

# May 2026, Kenosha County Meals on Wheels

KAC-MOW

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
		<b>Menu Subject To Change without Notice</b>		Mostaccioli w Meatballs Carrots, Corn Fruit, Roll
4	5	6	7	8
Ribette Patty Mac & Cheese Carrots, Fruit	Chicken Tetrizzini Red Beans, Spinach Fruit, Roll	Beef Pepper Steak Brown Rice Carrots, Roll, Fruit	Meatballs w Gravy White Rice Corn, Fruit Bread	Tomato Basil Chicken Potato, Broccoli Fruit, Roll
11	12	13	14	15
Chicken Parmesan Garlic Pasta Cali Veg, Fruit Roll	Hot Dog Wedges Corn, Fruit	Bratwurst w Bun Baked Beans Mac & Cheese Fruit	Turkey Burger Broccoli, Tomatoes Fruit	Chicken Stroganoff Carrots, Red Beans Fruit, Roll
18	19	20	21	22
Beef Enchilada Casserole, Black Beans, Corn, Fruit, Bread	Tropical Chicken White Rice Peas, Fruit Bread	Baked Ham Loaded Mashed Potato Tomato, Corn Fruit, Roll	Glazed Chicken Potato, Broccoli Fruit, Bread	Chicken Fajita Wild Rice Carrots, Fruit Tortilla
25	26	27	28	29
<b>CLOSED HOLIDAY</b>	Swiss Burger Tater Tots Green Beans, Fruit	Hamburger Stroganoff Carrots, Broccoli Roll, Fruit	Chicken Breast Stuffing w Gravy Corn, Fruit Roll	Hamburger Wedges, Peas Fruit



## IRRITABLE BOWEL SYNDROME



Irritable Bowel Syndrome (IBS) is a condition that affects the stomach and the large intestines. According to the American College of Gastroenterology, approximately 10-15 percent of the adult population are affected by IBS. Unlike other diseases, there is no long term impact to the gastrointestinal (GI) tract but it can have a significant impact on the quality of life one has.

There are a number of different symptoms of IBS. Common symptoms include:

- belly pain
- cramping or bloating related to passing stool
- changes in appearance of stool
- changes in how often you pass stool
- feeling of incomplete stool evacuation
- increased gas
- mucus in the stool

The cause of IBS isn't exactly known but some contributing factors may be related to:

- The large intestine's muscles that contract and relax to move food through the GI tract. In IBS, the muscles spasm meaning the contracts may be longer and stronger than normal. If the food moves through too slowly it results in constipation. When the muscles move food through too fast it results in diarrhea.
- Issues related to the nerves in the GI tract could cause stomach discomfort. Additionally the signals from the brain and the intestines that do not coordinate together can cause overreaction to the digestive process causing diarrhea, pain or constipation.
- Stress early in childhood can lead to IBS symptoms later in life
- Changes in the microbes in the intestines

There are different things that can trigger the symptoms of IBS. These include:

- Consuming various food and beverages such as wheat, dairy

products, citrus fruit, beans, cabbage, carbonated beverages may worsen IBS symptoms.

- Increased stress may worsen symptoms or increase frequency of symptoms.

Although each person's triggers are different, there are some ways to help manage IBS.

- a Low-FODMAP diet here garlic, onions, wheat-based products, dairy and legumes are avoided and instead focus on rice, oats, quinoa, lactose free dairy or plant based milk, bananas, strawberries, oranges, lean proteins
- gradually increasing fiber intake
- Drinking eight glasses of water per day
- limiting caffeine and alcohol as these may trigger diarrhea or stomach cramping
- avoiding carbonated beverages to avoid bloating
- including a probiotic in your diet to aid in gut health. Some research has suggested that Lactobacillus and Bifidobacterium may reduce bloating and regulate bowel movements.

Seek out your medical provider if you are experiencing these symptoms.

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>



### PREBIOTIC YOGURT BOMB

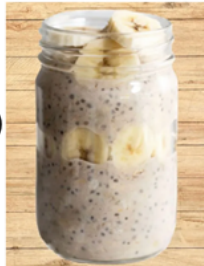
Recipe courtesy of [ginutritionfoundation.org](http://ginutritionfoundation.org)

#### Ingredients

- 1 cup Kefir or Yogurt Drink
- 1/2 cup steel-cut oats
- 1 TBSP Chia Seeds
- 1 banana (sliced)
- 1 TBSP honey

#### Instructions

1. In a mason jar, combine yogurt, cooked oats, chia seeds and honey.
2. Refrigerate overnight (or for around 6-12 hrs.)
3. Top with ripe banana slices.
4. Enjoy!



You may use another container if a mason jar is not available. Easily prep a few jars or containers to consume for the week.