

# Second Helping

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

May 2019

## Criticism of Potatoes Is Often Half-Baked

### Potatoes Really Can Be Good for You

There's plenty of nutritional value in potatoes. But how much good you get from them depends on how they're cooked and what you put on them. Here are some common misconceptions about spuds, and some ways to make them a healthy part of your diet.

- **They Say Potatoes Are Fattening**

The truth is that they are high in carbohydrates (good for energy), but low in calories. A three-ounce serving of a plain baked potato, including the skin, has only 94 calories compared to 158 calories for the same size portion of pasta or 112 for brown rice.

- **They Say Potatoes Contain "Empty" Calories**

False. Potatoes are a good source of vitamin B6, vitamin C and niacin and they contain minerals, such as potassium, copper, manganese and phosphorus. When prepared with the skin, they're also a good source of fiber. Plus, potatoes are very low in saturated fat and sodium, and contain a variety of phytonutrients, which promote overall health.

- **They Say Diabetics Should Not Eat Potatoes**

Wrong again. Nutrition guidelines for people with diabetes say that they should individualize food choices, based on what works best for them. Diabetics are encouraged to get their carbohydrates from fruits, vegetables (including potatoes), whole grains, legumes and dairy products instead of from foods high in added fat, sugar and sodium.

- **Follow These Healthy and Flavorful Ways to Enjoy Potatoes**

Avoid the saturated fat and calories of sour cream, bacon and cheese. Sour cream and bacon will triple the calories from 100 to 385. Instead, try adding plain non-fat yogurt or non-fat cottage cheese. Top baked potatoes with salsa or cooked vegetables. Include the potato skin in recipes for its fiber and minerals. And skip the potato chips and French fries, which have about SIX times the calories of baked or boiled potatoes!

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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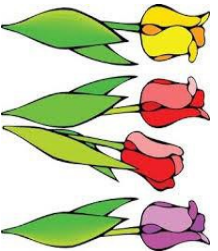
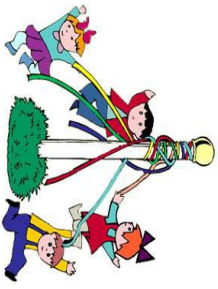

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CSH-05/19



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Menu 6 Grape Juice Meatloaf/ Tomato Gravy Garlic Mashed Potatoes Brussel Sprouts Wheat Bread Oatmeal Raisin 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 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) Parshled 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>
<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 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 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><b>THEME DAY</b> Bar-B-Q Chicken Drums Cole Slaw Fresh Fruit Potato Chips Texas Bread Banana Pudding/ Cookie Wafers 1% Milk Margarine</p>
<p>Menu 2 Seasoned Chicken Thigh &amp; Drum Yellow Rice/ Red peppers Green Peas Peaches Wheat Bread Yellow Cake 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 Parshled 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 27 Seasoned Chicken Thigh &amp; Drum Yellow Rice/ Red peppers Green Peas Peaches Wheat Bread Yellow Cake 1% Milk Margarine</p>
 <p><b>HOLIDAY</b></p>	<p>Menu 28 Seasoned Chicken Thigh &amp; Drum Yellow Rice/ Red peppers Green Peas Peaches Wheat Bread Yellow Cake 1% Milk Margarine</p>	<p>Menu 29 Orange Pineapple Juice Beef Hot Dog/Bun Baked Beans Coleslaw Ketchup/Mustard Fresh Diced Onions Hot Apple Cobbler 1% Milk/Chocolate Milk</p>	<p>Menu 30 Herbed Garlic Meatballs (5) Parshled Rice Green Beans Mandarin Oranges Dinner Roll Mini Moon Pie 1% Milk Margarine</p>	<p>Menu 31 Pork Riblet/Mushroom Gravy Mashed Sweet Potatoes Collard Greens Applesauce Cornbread Oatmeal Crème Pie 1% Milk/Buttermilk Margarine</p>

**Comments or Suggestions**