



## GET THE FACTS FROM NUTRITION LABELS

By Annette Payne, RD, LD, CDCES

1. **Check the serving size:** The nutrition information listed on the label is based on the listed portion size. It is common for a food or beverage to have more than one serving.

2. **Aim HIGH** for fiber, Vitamin D, calcium, and potassium.

a. Fiber helps regulate bowel movements and may reduce blood sugar fluctuations. Aim for 28 grams per day. When increasing, do it gradually!

b. Calcium & Vitamin D are important for strong bones, muscle & nerve functions. The Daily Value for calcium is 1,300 mg and for vitamin D is 20 mcg per day.

c. Potassium helps with fluid balance and heart, muscle, and nervous system function. The Daily Value for potassium is 4,700 mg per day.

3. **Aim LOW** for saturated fat, sodium, and added sugars.

a. Saturated fat is associated with a higher risk of heart disease. The Daily Value of saturated fat is less than 20 g per day.

b. Sodium is needed for fluid balance, but too much can raise high blood pressure. The Daily Value is less than 2,300 mg per day.

c. Added sugars don't provide any important nutrients. Aim for less than 50 g per day.

\*Talk to your healthcare provider about which nutrients you should track closely for your overall health.

# Menu

Created by our  
Licensed Dietitian

# October

2024



Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken w/ Cajun Sauce Broccoli Black Eyed Peas Oatmeal Cream Pie Calories: 604 Carbs: 65g Fat: 17g Protein: 49g Sodium: 521mg	2 BBQ Chicken Salad Broccoli Salad Cinnamon Applesauce Crackers Calories: 796 Carbs: 56g Fat: 46g Protein: 41g Sodium: 710mg	3 French Toast Sticks Scrambled Eggs Breakfast Potatoes Yogurt SF Pancake Syrup Calories: 812 Carbs: 116g Fat: 25g Protein: 34g Sodium: 786mg	4 Beef Taco Spaghetti Seasoned Black Beans California Blend Veg Applesauce Cup Calories: 614 Carbs: 78g Fat: 20g Protein: 31g Sodium: 720mg	
7 BBQ Beef Meatballs Roasted Sweet Potatoes Cream Corn, Granola Bar 2% Milk Quart Calories: 736 Carbs: 95g Fat: 25g Protein: 36g Sodium: 847mg	8 Chicken Fried Rice Broccoli Gingered Beets Tropical Fruit Cup Calories: 603 Carbs: 72g Fat: 18g Protein: 39g Sodium: 622mg	9 Cod Fish Sticks Mashed Sweet Potatoes Okra & Tomatoes Tartar Sauce, Fresh Orange Calories: 670 Carbs: 88g Fat: 26g Protein: 23g Sodium: 879mg	10 Italian Chicken Breast Herbed Rice Peas & Carrots Lorna Doone Cookie Calories: 630 Carbs: 68g Fat: 21g Protein: 44 Sodium: 476mg	11 New Orleans Beef Macaroni & Cheese Zucchini SF Pudding Cup Calories: 645 Carbs: 69g Fat: 25g Protein: 36g Sodium: 1186mg
14 Chicken Tenders Mashed Potatoes Corn, BBQ Sauce Orange Raisins, Graham Crackers, 2% Milk Quart Calories: 731 Carbs: 89g Fat: 29g Protein: 31g Sodium: 891mg	15 Cheeseburger Macaroni Peas & Pearl Onions Capri Vegetables Fig bar Calories: 757 Carbs: 91g Fat: 29g Protein: 33g Sodium: 590mg	16 Pulled Chicken BBQ Sandwich, Mixed Veggies Sweet Potato Tater Tots Hamburger Bun, Pear Cup Calories: 678 Carbs: 94g Fat: 15g Protein: 43g Sodium: 1040mg	17 Tuna Salad w/tomato slice Corn Salad Cottage Cheese & Peaches Crackers Calories: 661 Carbs: 54g Fat: 31g Protein: 42g Sodium: 949mg	18 Teriyaki Chicken Breast Brown Rice Carrots Yogurt Calories: 716 Carbs: 98g Fat: 14g Protein: 47g Sodium: 731mg
21 Beef Burrito w/ Queso Rice, Rancho Fiesta Veggies Dreo Cookie 2% Milk Quart Calories: 703 Carbs: 90g Fat: 24g Protein: 30g Sodium: 956mg	22 Meatloaf w/ tomato sauce Mashed Potatoes, Creamed Corn, Applesauce Cup Granola Bar Calories: 668 Carbs: 98g Fat: 20g Protein: 30g Sodium: 950mg	23 Breaded Steak w/ LS Pepper Gravy Winter Blend Vegetables Warm Cinnamon Peaches SF Pudding Cup Calories: 635 Carbs: 88g Fat: 18g Protein: 34g Sodium: 700mg	24 Chicken Fajitas w/onions & peppers Veggie Brown Rice Seasoned Black Beans Craisins Calories: 676 Carbs: 98g Fat: 11g Protein: 47g Sodium: 531mg	25 Zesty Orange Boneless Chicken Wings Roasted Herb Potatoes Broccoli w/Cheese Sauce Sugar Free Cookie Calories: 627 Carbs: 57g Fat: 27g Protein: 38g Sodium: 703mg
28 Vegetable Lasagna Capri Vegetables, Italian Stewed Tomatoes, Oatmeal Cream Pie, 2% Milk Quart Calories: 623 Carbs: 87g Fat: 19g Protein: 26g Sodium: 1059mg	29 Greek Chicken Mixed Vegetables White Beans w/ Rosemary Graham Crackers, Apple Calories: 675 Carbs: 88g Fat: 15g Protein: 46g Sodium: 444mg	30 Chicken Cordon Bleu **Contains Pork** Balsamic Carrots Succotash Lorna Doone Cookie Calories: 657 Carbs: 63g Fat: 28g Protein: 38g Sodium: 654mg	31 Egg Salad w/Turkey Ham 3 Bean Salad Spiced Peaches Crackers, Pudding Calories: 609 Carbs: 68g Fat: 26g Protein: 26g Sodium: 946mg	Notes: SF - sugar-free item when available LS - low sodium product

deliver.

Items with this icon indicates it is a cold dish

hope.

Made with VISME

## 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.

### ALLERGY WARNING

MOWCC is not an allergen  
free kitchen. Menu items  
may contain or come into  
contact with the top nine  
food allergens. If you have  
food allergies / intolerances,  
please contact us.





# Health Literacy Month



October 2024

For this October's Health Literacy Month, we want to emphasize the importance of understanding health information to make informed decisions. Health literacy plays a critical role in empowering our clients to manage their health, ask questions, and follow medical advice confidently. At Meals on Wheels Collin County, we're committed to providing not only nutritious meals but also resources that promote better health outcomes. Below, we've shared some simple tips and tools to help you navigate healthcare conversations, understand prescriptions, and stay informed about your well-being.

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## Tips and Tools:

### **1. Ask Questions at Appointments**

Don't hesitate to ask your healthcare provider for clarification if something is unclear. Questions like "Can you explain that in simpler terms?" can help you better understand your care.

### **2. Review Prescription Labels Carefully**

Always read labels and instructions on your medications. Pay close attention to dosages, potential side effects, and any special instructions.

### **3. Use a Pill Organizer**

A pill organizer can help you manage multiple medications and ensure you're taking the correct dose at the right time.

### **4. Keep a Health Journal**

Write down any new symptoms, changes in your health, or questions you want to ask your doctor. This can help keep your healthcare team informed and ensure your care is tailored to your needs.

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Together, we can promote healthier, happier lives!





# Resources for Enhancing Alzheimer's Caregiver Health (REACH)

Serving the Greater Dallas/Fort Worth Metroplex

Are you overwhelmed by  
the challenges of caring for  
a person with dementia?

If so, the REACH program  
may be just what you need.

Addresses common  
issues that affect  
caregivers

Challenging Behaviors  
Safety  
Self Care  
Social Support  
Stress



1-800-272-3921





## REACH

Is a six-month program in which caregivers talk with dementia care specialists at least once a month to learn strategies to cope with the challenges of caregiving.

Addresses common issues like depression, problem behaviors, safety, self care, social support and stress.

Is offered at no charge.



North Central Texas Area Agency on Aging  
1-800-272-3921

# MOWCC UPDATES/REMINDERS

## **New Fall Menu is Coming in November!**

New recipes and returning favorites include:

- Cranberry Beef Meatballs
- Beef Chili Mac
- Breaded Cod
- Brunswick Stew
- Baked Chicken & Mushrooms
- Lemon Pepper Tilapia
- Chili & Cornbread

### **Support and Help Lines for Abuse, Neglect, and Veterans**

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

Are you a veteran in need of someone to talk to? Call dial 988, then press 1.

### **Need Additional Food Support? Contact Us**

If you need additional food, please contact your Social Worker or reach out to our Client Services Admin, Lauren, at 469-731-4866.

In need of DME/Incontinence/Medical Supplies? visit:

REACH Plano  
720 E Park Blvd. Suite 104  
Plano TX 75074  
972-398-1111  
<https://www.reachcils.org/>