



MIND DIET & HEALTHY BRAIN AGING

By Annette Payne, RD, LD, CDCES

In a new study, the MIND diet is linked to slowing down the pace of brain aging and reducing the risk of dementia. It combines key principles of the Mediterranean and DASH diets and focuses on eating lots of brain protective foods such as fish, green leafy vegetables, berries, and nuts, while eating very little of red meat, butter, and sweets.

The high omega-3 fatty acid and antioxidant levels of the MIND diet are key to reducing brain inflammation. Diets high in saturated fats (red meat, cheese, butter) and sugars (sweet drinks, candy, desserts) can increase brain inflammation and contribute to insulin resistance in the brain, which is linked to cognitive decline.

Brain health and dementias such as Alzheimer's disease appear to have multiple causes so eating the right foods is only one part of a prevention strategy.

Source: Annals of Neurology, Medicalnewstoday.com

MOWCC UPDATES/REMINDERS



Jerry L. Volunteer Driver



Judy B. Volunteer Driver

IMPORTANT DATE:

MOWCC will be closed on the following:

·June 19th - Juneteenth

·July 4th & 5th – Independence Day

*Meals will be sent ahead of time for you to eat on those days



- Contact the Texas state-wide Area Agency on Aging at 1-800-252-9240.
- For assistance with resource navigation, reach out to the Texas state-wide Aging and Disability Resource Center at 1-855-937-2372.
- Alzheimer's and Brain Awareness Month is observed in June.
- For more information on Alzheimer's, visit the Alzheimer's Association.
- If you need support or resources for Alzheimer's or Dementia, reach out to the Alzheimer's Association via their 24/7 helpline at 800.272.3900 or visit www.alz.org.

Menu

Created by our
Licensed Dietitian

June

2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 BBQ Beef Meatballs Roasted Sweet Potatoes Cream Corn, Granola Bar 2% Milk Quart Calories: 736 Carbs: 95g Fat: 25g Protein: 36g Sodium: 847mg</p>	<p>4 Chicken Fried Rice Broccoli Gingered Beets Tropical Fruit Cup Calories: 603 Carbs: 72g Fat: 18g Protein: 39g Sodium: 622mg</p>	<p>5 Cod Fish Sticks Mashed Sweet Potatoes Okra & Tomatoes Tartar Sauce, Fresh Orange Calories: 670 Carbs: 88g Fat: 26g Protein: 23g Sodium: 879mg</p>	<p>6 Italian Chicken Breast Herbed Rice Peas & Carrots Lorna Doone Cookie Calories: 630 Carbs: 68g Fat: 24g Protein: 44 Sodium: 476mg</p>	<p>7 New Orleans Beef Macaroni & Cheese Zucchini SF Pudding Cup Calories: 645 Carbs: 69g Fat: 25g Protein: 36g Sodium: 1186mg</p>
<p>10 Chicken Tenders Mashed Potatoes Corn, BBQ Sauce Orange Raisins, Graham Crackers, 2% Milk Quart Calories: 731 Carbs: 89g Fat: 29g Protein: 31g Sodium: 891mg</p>	<p>11 Cheeseburger Macaroni Peas & Pearl Onions Capri Vegetables Fig bar Calories: 757 Carbs: 91g Fat: 29g Protein: 33g Sodium: 590mg</p>	<p>12 Pulled Chicken BBQ Sandwich, Mixed Veggies Sweet Potato Tater Tots Hamburger Bun, Pear Cup Calories: 678 Carbs: 94g Fat: 15g Protein: 43g Sodium: 1040mg</p>	<p>13 Tuna Salad w/tomato slice Corn Salad Cottage Cheese & Peaches Crackers Calories: 661 Carbs: 54g Fat: 31g Protein: 42g Sodium: 949mg</p>	<p>14 Teriyaki Chicken Breast Brown Rice Carrots Yogurt Calories: 716 Carbs: 98g Fat: 14g Protein: 47g Sodium: 731mg</p>
<p>17 Beef Burrito w/ Queso Rice, Rancho Fiesta Veggies Oreo Cookie 2% Milk Quart Calories: 703 Carbs: 90g Fat: 24g Protein: 30g Sodium: 956mg</p>	<p>18 Meatloaf w/ tomato sauce Mashed Potatoes, Creamed Corn, Applesauce Cup Granola Bar Calories: 668 Carbs: 98g Fat: 20g Protein: 30g Sodium: 950mg</p>	<p>19 Meals on Wheels is closed to observe Juneteenth. Please eat the meal that was previously sent.</p>	<p>20 Chicken Fajitas w/onions & peppers Veggie Brown Rice Seasoned Black Beans Craisins Calories: 676 Carbs: 98g Fat: 11g Protein: 47g Sodium: 531mg</p>	<p>21 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</p>
<p>24 Vegetable Lasagna Capri Vegetables, Italian Stewed Tomatoes, Oatmeal Cream Pie, 2% Milk Quart Calories: 623 Carbs: 87g Fat: 19g Protein: 26g Sodium: 1059mg</p>	<p>25 Greek Chicken Mixed Vegetables White Beans w/ Rosemary Graham Crackers, Apple Calories: 675 Carbs: 88g Fat: 15g Protein: 46g Sodium: 444mg</p>	<p>26 Chicken Cordon Bleu **Contains Pork** Balsamic Carrots Succotash Lorna Doone Cookie Calories: 657 Carbs: 63g Fat: 28g Protein: 38g Sodium: 654mg</p>	<p>27 Egg Salad w/Turkey Ham 3 Bean Salad Spiced Peaches Crackers, Pudding Calories: 609 Carbs: 68g Fat: 26g Protein: 26g Sodium: 946mg</p>	<p>28 BBQ Chicken Breast Baked Beans Carrots, Graham Crackers Pear Cup Calories: 639 Carbs: 96g Fat: 11g Protein: 44g Sodium: 1064mg</p>

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 or intolerances
please contact us.

Notes:
SF - sugar-free item when
available
LS - low sodium product

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/>

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.