

Second Helping

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

June 2019

Sugar and Sweet Dreams Don't Always Mix

What You Eat at Night Can Affect Your Sleep

The later you have dinner, or the more snacking you do afterwards, the more likely you are to have problems sleeping -- especially if you consume foods and beverages high in fat or sugar. For a better night's rest, see the following advice...and sleep on it!

- **Steer Clear of Soda and Coffee**

We all know that caffeine is a stimulant and will keep you awake. So avoid caffeinated soft drinks, coffee or even tea before bed. Try experimenting with the timing. It could be that you need to stick to water or non-caffeinated drinks anytime later than mid-afternoon.

- **Make a Break from Burgers, Beef and Pork**

Lean cuts may be fine, but red meat and pork can often be very high in fat, which takes a long time to digest and can make you feel bloated and unable to sleep. Lean meats, including skinless chicken, turkey and fish can be better choices for dinner and are much less likely to make you uncomfortable afterwards.

- **Try It, Don't Fry It**

Fried food is another source of fat, which makes your body work harder and longer into the night. And that doesn't just apply to main dishes. Instead of French fries and potato chips, for example, try substituting baked potatoes, rice, pasta, fruit, pretzels or low-fat crackers.

- **Sugar and Spice Are Not So Nice Near Bedtime**

Even if you love the extra flavor and interest of spicy food, eating too late can bring on heartburn and indigestion, which are definitely no help in getting a good night's sleep. And those extra-sweet desserts, such as cake with sugary icing, cookies, chocolate and cheesecake, may cause your blood-sugar level to spike. So instead of drifting off to sleep, you might feel more like getting up and exercising! Remember -- for a more restful night, it's about both *what* you eat and *when* you eat it.

Questions for Meals on Wheels? Call us at 205.592.0413. Source: Alabama Department of Senior Services

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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CSH-06/19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>HOLIDAY</p>				
<p>Menu 11 Grape Juice Salsbury Steak/ Apple Brown Gravy Rosemary Potatoes California Blend Vegetables Whole Grain Bread Chocolate Chip Cookie 1% Milk Margarine</p>	<p>Menu 7 Ham and Potato Casserole Green Lima Beans Carrots Fresh Fruit Italian Bread White Cake 1% Milk Margarine</p>	<p>Menu 8 Blended Juice Macaroni and Cheese Black Eyed Peas Mixed Greens Cornbread Chocolate Pudding 1% Milk/ Buttermilk Margarine</p>	<p>Menu 9 Orange Juice Lemon Pepper Chicken Breast Rice Pilaf Italian Flat Beans/ Red Peppers Wheat Bread Fudge Round 1% Milk Margarine</p>	<p>Menu 10 Broiled Beef Patty/ Bun Baked Beans Potato Salad Lettuce/ Tomato/ Onion Hot Peach Cobbler 1% Milk/ Chocolate Milk Ketchup/ Mustard/ Mayonnaise</p>
<p>Menu 11 Grape Juice Salsbury Steak/ Apple Brown Gravy Rosemary Potatoes California Blend Vegetables Whole Grain Bread Chocolate Chip Cookie 1% Milk Margarine</p>	<p>Menu 12 Blended Juice Turkey Salad Pasta Salad Fresh Fruit Wheat Bread (2) Lemon Pudding 1% Milk Margarine</p>	<p>Menu 13 Orange Pineapple Juice Taco Salad: Seasoned Ground Beef Lettuce/ Cheese/ Tomatoes Pinto Beans Corn Tortilla Chips Mini Moon Pie 1% Milk Taco Sauce/ Sour Cream</p>	<p>Menu 14 Glazed Baked Ham Parslied Mashed Potatoes Turnip Greens Blushing Applesauce Cornbread Sugar Cookie 1% Milk/ Buttermilk Margarine</p>	<p>Menu 15 Three Bean Beef Chili Rice Carrots Pears Saltine Crackers (2 pkgs) White Cake 1% Milk/ Chocolate Milk Margarine</p>
<p>Menu 16 Orange Juice Smoked Sausage/ Bun BBQ Red Beans Yellow Rice/ Green Peppers Apple Spice Cookie 1% Milk Ketchup/ Mustard</p>	<p>Menu 17 Spaghetti/ Meat Sauce Casserole Green Beans Mixed Green Salad/ Italian Dressing Pineapple Tidbits Italian Bread Chocolate Cake 1% Milk/ Chocolate Milk Margarine</p>	<p>Menu 18 Blended Juice Pork Chop Patty/ Onion Gravy Seasoned Potatoes Mixed Greens Cornbread Oatmeal Crème Pie 1% Milk/ Buttermilk Margarine</p>	<p>Menu 19 Grape Juice Beef Stroganoff Cabbage Mixed Vegetables Dinner Roll Vanilla Pudding 1% Milk Margarine</p>	<p>Menu 20 Seasoned Chicken Thigh and Drum Mashed Potatoes Okra and Tomatoes Mixed Fruit Whole Grain Bread Nutty Buddy 1% Milk Margarine</p>
<p>Menu 1 Blended Juice Chopped BBQ Chicken/ Bun Corn Diced Potatoes Sugar Cookie 1% Milk</p>	<p>Menu 2 Seasoned Chicken Thigh & Drum Yellow Rice/ Red peppers Green Peas Peaches Wheat Bread Yellow Cake 1% Milk Margarine</p>	<p>Menu 3 Orange Pineapple Juice Beef Hot Dog/ Bun Baked Beans Coleslaw Ketchup/ Mustard Diced Onions Hot Apple Cobbler 1% Milk/ Chocolate Milk</p>	<p>Menu 4 Herbed Garlic Meatballs (5) Parslied Rice Green Beans Mandarin Oranges Dinner Roll Mini Moon Pie 1% Milk Margarine</p>	<p>Menu 5 Pork Riblet/ Mushroom Gravy Mashed Sweet Potatoes Collard Greens Applesauce Cornbread Oatmeal Crème Pie 1% Milk/ Buttermilk Margarine</p>
24	25	26	27	28

Comments or Suggestions