

Second Helping

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

January 2020

Healthy Eating Each Day Keeps the Doctor Away

Make a New Year's Resolution to Improve Your Nutrition

The American Geriatrics Society's Health in Aging Foundation recommends these healthy New Year's resolutions for older adults -- starting with smart decisions about what you eat. Follow this simple advice and you just might feel better, live longer and get even more enjoyment out of life. Have a great 2020!

- **Eat Healthy Foods, But Fewer Calories**

Please talk to your healthcare provider before making any major changes in your diet, but a good rule of thumb is to eat at least five servings of fruits and vegetables daily. They're packed with essential nutrients, they fill you up and they're low in calories.

- **Choose a Variety of Deep Colors and High Fiber**

Fruits and veggies that are dark green, bright yellow and orange are especially good for you. Examples are spinach, carrots, oranges and cantaloupe. Also include nuts and beans in your diet, as well as fiber-rich whole grains, such as dark bread and brown rice.

- **Lower the Boom on Unhealthy Fats**

Limit red meat in favor of healthier options, such as chicken and turkey. And get hooked on heart-healthy seafood, such as tuna, salmon and shrimp -- twice a week. Get the calcium and Vitamin D you need for strong bones with two servings per day of low-fat milk, yogurt or cheese. And substitute olive and canola oil for butter or lard when cooking.

- **Stay as Active as Possible**

Walking, stretching and exercises such as tai chi can help control your weight, build stronger bones and muscles and improve your balance, posture and mood.

- **Quit Smoking and Limit Alcohol**

Cigarette smoking doubles your risk for heart disease. But it's never too late to stop. If you need help, ask your doctor. As for alcohol, the limit for most men should be two drinks per day, and one per day for women.

- **Get More Sleep**

Older adults still need at least seven to eight hours of sleep per night...so get your zzz's!

Questions for Meals on Wheels? Call us at 205.592.0413.

Source: HealthinAging.org

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

CSH-01/20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Menu 6 Orange Juice Three Bean & Beef Chili Brown Rice Carrots Saline Crackers (4 crackers) Nutty Buddy Milk Margarine</p>	 <p>Menu 7 Seasoned Chicken Thigh Diced Potatoes with Bell Peppers Zucchini & Stewed Tomatoes Whole Wheat Bread Peaches Yellow Cake Milk Margarine</p>	<p><i>Happy New Year!</i></p> <p>Menu 8 Ham Macaroni and Cheese Turnip Greens Black-eyed Peas Cornbread Pineapple Sugar Cookie Milk/Buttermilk Margarine</p>	<p>Menu 4 BBQ Chicken/Bun Yellow Corn Diced Sweet Potatoes Applesauce Animal Crackers Milk/Chocolate</p>	<p>Menu 5 Grape Juice Meatballs (5 each)/Marinara Sauce Spaghetti Noodles with Marinara Sauce Steamed Green Peas Texas Bread White Cake Milk Margarine</p>
<p>Menu 11 Orange-Pineapple Juice Chicken and Rice Casserole Rutabaga Mixed Vegetables Dinner Roll White Cake Milk Margarine</p>	<p>Menu 12 Orange Juice Sausage Patties (2) Cheese Grits Cranberry Applesauce Biscuit Waffle Grahams Milk/Chocolate Margarine</p>	<p>Menu 13 Beef Tacos Seasoned Ground Beef Shredded Lettuce/Cheese/Tomatoes Pinto Beans Corn Tortilla Scoops Mandarin Oranges Milk Taco Sauce/ Sour Cream</p>	<p>Menu 14 Beef Hot Dog/Bun Baked Beans Cole Slaw Potato Chips Onion Peach Cobbler Milk Mayonnase/Mustard/Ketchup</p>	<p>Menu 15 Grape Juice Sliced Meatloaf/Onion Gravy Red Beans and Rice Collard Greens Cornbread Vanilla Pudding Milk/Buttermilk Margarine</p>
<p>Menu 17 Cacciatore Chicken Breast Garlic Mashed Potatoes Buttered Spinach Wheat Bread Rice Krispy Treat Fresh Fruit Milk Margarine</p>	<p>Menu 18 Beef Stroganoff Italian Flat Beans Squash Medley Dinner Roll Peaches and Pears Chocolate Chip Cookie Milk/Chocolate Margarine</p>	<p>Menu 19 Blended Juice Turkey Tetrazzini California Blend Vegetables Wheat Bread Fresh Fruit Lemon Pudding Milk Margarine</p>	<p>Menu 20 Orange-Pineapple Juice Seasoned Chicken Drum Mixed Greens Creamed Corn Cornbread Chocolate Cake Milk/Buttermilk Margarine</p>	<p>Menu 21 Orange Juice Vegetable Slaw Parried Rice Steamed Cabbage Wheat Bread Strawberry Fruited Gelatin Milk Margarine</p>
<p>Menu 1 Pork Chop Patty/Mushroom Gravy Roasted Butternut Squash Black-eyed Peas Fresh Fruit Wheat Bread Apple Spice Cookie Milk Margarine</p>	<p>Menu 2 Orange Juice Vegetable Slaw Parried Rice Steamed Cabbage Wheat Bread Strawberry Fruited Gelatin Milk Margarine</p>	<p>Menu 3 Apple Juice Sliced Ham (2 slices) Parsley Potatoes Collard Greens Cornbread Oatmeal Crème Pie Milk/Buttermilk Margarine</p>	<p>Menu 4 BBQ Chicken/Bun Yellow Corn Diced Sweet Potatoes Applesauce Animal Crackers Milk/Chocolate</p>	<p>Menu 5 Grape Juice Meatballs (5 each)/Marinara Sauce Spaghetti Noodles with Marinara Sauce Steamed Green Peas Texas Bread White Cake Milk Margarine</p>
<p>Happy Holiday</p> 				

Comments or Suggestions