

June 2025, Kenosha County Meals on Wheels

KAC-MOW

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Baked Ham Mashed Potatoes Green Beans Roll, Fruit	Hamburger Stroganoff Tomato, Spinach Fruit, Bread	Turkey Burger Potato Wedges Carrots, Fruit	Salsa Chicken Black Beans Corn, Fruit, Bread	Chicken & Noodles Beets, Roll, Fruit Prince Charles Veggies
9	10	11	12	13
Chicken Taco Pasta Black Beans, Corn Tortilla, Fruit	Chicken Breast Sweet Potato Green Beans, Bread Fruit	Roasted Pork Mashed Potato w Gravy Broccoli, Roll, Fruit	Sloppy Joes Mac & Cheese Peas, Fruit	Cranberry Chicken Carrots, Fruit Bread
16	17	18	19	20
Chicken Parmesan Garlic Pasta Tomatoes Fruit, Bread	Hot Dog Garbanzo Beans Corn Fruit	Ranch Chicken White Rice Carrots, Fruit Bread	CLOSED HOLIDAY	Chicken Steak Mashed Potato w Gravy Peas, Roll Fruit
23	24	25	26	27
Chicken Allison Spinach Risotto Corn, Bread, Fruit	Meatballs & Rice Carrots, Peas Fruit, Roll	Chicken Cordon Bleu Tomato, Fruit, Bread Prince Charles Veggies	Glazed Chicken Potato, Bread Black Beans, Fruit	Glazed Ham Mashed Potato Green Beans, Roll, Fruit
30				
Spaghetti & Meatballs Broccoli, Carrots Fruit, Roll				Menu Subject To Change without Notice



DIETARY MEAL PLAN SERIES

The amount of dietary meal plans are numerous but what is the hype about them all? We will dive into various dietary meal plans over time to provide you more information about them. Maybe you're just curious so you can "talk shop" at the next gathering of your friends or you're looking to make better choices for yourself. Hopefully these provide the information that you're looking for. **Please seek the advice of your medical practitioner prior to starting any diet plan.**

The first meal plan we will be diving in to is the Ketogenic Diet or commonly known as the Keto diet. The ketogenic diet is a diet that is high in fat and low in carbohydrates and has been around since the early 1920s and was originally used to help reduce seizures in children but now more commonly used as a tool for weight loss.

How exactly does this work? Your body needs carbohydrates for energy for your brain and central nervous system. That's the only energy source they can actually utilize. When you limit or exclude carbohydrates from your diet, you force your body to break down fat and make carbohydrates for your brain and central nervous system.

Keto Specifics

- Carbohydrates make up 5% of your daily caloric intake. These Come from low-carb, non-starchy vegetables and leafy greens.
- Protein make up 20% of your daily caloric intake. These come from sources such as meat, cheese, eggs, milk and other protein sources.
- Fats make up 75% of your daily caloric intake. These come from food items such as unprocessed nuts, avocados, olive oil and butter.

Pros of the Keto Diet

- include fast weight loss
- eating high-fat foods that are often enjoyed
- helping those with certain medical conditions. It's currently being studied for the effects in those with certain neurological diseases like Parkinson's disease.

Cons of the Keto Diet

- difficult to maintain- showing that often times half of the weight lost is regained over time.
- There is a greater risk of other nutrient deficiencies causing health issues.
- Increased fats can lead to more of the "bad" fats and not good for heart health.
- May be hard on your kidneys due to the loss of fluids and electrolytes.
- Could lead to disordered eating due to having to be so strict with what you eat.
- Blood pressure and blood sugar drops due to changes in body fluid volume.

Looking for more Nutrition Education?

Scan the QR Code with your phone's camera or go to the link below for this month's edition of Ask Emily! You can also find the previous months' videos too.



<https://tinyurl.com/yfn9txnw>

Eastern Kenosha County Kenosha Senior Center (KSC)

In Person Dining,
Meals served 11:30 am, M-F,
2717 67th Street
Call Ashley at 262-351-6246

Parkside Redeemer Church (PSB)

In-Person Dining
Meals Served at 11:30 am, M-F
2620 14th Place
Call Sean at 262-552-7737

Lakeside Towers (LST)

In-Person Dining
Meals are served at 11:00, M-F
5800 3rd Avenue
Call Tonya at 262-455-7919

Western Kenosha County Westosha Senior Community Center (WES)

In-Person Dining
Meals Served at 11:30, M-F
19200 93rd Street, Bristol, WI
Call Cindy at 262-358-5554

Regular Senior Dining Sites/Days

* Meals include dessert and beverage

- * Meals are offered for a suggested donation of \$5.00
- * Open to anyone age 60+ and a spouse regardless of age.
- * Reservations must be made by 10:00 a.m. at least 24 hours, one business day in advance.

Village Pub of Silver Lake

307 N Cogswell Drive - Silver Lake
Call Diana at 262-358-5779
Served W, F 11:30 - 1:00

Reservations needed by 10:30 am of the prior day. Two meals provided for a suggested donation of \$10.