

NUTRITION *Notes*



September 2023

Published monthly for the clients of Meals on Wheels.



HOLIDAY!



The Meals on Wheels kitchen and office will be closed for:

Labor Day - Monday, September 4th

Use the shelf stable meal package delivered the week of August 28th.

Calls & Volunteers

If you have any changes you need to share in regards to appointments, cancellation of days or questions about the program you need to call the Meals office. Please refrain from asking the volunteers to relay the message back to the office. There are many times messages do not make it back to us.

Volunteers are just that volunteers. They are delivering your meals out of kindness and a way of giving back to the community. Volunteers are extremely important to the success of the Meals program. The volunteer is there to deliver your meal, and ensure you are okay. Please do not ask them for money, food, to dispose of items, etc. If you have questions or need assistance please call our office, (316) 267-0122, and inquire for resources.



Milk Changes

We have decided to continue the shelf stable milks through the month of September, as we have continued to see high temperatures in the forecast. We will switch back to our regular milks on October 2nd. If you have any questions please let us know.

At-Risk Vitamins: Vitamin D and Vitamin B-12

Nutrition and Aging Resource Center

People need vitamins for the body to function and develop normally. The Dietary Guidelines for Americans (DGAs), 2020-2025 state there is an under-consumption of Vitamin D in the general population, along with low intakes of vitamin B-12 in older adults. Eating inadequate amounts of these nutrients can lead to osteoporosis and anemia. It is important for individuals to receive enough vitamins to live a healthy life. Listed in this newsletter are menu tips, food sources, and nutrient requirements for common under-consumed nutrients that SNP programs can incorporate into their meals and menus.

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 breakfast considered the most important meal of the day?

Breakfast is often considered the most important meal because we “break” our overnight fast. But, in reality all meals (breakfast, lunch and dinner) are equally important. What is more important is the food you choose and the quantity selected. Nevertheless, breakfast has a pristine reputation - here are some reasons for this esteemed view.

Breakfast is credited with the following:

- Better physical endurance - especially for athletes or blue collar workers
- Improved memory, enhanced mental productivity, focused concentration and the ability to stay with a task
- Better overall health and higher diet quality for the day
- Healthier weight due to less impulsive snacking mid-morning
- Vitamin C intake tends to be higher because of fruit and juice selection routines
- Enhanced fiber intake - depending on the cereal, bread or fruit selected
- Better memory, school performance, better behavior management for young children,

and the ability to stay with difficult concepts while studying

So, for all the above reasons...eat a nourishing breakfast. Try to make breakfast pleasant and a meal to be enjoyed.

Menu Tips

- Increasing vegetables, fruits, beans, whole grains, and dairy within meals will help participants reach the recommended intakes of all vitamins.
- Use in-season produce to offer the highest nutrient content.
- Cook fruits and vegetables lightly or eat raw to preserve nutrients.
- Nutrient analysis software may misinterpret vitamin content of a meal. If using nutrient analysis, it's important to use standardized recipes and compare the database to your inventory's food labels.
- Unprocessed foods should be the main source of vitamins, but fortified foods and dietary supplements should be included if necessary.



Vitamin B-12

Vitamin B-12 is a water-soluble vitamin that is prevalent in animal-based protein sources. It is essential for the diet because low intakes lead to anemia, fatigue, and low red and white blood cell counts. Older adults and vegans have an increased risk of Vitamin B-12 deficiency due to low animal-based protein intakes and decreased absorption. (Dietary Reference Intake” 2.4 mcg/day).

Make Breakfast An Excellent Meal

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

Do you enjoy breakfast or do you think breakfast is a boring meal? Breakfast sometimes becomes a routine (boring) meal, but it doesn't have to be that way. Nutrition experts acknowledge that the morning meal can be composed of different food groups and different combinations and still be considered adequate or even excellent. In general, try to have three different food choices: a protein-rich food, a whole grain, and a fruit/vegetable. Americans tend to select fruit or juice for breakfast and Europeans often select a vegetable for breakfast.

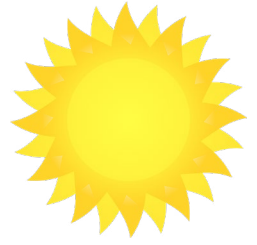
In recent years, protein has become a nutrient of concern for the breakfast meal. Many Americans over-emphasize carbohydrates each morning. Listed below are some strategies for giving protein a boost for your morning meal.

1. Cottage cheese, sliced cheese, a hard-boiled egg, a glass of milk, or a bran muffin would be some examples of protein-rich breakfast foods.
2. Spread peanut butter on toast instead of jelly or margarine.
3. Try Greek yogurt instead of sweetened yogurt. Greek yogurt has more protein compared to traditional yogurt.
4. Make oatmeal with milk instead of water and then, sprinkle pecans or walnuts on the top of your oatmeal selection.
5. Consider eating Canadian bacon with a slice of cheese for breakfast.
6. Make a smoothie for breakfast - but add some protein powder to your drink.

Breakfast is an important meal of the day. Make the most of your food choices for healthy living.

Vitamin D

Vitamin D is a fat-soluble vitamin that can be found in some foods and is also created by our bodies in response to sun exposure. Vitamin D helps increase calcium absorption and aids in bone health. A deficiency can lead to osteoporosis and rickets. It may be difficult to achieve the recommended intake of Vitamin D solely through foods that are naturally rich in Vitamin D and therefore, the DGAs encourage incorporating foods fortified with Vitamin D, as well as adequate sun exposure-recommendations which should be shared as part of nutrition education programs. (Dietary Reference Intake: 600 IU/day).



Changes In Staff

Meals on Wheels bid goodbye to Social Services Specialist, Jeff Guy, this past month as he went on new employment adventures.

If Jeff was your caseworker you will be having a new caseworker taking over in the future. Currently files are being divided between Vicky and Melissa in our office. If you are due for assessment one of them will be getting in touch with you.

As always, if you have any questions or concerns just give the office a call at (316) 267-0122 and someone can assist you.

SPECIAL OCCASION & MEMORIAL GIFTS

Donations given in memory or appreciation of someone special are a wonderful way to honor someone.

Memorials in August:
George Proctor

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
New menu items are underlined.				1 Polish Sausage Red Beans and Rice Okra Cornbread Pears
4 Closed For Labor Day Use the Shelf Stable Meal Provided	5 <u>COLD MEAL</u> Turkey Taco Salad w/ Cheese Pinto Beans Wheat Tortilla Diced Mango Salsa	6 Orange Glazed Pork Chops Herb Roasted Potatoes Mixed Veggies Wheat Roll Applesauce	7 <u>COLD MEAL</u> Ham Salad on a Croissant Bean Salad Whole Wheat Crackers Blushing Pears	8 Beef Tips Bowtie Pasta Buttered Peas Whole Wheat Roll Peaches
11 Rosemary Chicken Macaroni & Cheese Green Beans Wheat Roll Pineapple Chunks	12 Sloppy Joe on Slider Buns Corn on the Cob Tri Tater Mixed Fruit	13 Breaded Baked Fish Lentils Wheat Roll Tarter Sauce Escalloped Peaches	14 Chicken & Sausage Gumbo Fluffy Rice Okra Cornbread Mandarin Oranges	15 Biscuits & Turkey Sausage Gravy Scrambled Eggs Hashbrowns Pears
18 Battered Cod Wedge Rice Pilaf Carrots Fruited Muffin Apricots	19 Sliced Ham Yams Green Beans Cornbread Fruit Yogurt Cup	20 Sweet & Sour Chicken Stir Fry Rice Broccoli Wheat Roll Tropical Mixed Fruit	21 Spaghetti w/ Meat Sauce Italian Green Beans Garlic Knot Peaches	22 Herb Roast Turkey Mashed Potatoes & Gravy Buttered Peas Wheat Roll Strawberry Applesauce
25 Chicken Fried Steak Mashed Potatoes & Gravy Mixed Veggies Wheat Roll Mixed Fruit	26 Crab Cakes Garden Blend Rice Carrots Garlic Knot Mango/Papaya Mix	27 Beef Stroganoff Parsley Noodles Brussels Sprouts Wheat Roll Pistachio Pudding with Pineapple	28 Turkey A La King Harvest Beets Dinner Roll Apple Strudel	29 Ham & Beans Mixed Vegetables Corn Bread Muffin Mandarin Oranges

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

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