



HEALTHY LUNG MONTH:

Breathe Easy

Your lungs allow you to breathe, talk, laugh, sing and much more. As a critical organ that provides life, adapt lifestyle habits to support your lung health. Start with eating a well-balanced, nutrient-dense diet. The following foods and their nutrients may be the most beneficial to lung health.

HEALTHY LUNG FOODS	NUTRIENTS AND BENEFITS
Beets, beet greens and leafy greens like kale, arugula, spinach, cabbage	Nitrates relax blood vessels, reduce blood pressure and optimize oxygen uptake
Vegetables, fruits, turmeric, green tea, soy foods	Antioxidants prevent cell damage and have been shown to improve lung function and lower risk of lung-related diseases
Brazil nuts, seafood, organ meats	Selenium enhances antioxidant defenses and immune function improving overall lung health
Whole grains, dark green leafy vegetables, low-fat milk, yogurt, legumes, nuts, seeds	Magnesium is a mineral that protects against inflammation, helping lung airways stay relaxed so you can breathe easier
Anchovies, salmon, tuna, trout, sardines	Omega-3 fatty acids reduce improve lung function
Cocoa and cacao products (like dark chocolate)	Theobromine helps relax the airways in the lungs

Additional Lifestyle Habits for Healthy Lungs

- **Quit or avoid smoking.** Cigarette smoke destroys lung tissue, depletes antioxidant stores, causes chronic inflammation and narrows the air passages in the lungs.
- **Exercise regularly.** Regular exercise strengthens your lungs and can reduce your risk of serious illness and disease.
- **Limit exposure to air pollutants.** While some pollutants are unavoidable, try to limit your exposure to secondhand smoke, chemicals, radon and outdoor air pollution.

St. Charles AAA

October 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Turkey & Sausage Jambalaya Cabbage Green Beans Wheat Bread Little Debbie or Cookies	4 Baked Meatballs Brown Gravy Whipped Potatoes Venetian Vegetables Wheat Bread Fruit & Grain Bar	5 Ham & White Beans Rice Mustard Greens Pickled Beets Cornbread Orange Juice	6 Chili with Beans Whole Kernel Corn Peas & Carrots Saltine Crackers Pumpkin Bar	7 Turkey & Cheese Tossed Salad Broccoli & Onion Salad Wheat Bread (2 slc) Oreo Cookies Assorted Dressing Mustard Mayonnaise
10 Chicken Breast Lemon Sauce Carrots Whipped Potatoes Wheat Bread Little Debbie or Cookies	11 Hamburger Lettuce/Tomato/Onion Baked Beans Hamburger Bun Orange Juice Mustard/Ketchup Mayonnaise Chocolate Milk	12 Chicken/Sausage Gumbo Rice Okra & Tomatoes Potato Salad Wheat Bread Birthday Cake	13 Ham & Lima Beans Brown Rice Cabbage Fresh Apple Cornbread Little Debbie or Cookies	14 Meatloaf Brown Gravy Ranch Potatoes Whole Kernel Corn Wheat Bread Peanut Butter Cookie
17 Breakfast Sausage or Ham Cheese Grits Cranberry Juice O'Brien Potatoes Biscuit Little Debbie or Cookies Jelly/Margarine	18 Beef Patty Mushroom Gravy Stewed Tomatoes Whipped Potatoes Wheat Bread Little Debbie or Cookies	19 Red Beans & Sausage Brown Rice Orange Juice Mixed Greens Cornbread Fruit & Grain Bar Margarine	20 Santa Fe Stew Rice Brussels Sprouts Wheat Bread Chocolate Chip Cookie	21 Baked Bone-in Chicken Brown Gravy Sour Cream/Chive Potatoes Green Beans Wheat Bread Seasonal Fruit
24 Baked Meatballs Teriyaki Sauce Rice Japanese Vegetables Seasonal Fruit Wheat Bread Little Debbie or Cookies	25 Baked Ham Honey Mustard Sauce Carrots Chantilly Potatoes Dinner Roll Fruited Gelatin	26 Hamburger Lettuce/Tomato/Onion Chuckwagon Corn Hamburger Bun Pineapple Cobbler Mustard/Ketchup Mayonnaise Chocolate Milk	27 Ham/Black-eyed Peas Rice Okra & Tomatoes Cranberry Juice Cornbread Little Debbie or Cookies Margarine	28 Fall Special BBQ Riblet Ranch Beans Mixed Vegetables(4 way) Hamburger Bun Royal Brownie
31 Beef Patty Pepper & Onion Gravy Garlic Potatoes Green Beans Wheat Bread Little Debbie or Cookies	Each Meal is Served with 1/2 Pint of 2% Milk		 <p>TRIO Community Meals an elior company</p>	