

WOMEN	
31 - 50 yrs	1.5 Cups Fruit Daily
51+ yrs	1.5 Cups Fruit Daily

MEN	
31 - 50 yrs	2 Cups Fruit Daily
51+ yrs	2 Cups Fruit Daily



BENEFITS OF FRUIT IN A HEALTHY DIET

As part of an overall healthy diet, eating foods such as fruits that are lower in calories per cup instead of some other higher-calorie food may be useful in helping to lower calorie intake.

Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce risk for heart disease, including heart attack and stroke.

Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.

Adding fruit can help increase intake of fiber and potassium which are important nutrients that many Americans do not get enough of in their diet.

Thank you to our menu sponsor!

To learn more call 719-314-2327
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NUTRITION EDUCATION

WHY IS IT IMPORTANT TO EAT FRUIT?

EATING FRUIT PROVIDES HEALTH BENEFITS

People who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health and maintenance of your body.

HOW MUCH FRUIT IS NEEDED DAILY?

The amount of fruit you need to eat depends on age, sex, and level of physical activity. The amount each person needs can vary between 1 and 2 cups each day. Those who are very physically active may need more.

WHAT COUNTS AS A CUP OF FRUIT?

In general, 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit can be considered as 1 cup from the Fruit Group. The table on the next page shows specific amounts that count as 1 cup of fruit (in some cases equivalents for ½ cup are also shown) towards your recommended daily intake.

HOME DELIVERED MEALS

February 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Chicken Pot Pie w/Buttermilk Biscuit Lima Beans Pear Milk
2 Beef Stroganoff WW Penne Pasta Brussels Sprouts Apple Milk	3 Crab Cake Broccoli Cheddar Rice Green Bean Almondine WW Roll w/Butter Orange & Milk	4 Chicken & Dumplings Broccoli High Fiber Cookie Strawberry Applesauce & Milk	5 Pork Chop w/ Country Gravy Mashed Potatoes Succotash Apple & Milk	6 Beef Chili w/Cheese Baked Potato w/ Sour Cream Orange Milk	7 Meatballs Pork & Beef w/ Marinara Sauce WW Pasta Broccoli Banana & Milk	8 Beef Burrito w/Green Sauce Spanish Rice SW Black Beans Diced Mango & Milk
9 Broccoli Cheese Soup Brown Rice Roll w/Butter Apple & Milk	10 Breaded Pollock Mac & Cheese Brussels Sprouts w/ Parm Apple Milk	11 Cheese Ravioli Succotash WW Roll w/ Butter Tropical Fruit Milk	12 Goulash w/Cheese Green Bean Almondine Apple Milk	13 <i>Chef's Choice:</i> <i>Chicken</i>	14 Chicken Cordon Bleu Sweet Potatoes w/Figs and Nuts Broccoli Banana & Milk	15 Chicken Marsala Roasted Red Potatoes Brussels Sprouts Apple & Milk
16 Beef Bourguignon Roasted Red Potatoes Broccoli Orange & Milk	17 Southwestern Chicken Spanish Rice Pinto Beans Orange & Milk	18 Beef Pot Pie w/Butter Milk Biscuit Lima Beans Apple & Milk	19 Chicken Alfredo WW Pasta Peas Tropical Fruit Milk	20 Sweet & Sour Beef Brown Rice Asian Vegetables High Fiber Cookie Pear & Milk	21 Tomato Basil Bisque Brown Rice High Fiber Cookie Banana & Milk	22 Chicken Cacciatore WW Pasta Green Beans Diced Pears Milk
23 BBQ Chicken Roasted Sweet Potatoes Peas & Carrots Orange & Milk	24 Lasagna Roll w/ Meat Marinara Sauce Broccoli Pear & Milk	25 <i>Chef's Choice: Pork</i>	26 Beef Tips Mashed Potatoes Brussels Sprouts Apple Milk	27 Chicken Chimichanga w/ Enchilada Sauce & Cheese SW Black Beans Spanish Rice Banana & Milk	28 Teriyaki Meatballs Brown Rice Succotash Orange Milk	

Menu substitutions may occur without notice.

Members are advised to keep a 3-day supply of nonperishable foods and bottled water in their home in the event of inclement weather or other emergencies that may cause a temporary suspension of service.