The Heart Beat

## THE OFFICIAL PUBLICATION OF MEALS ON WHEELS COLLIN COUNTY Issue 26 | April 2023



## FANTASTIC FIBER

By Samantha Robbins, BS, Dietic Student Did you know...?

- The recommended daily fiber intake for adults over 50 is 21 grams for women, and 30 grams for men.
- · Adults only eat half of the recommended amount of fiber
- · Fiber can help decrease the risk of heart disease and colon cancer
- · Fiber can help manage blood glucose and promotes bowel regularity

Foods that can help you increase fiber intake:

- · Oats
- $\cdot$  Whole grain cereals and bread
- · Beans & Nuts
- · Fruits and vegetables

Fiber is an important part of the diet. If you are increasing your fiber intake, you should do so slowly, and increase your water intake as well to help with digestion. You can check food nutrition labels to see how much fiber are in the foods you eat. Each meal from Meals on Wheels contains at least 7 grams of fiber! Fiber comes from plant-based foods, so try incorporating a variety of plant-based foods to meet your fiber needs.

## MOWCC UPDATES/REMINDERS

- If additional food is needed, please contact client services at 469-731-4866.
- If you are needing transportation within Collin County or need accessibility modifications such as wheelchair ramps and widening doors, please call Area Agency on Aging of North Central Texas at 1-800-272-3921
- If you are 60 and older and need counseling, call your Social Worker or Client Services at 469-731-4866
- Meals on Wheels Collin County will be closed on Friday, April 7th. Please eat the previously prepared meal.

Menu items may change at the last minute due to food industry supply issues. Thank you for your patience.

If you feel abused, neglected or exploited, call 1-800-252-5400





"MOWCC is committed to battling the fight against senior hunger as we **deliver** essential meals to our senior community. Through this contact, we also give **hope** to those seniors in isolation through the smiles of each volunteer."

> Zella Tyson, M.P.H. Chief Executive Officer



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WWW.MEALSONWHEELSCC.ORG

CONTACT US AT: (972) 562-6996

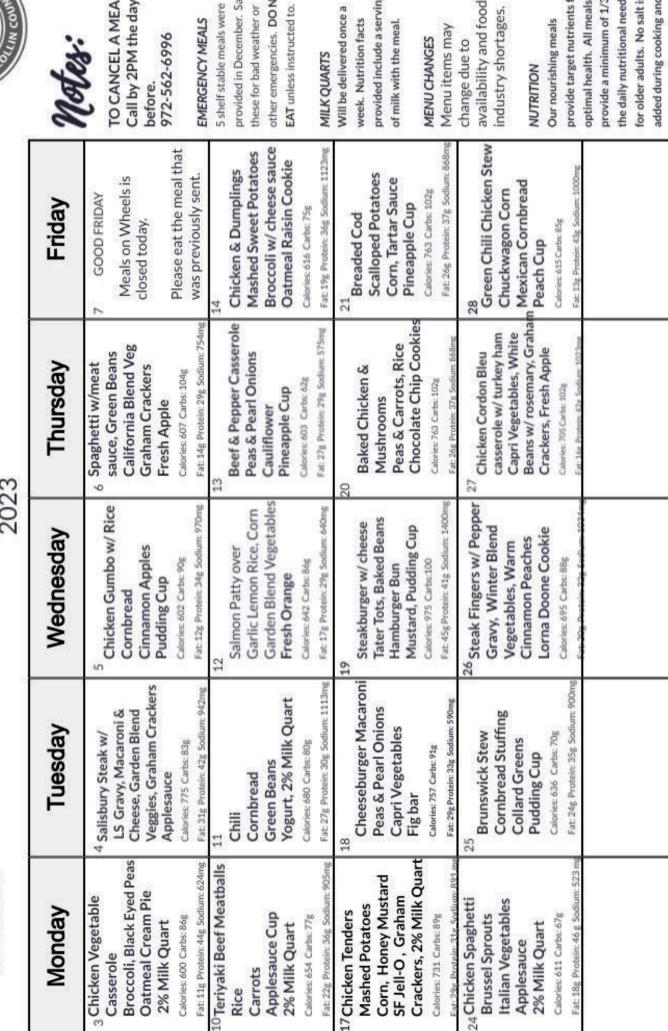


Created by our

-icensed Dietitian

April







TO CANCEL A MEAL Call by 2PM the day 972-562-6996

EMERGENCY MEALS

other emergencies. DO NO provided in December. Saw these for bad weather or EAT unless instructed to.

provided include a serving Will be delivered once a week. Nutrition facts

availability and food ndustry shortages. Menu items may

provide target nutrients for provide a minimum of 1/3 o the daily nutritional needs for older adults. No salt is salt-free products are used added during cooking and optimal health. All meals as much as possible.