



PEOPLE FOR PEOPLE

Meals-On-Wheels Newsletter

Promoting optimal health, quality of life and independence through improved nutrition, quality of diet and socialization opportunities.

OCTOBER 2018

SEPTEMBER NUMBERS

DINING ROOMS

Meals served: 3778

New people: 22

Average donation: 0.58

HOME DELIVERY

Meals served: 6155

New people: 23

Average donation: 0.25



REMINDER- Farmers Market Vouchers will be expiring October 31st 2018

If you received Farmer's Market Vouchers this year they will be expiring October 31st, 2018, please use them before this date.

If you're unable to use them please call our office at (509) 426-2601 before October 31st 2018.

If you need transportation please call the People For People transportation department at (509) 457-1111.

Label Reading

Have you ever looked at a food label and felt as if you're decoding a secret message? Well then hopefully this nutrition article on label reading will better help you understand how to read food labels as well as help in making better food choices.

Serving Size

The first thing you want to do when looking at a food label is check the serving size. Just because something is packaged in a small bag or container does not mean it's always one serving. Many times an item can contain multiple servings.

Check Calories

Food labels are based on a 2000 calorie diet. When we eat over our caloric needs we gain weight and when we eat less than our caloric needs we lose weight. Check with your Dr. or contact me, your dietitian, to find out how many calories you need in a day.

What to Limit

There are 3 key nutrients in bold letters that you want to limit on a food label and they are Total Fat, Cholesterol and Sodium. Make a goal to stay below 100% daily value in these nutrients. Try to avoid saturated and trans fats as much as possible (Example: butter, cream, fried foods). Aim to consume less than 300mg of cholesterol per day. Lastly, limit your sodium intake to 2300mg/day.

Get Plenty of These

Try to get 100% of your daily value of Dietary Fiber, Vitamin A, Vitamin C, Calcium and Potassium. However, Vitamin A and C are no longer required to be on the food label. Did you know each meal from Meals on Wheels, meets 1/3 of your daily value in Calories, Protein, Fat, Fiber, Vitamin A, Vitamin C and Calcium!

Helpful Tip

When looking at %DV (Daily Value), remember that 5% or less is considered low and 20% or more is considered high.



Cyndi Balk, MOW Registered Dietician

If you would like to talk Cyndi about your dietary concerns, she is available Friday mornings, call our office @ (509) 426-2601 or toll free (855) 426-2601 to schedule an appointment.

Vitamins and Functions

Vitamins are a group of substances that are needed for normal cell function, growth, and development. There are 13 essential vitamins. This means that these vitamins are required for the body to work properly. They are:

- 1.) Vitamin A
- 2.) Vitamin C
- 3.) Vitamin D
- 4.) Vitamin E
- 5.) Vitamin K
- 6.) Vitamin B1 (thiamine)
- 7.) Vitamin B2 (riboflavin)
- 8.) Vitamin B3 (niacin)
- 9.) Pantothenic acid (B5)
- 10.) Biotin (B7)
- 11.) Vitamin B6
- 12.) Vitamin B12 (cyanocobalamin)
- 13.) Folate (folic acid and B9)

Function

Each of the vitamins listed below has an important job in the body. A vitamin deficiency occurs when you do not get enough of a certain vitamin. Vitamin deficiency can cause health problems.

1. **Vitamin A** helps form and maintain healthy teeth, bones, soft tissue, mucus membranes, and skin.
2. **Vitamin C** also called ascorbic acid, is an antioxidant that promotes healthy teeth and gums. It helps the body absorb iron and maintain healthy tissue. It also promotes wound healing.
3. **Vitamin D** is also known as the "sunshine vitamin," since it is made by the body after being in the sun. Ten to 15 minutes of sunshine 3 times a week is enough to produce the body's requirement of vitamin D for most people at most latitudes. People who do not live in sunny places may not make enough vitamin D. It is very hard to get enough vitamin D from food sources alone. Vitamin D helps the body absorb calcium. You need calcium for the normal development and maintenance of healthy teeth and bones. It also helps maintain proper blood levels of calcium and phosphorus.
4. **Vitamin E** is an antioxidant also known as tocopherol. It helps the body form red blood cells and use vitamin K.
5. **Vitamin K** is needed because without it, blood would not stick together (coagulate). Some studies suggest that it is important for bone health.
6. **Thiamine** (vitamin B1) helps the body cells change carbohydrates into energy. Getting enough carbohydrates is very important during pregnancy and breastfeeding. It is also essential for heart function and healthy nerve cells.
7. **Riboflavin** (vitamin B2) works with the other B vitamins. It is important for body growth and the production of red blood cells.
8. **Niacin** is a B vitamin that helps maintain healthy skin and nerves. It also has cholesterol-lowering effects at higher doses.
9. **Pantothenic acid** is essential for the metabolism of food. It also plays a role in the production of hormones and cholesterol.
10. **Biotin** is essential for the metabolism of proteins and carbohydrates, and in the production of hormones and cholesterol.
11. **Vitamin B6** is also called pyridoxine. Vitamin B6 helps form red blood cells and maintain brain function. This vitamin also plays an important role in the proteins that are part of many chemical reactions in the body. The more protein you eat the more pyridoxine your body requires.
12. **Vitamin B12** like the other B vitamins, is important for metabolism. It also helps form red blood cells and maintain the central nervous system.
13. **Folate** works with vitamin B12 to help form red blood cells. It is needed for the production of DNA, which controls tissue growth and cell function. Any woman who is pregnant should be sure to get enough folate. Low levels of folate are linked to birth defects such as spina bifida. Many foods are now fortified with folic acid.