

NUTRITION *Notes*



April 2023

Published monthly for the clients of Meals on Wheels.

Current Weekend Clients:

Meals on Wheels will **NOT** deliver on Easter Sunday - April 9th.

Due to local Catholic churches providing deliveries on weekends, and not being able to acquire drivers for the holiday weekend, there will be no delivery on Sunday, April 9th. Weekend clients will receive an extra meal on the Saturday prior: April 8th.



Tax Filing Deadline: April 18th

Remember that your tax filing deadline is approaching. You may qualify for a Homestead Refund if you are a homeowner. This refund is a rebate portion of the property taxes paid on a Kansas resident's home, mobile home or manufactured home. The refund is a percentage of your general property tax paid excluding specials. Your refund percentage is based on your total household income. If you have tax questions you can call United Way of the Plains at 411 and they can assist you.

Lent Meals

Last Day For Lent Meals - April 9th

We will try and offer an alternate meal on Fridays during Lent, if the meal on the menu is not already appropriate for Lent. If you are interested in receiving a Lent meal, please call 267-0122 to request this option.

National Volunteer Week: April 16th - 22nd, 2023

Our volunteers are the heart of our organization, and especially the Meals on Wheels program. On average we deliver up to 850 meals daily and rely upon around 70 volunteers each week day to make the deliveries. As we finished up March for Meals where we welcomed local dignitaries and celebrities, we never want to forget about our everyday heroes. Make sure to thank your volunteer!



ASK OUR DIETITIAN

By LuAnn Soliah, Ph.D., R.D.



Please call Meals on Wheels at 267-0122 to submit your question.

QUESTION: Why is vitamin C important in our diets?

Vitamin C (ascorbic acid) is important in our diets because we cannot make vitamin C in our bodies. It is a needed nutrient. See the **list of functions** below.

- * production of collagen (major protein in connective tissue, bones, tendons, & cartilage)
- * promotes infection resistance and wound healing
- * helps maintain the integrity of mucous membranes and blood capillary strength
- * helps maintain proper lung health
- * enhances iron absorption in the GI tract
- * functions as a water soluble antioxidant

Vitamin C is found in plants. The best sources are fruits, vegetables, and juices. Since vitamin C is not shelf stable, good sources of vitamin C include quick frozen or very fresh produce. Vitamin C is easily destroyed by heat, canning, air exposure, and cooking water losses. Here are some excellent vitamin C sources: peppers, citrus products, broccoli, mango, strawberries, melons, cabbage, kale, kiwi, & tomatoes.

Acute vitamin C deficiency results in a condition called scurvy. Symptoms of scurvy will occur within 45-80 days of a vitamin C absence. The actual

symptoms of scurvy will vary, but dental problems might occur, fatigue, lethargy, skin lesions, etc. are known conditions of scurvy.

Overall, it is important to have vitamin C containing foods in our diet every day because we need the vitamin, we cannot make the vitamin, and we do not store a large amount of vitamin C within our bodies. Fortunately, the vitamin is relatively easy to acquire through multiple sources of fruits and vegetables.

April Is National Humor Month!

Humor plays an important role in our overall health. Due to scientific research, it is proven that humor is a useful tool that heals us emotionally and physically. Laughter is part of human behavior regulated by the brain. It is an expression of happiness and inner joy. In social interactions, it's a sign of acceptance and positive interactions with others. It is contagious and oftentimes, the laughter of one person provokes the laughter of another. Humor is a useful way to relieve stress. Have you ever heard the saying, "Laughter is the best medicine?" As human beings, we love to laugh because it brings happiness and joy into our lives (the average adult can laugh up to 17 times a day). The more we're able to laugh at ourselves, the more we're able to share those moments with our friends and families. The industries built around laughter such as jokes, sitcoms, and comedians are all designed to make us laugh because it makes us feel good. It has a positive effect on our bodies; it relaxes our muscles as well as increases our blood flow and boosts our heart rate. (nationaltoday.com/national-humor-month/)

Make sure to get your daily dose of laughter today!

Carbohydrate Counting

By LuAnn Soliah, Ph.D., R.D.

Food, medicine, and exercise work together to affect blood glucose levels. Carbohydrate containing foods (carbs) raise blood glucose and insulin/other prescription medicines and exercise help lower blood glucose. Carbohydrate counting is the modern way to regulate and monitor blood glucose.

The food we eat is composed of three main macro-nutrients: carbohydrates, protein and fat. All of these nutrients provide calories for us to use, but carbohydrates have the most potent effect on blood glucose levels. The **amount** of carbohydrate and the **form** of carbohydrate also affect glucose levels. Let's consider some examples. When we eat sweets or drink juices or sodas, blood glucose levels can peak quickly. However, if we eat high-fiber foods such as an apple, the fiber slows down the rate at which blood glucose will peak. Fiber is not completely digested or absorbed - so it helps us regulate blood glucose. Many plants have fiber and should be a regular part of our diet.

Counting carbs is a nutrition term/strategy that helps determine how much carbohydrate a person can have at each meal or snack. Counting carbs allows an individual to have a lot of "dietary freedom" and still maintain good blood glucose control. Carb counting takes a little practice, but it can become a useful strategy for glucose management.

What is a carb unit? 15 grams of carbohydrate. See below for food classification.

- Starch.....bread, cereal, grains, crackers, and pasta
- Fruit.....all fruits, juices, and dried fruits
- Milk.....milk and yogurt

- Starchy vegetables.....beans, corn and potatoes
- Sweets, desserts, and treats

The amount or number of recommended carb units varies from person to person depending on our size, activity level, prescription medicine, etc. But here are some general guidelines to consider.

- Starch.....1-.2 carb units per meal
- Fruit.....1 carb unit per meal
- Milk.....1 carb unit per meal
- Starchy vegetables.....1 carb unit per meal
- Sweets, desserts, and treats.....occasional use

Overall, remember to select carb units with the most nutrients, avoid skipping meals and eat a variety of foods. Control your portions, aim for a healthy weight, and always aim for a balanced lifestyle, including physical activity every day.

Calls From Your Worker

Meals on Wheels is required to reassess all clients annually to re-qualify you for the Meals program. If you receive a call or message from someone in the office, please get back with them as soon as you can. When an assessment is not completed on time, we will have to pause your meals until the assessment is complete. Thank you for assisting us on this endeavor.



LET US KNOW WHAT YOU THINK! PLEASE MARK YOUR MENU AT THE END OF THE MONTH AND SEND IT BACK TO US:

Cross through items you don't like.

Circle items you do like.

Put a star in front of items you want to see more often.

Suggested Donation
\$10 Monthly

April 2023 - NOON MEALS ARE NOT LATE UNTIL 1:00 P.M.

Monday	Tuesday	Wednesday	Thursday	Friday
3 White Chicken Chili Baby Carrots Cornbread Cherry Crisp	4 Spaghetti with Meat Sauce Broccoli Garlic Bread Sliced Peaches	5 BBQ Chicken Breast Mac & Cheese Buttered Peas Wheat Roll Fruited Pudding	6 Meatloaf with Mashed Potatoes Corn Wheat Roll Mandarin Oranges	7 <u>COLD MEAL</u> Tuna Salad w/ Pita Celery Sticks w/ Peanut Butter Roasted Redskin Potato Salad Fresh Kiwi
10 Hamburger Gravy over Mashed Potatoes Mixed Vegetables Garlic Biscuit Blushing Pears	11 Pizza Casserole Green Beans Warm Spiced Apricots Oatmeal Cookie	12 Chicken Taco Salad Spanish Rice Lettuce/Tom./Sour Cream Blackberry Cobbler	13 Beef Steak Fingers Mashed Potatoes & Gravy Buttered Carrots Wheat Roll Applesauce Jello	14 <u>COLD MEAL</u> Shrimp Salad on a Lettuce Bed Hard Boiled Egg Dill Pickle Spear Club Crackers Fresh Grapes Cherry Strudel
17 Creamed Chipped Beef over a Biscuit String Cheese Mixed Veggies Warm Fruit Compote	18 Fiesta Lime Chicken Spanish Rice Refried Beans Diced Mango	19 Sliced Turkey with Dressing Peas with Pearl Onion Wheat Roll Strawberry Applesauce	20 Potato Crusted Pollock Garden Blend Rice Coleslaw Wheat Roll Blackberry Cobbler	21 Grilled Hot Dog on Bun Baked Beans Corn on the Cob Watermelon Craisin
24 Goulash Peas with Pimento Wheat Roll Peach Yogurt Parfait	25 Brown Sugar Glazed Ham Sweet Potato Casserole Green Beans Pineapple Crisp Cinnamon Roll	26 Creamy Chicken Spaghetti Roasted Bell Pepper Blend Garlic Breadstick Tropical Fruit	27 BBQ Pork Riblette Twice Baked Potato Mixed Veggies Cornbread Mandarin Oranges	28 <u>COLD MEAL</u> Tuna Salad on a Croissant Potato Salad Baby Carrots Fresh Grapes
				New menu items are underlined.

IF YOU DO NOT EAT YOUR MEAL WHEN IT ARRIVES - REFRIGERATE IMMEDIATELY!

Published monthly by: Senior Services, Inc. of Wichita | 200 S. Walnut St, Wichita, KS 67213