

Second Helping

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

August 2018

Fill Your Plate With Good Information

Stay Informed about Nutrition and Make Healthy Choices as You Age

Making healthy food choices is a smart thing to do, no matter how old you are. Be aware that your body needs different nutrients as you age through your 60s, 70s, 80s and beyond. Use these tips to help maintain better health at every stage of life.

- **Drink Plenty of Liquids**

You may lose some of your sense of thirst as you age. Drink water often. Low-fat or fat-free milk and 100% juice also help you stay properly hydrated. But limit your intake of beverages that have lots of added sugars or salt.

- **Use Herbs and Spices**

Foods may seem to lose some of their flavor as you age. Certain medicines may also change the way food tastes. So add some extra flavor with herbs and spices.

- **Add Some Color to Your Plate**

Include a variety of fruits and vegetables to your meals as often as possible. Most are a great low-calorie source of a wide range of important nutrients, and many are also an excellent source of fiber.

- **Keep Food Safe**

Don't take a chance on food-related illness. Store foods at proper temperatures. Look for "Use-By" dates on packaging and discard anything that might be spoiled. Also avoid raw or undercooked eggs, sprouts, fish, meat or poultry.

- **Ask Your Doctor about Vitamins and Supplements**

Food is the best way to get the nutrients you need. Talk to your doctor about taking additional vitamin or supplements. More is not necessarily better; some can have side-effects; and what's good for someone else might not be right for you!

Questions for Meals on Wheels? Call us at 205.592.0413. Source: National Institute on Aging

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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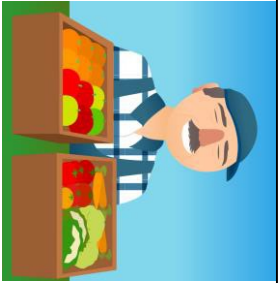

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You may also donate online at www.mowjeffco.org/donate.

CSH-8/18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Menu 6 Blended Juice Beef Stroganoff Garden Vegetables Mandarin Oranges/Pineapples Whole Wheat Bread Margarine Fig Bar Milk</p>	 <p>Menu 7 Meatloaf/Tomato Gravy Delmonico Potatoes Green Beans Sliced Peaches Whole Wheat Bread Margarine Yellow Cake Milk</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>Menu 4 Cranberry Juice BBQ Rib Patty/Bun Green Limas Corn O'Brien Marble Cake Milk</p>	<p>Menu 5 Taco Salad: Taco Meat Taco Salad Mix Pinto Beans Corn Chips Taco Sauce Sour Cream Orange Gelatin Milk</p>
<p>Menu 11 Cranberry Juice Sausage Patty (3) Hashbrown Casserole Hot Spiced Apples Biscuit Margarine/Jelly Whole Grain Bran Flakes Milk</p>	<p>Menu 12 Meatballs /Spaghetti Sauce (3) Whole Grain Penne/Tomatoes Parshled Carrots Fresh Fruit Texas Bread Margarine Fudge Round Milk</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>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>Menu 10 Grape Juice Beef Strips/Gravy (3) Country Potatoes Mixed Greens Cornbread Margarine Raspberry Gelatin Milk/Buttermilk</p>
<p>Menu 16 Orange Juice Chicken Jambalaya Italian Green Beans Glazed Carrots Whole Wheat Bread Margarine Jelly Crème Pie Milk</p>	<p>Menu 17 Hamburger/Bun Baked Beans Corn Salad Lettuce/Tomato/Onion Ketchup/Mustard/Mayonnaise Hot Peach Cobbler Milk/Chocolate Milk</p>	<p>Menu 13 Orange Juice BBQ Chicken/Bun Field Peas/Snaps Baked Potato Salad Lemon Fruited Gelatin Milk</p>	<p>Menu 14 Chicken Taco Meat Whole Kernel Corn Fiesta Vegetables Taco Salad Mfx (1/2 cup) Flour Tortilla Taco Sauce Sour Cream Oatmeal Crème Pie Milk</p>	<p>Menu 15 Apple Juice Ham & Macaroni Casserole Mustard Greens Okra and Tomatoes Cornbread Margarine Chocolate Cake/Whipped Topping Milk/Buttermilk</p>
<p>Menu 1 Blended Juice Chop Steak/Gravy Whipped Potatoes Green Peas Whole Wheat Bread Margarine Nutty Buddy Milk</p>	<p>Menu 2 Glazed Ham Whipped Sweet Potatoes Collard Greens Fresh Fruit Cornbread Margarine Strawberry Swirl Pudding Milk/Buttermilk</p>	<p>Menu 18 Blended Juice Smoked Sausage Black-eyed Peas Turnip Greens Cornbread Margarine Cherry Fruited Gelatin Milk/Buttermilk</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>Menu 20 Apple Juice Smothered Chicken Legs (2) Mixed Beans Broccoli Casserole Wheat Bread Margarine White Cake Milk</p>
<p>Menu 1 Blended Juice Chop Steak/Gravy Whipped Potatoes Green Peas Whole Wheat Bread Margarine Nutty Buddy Milk</p>	<p>Menu 2 Glazed Ham Whipped Sweet Potatoes Collard Greens Fresh Fruit Cornbread Margarine Strawberry Swirl Pudding Milk/Buttermilk</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>Menu 4 Cranberry Juice BBQ Rib Patty/Bun Green Limas Corn O'Brien Marble Cake Milk</p>	<p>Labor Day Meal Smoked Sausage/Bun Baked Beans Coleslaw Fresh Fruit Diced Onions Mustard/Catsup Strawberry Cake Milk</p>

Comments or Suggestions