



Tasty Tidbits

March 2019



UNIQUE FOOD FACTS

Most of us go through our days eating a regular rotation of food that we like and can access easily, with varying degrees of “healthy”. We don’t often think about some of the special properties of what we consume, and the most “ordinary” foods can surprise you. For example:

- Apples belong to the rose family, as do pears and plums.
- Bananas are scientifically classified as berries. Strawberries are not!
- That store bought 100% "real" orange juice is 100% artificially flavored.
- Coconut water can be used as blood plasma.
- The skin of a kiwi is perfectly edible and is loaded with fiber and vitamin C.
- Calorie for calorie, raw spinach has almost as much protein as sirloin steak.
- Dark chocolate really is good for you!



The chocolate does need to be dark (at least 70% cocoa) to be considered healthy. When milk is added to chocolate it interferes with the body’s ability to absorb antioxidants. Unfortunately, you only need about a ½ of a dark chocolate bar *per week!* Everything in moderation.

All in all, food that is the least processed remains the healthiest option. Choosing “whole foods”, such as fresh fruit, chicken breasts instead of nuggets, an orange instead of orange juice, and whole grain breads can ensure you are getting the daily nutrients you need. When we consume large amounts of processed foods, we get way more salt, fat, and sugar than our bodies can burn, leading to health issues such as obesity, diabetes, and high blood pressure.

Meals on Wheels of Boulder can help! We deliver delicious, nutritious food 5 days a week, with an option for frozen meals for the weekends. To easily sign up, call 303.441.3908.

For more fun facts go to: <https://factrepublic.com/40-interesting-nutrition-facts-you-have-to-know/2/>

Meals on Wheels of Boulder
909 Arapahoe Ave, Suite 121
Boulder, CO 80302
mowboulder.org

Tuesday night dinners at **Café Classico**

*(Dinner buffet served 5:00 pm—6:00 pm
~ only \$7/person or 10 meal punch card for \$63)*

March 5th

Twice Cooked Pork

or

Asian Salmon

From Chef CrazyBear



**Irish
Step
Dancers**

March 12th
Corned Beef

&

Cabbage

From Chef Kirk



March 19th

Beef Street Tacos

or

Fish Street Tacos

From Chef CrazyBear

March 26th

Pork Ribs & Sauerkraut

or

Chicken Schnitzel

From Chef Kirk



*(please make reservations at
303.441.3148)*

If you have questions, please don’t
hesitate to call

Lehshel, Janean, or Nancy at:
Meals on Wheels of Boulder.

303-441-3908

