



LOVE YOUR HEART; LOWER YOUR CHOLESTEROL

By Annette Payne, RD, LD, CDCES

Limit Your Intake of Saturated Fat: They are found in meats, whole-fat dairy, and tropical fats like coconut oil, which can elevate LDL (bad) cholesterol.

- Swap out butter for vegetable oil options, such as olive or canola.
- Eat foods rich in omega-3 fatty acids such as salmon, walnuts and ground flaxseed.
- Choose low-fat or fat-free dairy products, such as 1% milk, non-fat yogurt, or low-fat cheeses like reduced-fat feta and part-skim mozzarella.

Select Lean Protein Foods

- Choose cuts with the words loin or round.
- Remove the skin from chicken and turkey to reduce the saturated fat.
- Limit fatty, marbled meats, fried foods and organ meats.
- Choose foods that are baked, broiled or grilled.

Eat more Soluble Fiber

Soluble fiber may help reduce LDL cholesterol by binding it from foods you're eating.

- Sources of soluble fiber include figs, Brussels sprouts, peaches, carrots, apricots, mangoes, oranges, beans, lentils, barley and oats.
- Make sure the food label on your bread says 100% whole-grain or lists a whole grain as one of the first ingredients.

MOWCC UPDATES/REMINDERS

EMERGENCY FOOD BOXES

Keep your box of emergency food in the event that our volunteers cannot deliver. DO NOT EAT these meals unless you are instructed to by MOWCC. If you have not received an emergency meal box, please call Client Services at **(469) 731-4866**



- If you feel abused, neglected or exploited, call **(469) 731-4866**
- Need Transportation? Residents of Plano, Allen, Wylie and Fairview -Collin County Rides - **214-828-6717**
- Residents of McKinney, Lowry Crossing, Princeton, Melissa, Celina or Prosper - Collin County Transit - **214-749-2844**
- Are you a veteran in need of someone to talk to? Call dial 988, then press 1.
- Enjoying your meals? Send comments to paynea@mealsonwheelscc.org
- North Central Texas Aging & Disability Resource Center has relevant trainings every month: <https://nctadrc.org/Calendar>

Menu

Created by our
Licensed Dietitian

February

2024



Monday	Tuesday	Wednesday	Thursday	Friday
SF: indicates a sugar-free item when available.			1 French Toast Sticks Scrambled Eggs Breakfast Potatoes Yogurt SF Pancake Syrup Calories: 812 Carbs: 116g Fat: 25g Protein: 34g Sodium: 296mg	2 Chicken & Dumplings Mashed Sweet Potatoes Broccoli w/ cheese sauce Oatmeal Raisin Cookie Calories: 616 Carbs: 75g Fat: 19g Protein: 36g Sodium: 1123mg
5 Chicken Tenders Mashed Potatoes Corn, Honey Mustard SF Jell-O, Graham Crackers, 2% Milk Quart Calories: 731 Carbs: 89g Fat: 29g Protein: 31g Sodium: 891 mg	6 Steakburger w/ cheese Tater Tots Baked Beans Hamburger Bun, Mustard, Pudding Cup Calories: 975 Carbs: 100 Fat: 45g Protein: 41g Sodium: 1400mg	7 Cheeseburger Macaroni Peas & Pearl Onions Capri Vegetables Fig bar Calories: 757 Carbs: 94g Fat: 29g Protein: 33g Sodium: 590mg	8 Baked Chicken & Mushrooms Peas & Carrots, Rice Chocolate Chip Cookies Calories: 763 Carbs: 102g Fat: 24g Protein: 37g Sodium: 868mg	9 Cod Fish Sticks Mashed Sweet Potatoes Okra & Tomatoes Tartar Sauce, Pear Cup Calories: 763 Carbs: 102g Fat: 24g Protein: 37g Sodium: 868mg
12 Chicken Spaghetti Brussel Sprouts Italian Vegetables Granola Bar 2% Milk Quart Calories: 611 Carbs: 67g Fat: 18g Protein: 46 g Sodium: 523 mg	13 Breaded Steak w/ Pepper Gravy, Winter Blend Veggies Warm Cinnamon Peaches Lorna Doone Cookie Calories: 695 Carbs: 88g Fat: 20g Protein: 32g Sodium: 1034mg	14 HAPPY VALENTINE'S DAY Brunswick Stew Cornbread Stuffing Collard Greens Pudding Cup Calories: 636 Carbs: 70g Fat: 24g Protein: 35g Sodium: 900mg	15 Beef Swiss Steak Roasted Potatoes Herbed Peas Graham Crackers Applesauce Cup Calories: 652 Carbs: 76g Fat: 23g Protein: 37g Sodium: 1044mg	16 Chili Cornbread Green Beans Yogurt Calories: 680 Carbs: 80g Fat: 27g Protein: 30g Sodium: 911mg
19 Teriyaki Chicken Breast Brown Rice Asian Blend Veggies Fig Bar, 2% Milk Quart Calories: 669 Carbs: 95g Fat: 13g Protein: 43g Sodium: 580mg	20 Vegetable Lasagna Capri Blend Veg Italian Stewed Tomatoes Oatmeal Cream Pie Calories: 620 Carbs: 87g Fat: 17g Protein: 31g Sodium: 1341mg	21 Chicken Pot Pie /w Biscuit Mashed Potatoes Broccoli, Fresh Apple Calories: 640 Carbs: 94g Fat: 12g Protein: 42g Sodium: 765mg	22 Greek Chicken Mixed Vegetables White Beans w/ Rosemary Graham Crackers, Craisins Calories: 675 Carbs: 88g Fat: 15g Protein: 46g Sodium: 444mg	23 BBQ Meatloaf Mashed Potatoes, Creamed Corn, Applesauce Cup Granola Bar Calories: 668 Carbs: 98g Fat: 20g Protein: 30g Sodium: 1017mg
26 Buffalo Turkey Meatballs Herb Roasted Potatoes Ranch Corn Strawberry Raisins 2% Milk Quart Calories: 606 Carbs: 102g Fat: 11g Protein: 32g Sodium: 741mg	27 Cranberry Chicken Herbed Peas, Cheesy Cauliflower, Graham Crackers, Pudding Calories: 639 Carbs: 90g Fat: 17g Protein: 36g Sodium: 1004mg	28 Beef & Pepper Casserole Peas & Carrots Yellow Squash Mixed Fruit Cup Calories: 603 Carbs: 62g Fat: 27g Protein: 29g Sodium: 575mg	29 Chicken Fajitas w/onions & peppers Veggie Brown Rice Seasoned Black Beans Oatmeal Cream Pie Calories: 676 Carbs: 98g Fat: 11g Protein: 47g Sodium: 531mg	

Notes:

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

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.

EMERGENCY MEALS

Shelf stable meals have been provided to clients. Save these for bad weather or other emergencies. **DO NOT EAT** unless instructed to.

deliver.

hope.

Made with VISME