



FANTASTIC FIBER

By Samantha Robbins, BS, Dietetic 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
- 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



Menu

Created by our
Licensed Dietitian



April

2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Chicken Vegetable Casserole Broccoli, Black Eyed Peas Oatmeal Cream Pie 2% Milk Quart Calories: 600 Carbs: 86g Fat: 11g Protein: 44g Sodium: 624mg</p> <p>10 Teriyaki Beef Meatballs Rice Carrots Applesauce Cup 2% Milk Quart Calories: 654 Carbs: 77g Fat: 22g Protein: 36g Sodium: 905mg</p> <p>17 Chicken Tenders Mashed Potatoes Corn, Honey Mustard SF Jell-O, Graham Crackers, 2% Milk Quart Calories: 731 Carbs: 89g Fat: 29g Protein: 31g Sodium: 891mg</p> <p>24 Chicken Spaghetti Brussel Sprouts Italian Vegetables Applesauce 2% Milk Quart Calories: 611 Carbs: 67g Fat: 18g Protein: 46g Sodium: 523mg</p>	<p>4 Salisbury Steak w/LS Gravy, Macaroni & Cheese, Garden Blend Veggies, Graham Crackers Applesauce Calories: 775 Carbs: 83g Fat: 31g Protein: 42g Sodium: 942mg</p> <p>11 Chili Cornbread Green Beans Yogurt, 2% Milk Quart Calories: 680 Carbs: 80g Fat: 27g Protein: 30g Sodium: 1113mg</p> <p>18 Cheeseburger Macaroni Peas & Pearl Onions Capri Vegetables Fig bar Calories: 757 Carbs: 91g Fat: 29g Protein: 33g Sodium: 590mg</p> <p>25 Brunswick Stew Cornbread Stuffing Collard Greens Pudding Cup Calories: 636 Carbs: 70g Fat: 24g Protein: 35g Sodium: 900mg</p>	<p>5 Chicken Gumbo w/ Rice Cornbread Cinnamon Apples Pudding Cup Calories: 602 Carbs: 90g Fat: 12g Protein: 34g Sodium: 970mg</p> <p>12 Salmon Patty over Garlic Lemon Rice, Corn Garden Blend Vegetables Fresh Orange Calories: 642 Carbs: 86g Fat: 17g Protein: 29g Sodium: 640mg</p> <p>19 Steakburger w/ cheese Tater Tots, Baked Beans Hamburger Bun Mustard, Pudding Cup Calories: 975 Carbs: 100 Fat: 45g Protein: 41g Sodium: 1400mg</p> <p>26 Steak Fingers w/ Pepper Gravy, Winter Blend Vegetables, Warm Cinnamon Peaches Lorna Doone Cookie Calories: 695 Carbs: 88g Fat: 30g Protein: 29g Sodium: 609mg</p>	<p>6 Spaghetti w/meat sauce, Green Beans California Blend Veg Graham Crackers Fresh Apple Calories: 607 Carbs: 104g Fat: 14g Protein: 29g Sodium: 754mg</p> <p>13 Beef & Pepper Casserole Peas & Pearl Onions Cauliflower Pineapple Cup Calories: 603 Carbs: 62g Fat: 27g Protein: 29g Sodium: 575mg</p> <p>20 Baked Chicken & Mushrooms Peas & Carrots, Rice Chocolate Chip Cookies Calories: 763 Carbs: 102g Fat: 26g Protein: 37g Sodium: 668mg</p> <p>27 Chicken Cordon Bleu casserole w/ turkey ham Capri Vegetables, White Beans w/ rosemary, Graham Crackers, Fresh Apple Calories: 705 Carbs: 102g Fat: 16g Protein: 49g Sodium: 1092mg</p>	<p>7 GOOD FRIDAY Meals on Wheels is closed today. Please eat the meal that was previously sent.</p> <p>14 Chicken & Dumplings Mashed Sweet Potatoes Broccoli w/ cheese sauce Oatmeal Raisin Cookie Calories: 616 Carbs: 75g Fat: 19g Protein: 36g Sodium: 1123mg</p> <p>21 Breaded Cod Scalloped Potatoes Corn, Tartar Sauce Pineapple Cup Calories: 763 Carbs: 102g Fat: 26g Protein: 37g Sodium: 668mg</p> <p>28 Green Chili Chicken Stew Chuckwagon Corn Mexican Cornbread Peach Cup Calories: 615 Carbs: 85g Fat: 13g Protein: 43g Sodium: 1000mg</p>

Notes:

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

EMERGENCY MEALS
5 shelf stable meals were
provided in December. Save
these for bad weather or
other emergencies. **DO NOT**
EAT unless instructed to.

MILK QUARTS

Will be delivered once a
week. Nutrition facts
provided include a serving
of milk with the meal.

MENU CHANGES

Menu items may
change due to
availability and food
industry shortages.

NUTRITION

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