beans Texas Bread White Cake Milk Margarine</p>	<p><b>26</b></p> <p>Menu 4 Orange Pineapple Juice Beef Hot Do /Bun Baked Beans Coleslaw Ketchup/Mustard Diced Onions Hot Apple Cobbler Milk/Chocolate Milk</p>	<p><b>27</b></p> <p>Menu 5 Orange Juice Ham (2 sl.) /Biscuit Cheesy Hash Browns Mandarin Oranges Waffle Grahams Milk Margarine Jelly</p>
<p><b>30</b></p> <p>Menu 6 Orange Juice Chopped BBQ Chicken/Bun Green Beans/Red Peppers Cream Style Corn Oatmeal Cream Pie Milk</p>				

Comments or Suggestions