



MAY 2019 WELLNESS MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Nutrition Class: SEASONAL PRODUCE Thursday, 05.04.19 2:00 PM - 3:00 PM</p>	<p>FOOD DEMO in the Grocery Center!</p> <p>WEDNESDAY · MAY 1 · 11 AM · PRODUCE THURSDAY · MAY 9 · 11 AM · LIMA BEANS TUESDAY · MAY 14 · 11 AM · PRODUCE SATURDAY · MAY 18 · 11 AM · PRODUCE THURSDAY · MAY 23 · 11 AM · SPLIT PEAS SATURDAY · MAY 25 · 11 AM · PRODUCE TUESDAY · MAY 28 · 11 AM · GRITS FRIDAY · MAY 31 · 11 AM · PRODUCE</p>	<p>1-May</p> <p>Beef Ranchero</p> <p>Whole Wheat Egg Noodles</p> <p>Broccoli</p>	<p>2-May</p> <p>Roasted Chicken Thigh / Roasted Garlic Sauce</p> <p>Whole Wheat Pasta (penne)</p> <p>Peas & Carrots</p>	<p>3-May</p> <p>Caribbean Pork Stew</p> <p>Quinoa Pilaf</p> <p>Eggplant, Peppers & Onions</p>
6-May	7-May	8-May	9-May	10-May
Mexican Spiced Chicken Thigh / Red Mole Sauce	Beef Ropa Vieja Stew	Talipia / Mustard Cream Sauce	Turkey Chili	Herb Roasted Pork Loin
Brown Rice & Beans	Bulgur Pilaf	New Brown & Beans Rice	Whole Wheat Macaroni	Wild Rice Pilaf
Carrots & Green Beans	Garden Vegetable Blend	Brussels & Carrots	Carrots	Ratatouille
13-May	14-May	15-May	16-May	17-May
Turkey Meatloaf / Mushroom-Dill Sauce	Roasted Chicken Breast / Puttanesca Sauce	Beef Bourguignon	Tilapia / Sweet & Sour Sauce	Chicken Tetrazzini
Brown Rice	Bulgur Pilaf	Quinoa Pilaf	Vegetable Fried Brown Rice	Whole Wheat Macaroni
Roasted Brussels	Eggplant, Peppers & Onions	Green Beans	Stir Fry Vegetables	Carrots
20-May	21-May	22-May	23-May	24-May
Pork Loin / Cacciatore Sauce	Thai Beef w/ Basil	Rosemary Chicken Thigh / Balsamic Onion Sauce	Turkey Bolognese	Tilapia / Creamy Basil Sauce
Whole Wheat Penne	Brown Rice	Whole Wheat Penne	Whole Wheat Penne	Quinoa Pilaf
Green Beans	Carrots	Capri Blend Vegetables	Eggplant, Zucchini & Onions	Green Beans
27-May	28-May	29-May	30-May	31-May
Beef Fricassee Stew	Goulash w/ Turkey	Lemon & Herb Chicken Stew	Talipia / Roasted Pepper Sauce	Roasted Chicken Thigh / Herb Mushroom Sauce
Whole Wheat Penne	W.W. Macaroni		Spanish Rice	Wild Rice Pilaf
Garden Blend Vegetables	Green Beans	Roasted Brussel Sprouts	Provenscale Vegetables	Carrots

Fiber

Fiber is a nutrient found in plant foods that is not readily digested by the body. There are two types of fiber: **soluble** and **insoluble**. Both types can be found in most plant foods and help you stay full for a longer time. Fiber has many benefits and it is important to include both types in your diet.

Type of Fiber	Benefits	Food Sources (A few examples!)
Soluble Fiber	Lowers blood cholesterol levels and slows absorption of glucose, which can help control blood sugar levels.	<ul style="list-style-type: none"> • Apples • Carrots • Barley • Oats & Oat Bran • Beans and Peas
Insoluble Fiber	Adds "bulk" to stool and helps food pass more quickly through the stomach and intestines, which can prevent constipation.	<ul style="list-style-type: none"> • Dark Green Leafy Veggies • Whole Wheat Bread • Wheat Bran • Nuts & Seeds

How much do I need?

Women should aim for 21 to 25 grams of fiber a day. Men should aim for 30 to 38 grams of fiber a day.

What are ways I can add fiber in my diet?

- When buying packaged foods, look for whole grains on the ingredient list such as whole wheat, barley, brown rice, buckwheat, oatmeal, and quinoa.
- Add beans, lentils, or peas to salads, soups, and side dishes.
- Snack on fruits, vegetables, whole wheat crackers, or plain popcorn.