

### Gut Health Part III

By WaiLing Balsley, RDN, LDN



To continue our topic of gut health, we will talk about prebiotics. If you think prebiotics are the good bacteria living in our gut, prebiotics are the food for the good bacteria that promotes their growth and increases the diversity of bacteria in our gut. Prebiotics are usually the complex carbohydrates which can be found in banana, whole wheat bread, raw onion, raw garlic, raw asparagus, dandelion greens and more. By combining prebiotics and probiotics in diet, it maximizes the function of two in building healthy gut. Consider to have banana with your yogurt in the morning, use whole wheat bread and sauerkraut for your Reuben sandwich for lunch.

Hope these three articles about gut health would inspire you to incorporate probiotics and prebiotics in your daily diet.

Resources from Academy of Nutrition and Dietetics <http://www.eatright.org/resource/food/vitamins-and-supplements/nutrient-rich-foods/prebiotics-and-probiotics-the-dynamic-duo> and [https://en.wikipedia.org/wiki/Prebiotic\\_\(nutrition\)](https://en.wikipedia.org/wiki/Prebiotic_(nutrition))

Please talk to your dietitian if you want to learn more.

### Congregate Meal Site

#### Quincy Tower

5 Oak Street West  
Boston, MA 02116  
Tel: (617) 423-7560  
Fax: (617) 423-0502

#### Hong Lok House

25 Essex Street  
Boston, MA 02111  
Tel: (617) 936-3966  
Fax: (857) 350-4621

#### Brighton House

677 Cambridge Street  
Brighton, MA 02135  
Tel: (617) 789-4289  
Fax: (617) 789-5623



#### Area Served

City of Boston

#### For more information

call 617-623-7560 or  
visit us on [www.gbcbgac.org](http://www.gbcbgac.org)

#### Languages

Cantonese, Mandarin, Toisanese,  
Vietnamese, English



## Monthly Menu

# April 2017

中華耆英會  
營養計劃

Greater Boston Chinese Golden Age Center  
Nutrition Program



## Food Safety Guidelines:

If you choose not to eat your lunch right away, please put it in the refrigerator immediately. When you are ready to consume:

1. Slit the plastic cover open or peel it back
2. Re-heat in the microwave for 2-3 minutes
3. Preheat oven to 350° then place container on cookie sheet and heat for 10 – 20 minutes.

Caution: Oliver containers should never be put into a toaster oven.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	Sodium	4	Sodium	5	Sodium	6	Sodium	7	Sodium
Steamed Egg Custard with Preserved Soy Milk Egg White Rice	412mg 120mg 11mg Total 543mg	Shrimps and Diced Chicken with Mixed Vegetables Soy Milk White Rice	622* 120mg 11mg Total 753mg	Sliced Pork with Eggplant Milk White Rice	160mg 125mg 11mg Total 296mg	Sliced Chicken with Shiitake Mushrooms Milk White Rice	439mg 125mg 11mg Total 575mg	Baked Pork Ribs Milk White Rice	167mg 125mg 11mg Total 303mg
Calories: 592 kcal		Calories: 506 kcal		Calories: 523 kcal		Calories: 848 kcal		Calories: 662 kcal	
10	Sodium	11	Sodium	12	Sodium	13	Sodium	14	Sodium
Stewed Tofu with Pork Soy Milk White Rice	123mg 120mg 11mg Total 254mg	Sliced Pork with Tomatoes Soy Milk White Rice	171mg 120mg 11mg Total 302mg	White Fish Fillet with Tobin Sauce Milk White Rice	(N/A) 125mg 11mg Total (N/A)	Garlic Pork Ribs Milk White Rice	167mg 125mg 11mg Total 303mg	Soy Braised Wings Milk White Rice	235mg 125mg 11mg Total 371mg
Calories: 561 kcal		Calories: 606 kcal		Recipe Under Testing		Calories: 662 kcal		Calories: 612 kcal	
17		18	Sodium	19	Sodium	20	Sodium	21	Sodium
<h1>Holiday</h1>		Steamed Pork Dumpling Soy Milk	968* 120mg Total 1,099mg	Sliced Chicken with Satay Sauce Milk White Rice	394mg 125mg 11mg Total 530mg	Shrimps with Shiitake Mushrooms Milk White Rice	237mg 125mg 11mg Total 373mg	Sliced Pork with Tobin Sauce Milk White Rice	146mg 125mg 11mg Total 282mg
		Calories: 467 kcal		Calories: 613 kcal		Calories: 494 kcal		Calories: 595 kcal	
24	Sodium	25	Sodium	26	Sodium	27	Sodium	28	Sodium
Pork Ribs with Butternut Squash Soy Milk White Rice	560* 120mg 11mg Total 691mg	Spiced Chicken Wings with Lemon-grass Soy Milk White Rice	(N/A) 120mg 11mg Total (N/A)	Family-styled Vegetarian Dish Milk White Rice	(N/A) 125mg 11mg Total (N/A)	Curry Pork Chop Milk White Rice	(N/A) 125mg 11mg Total (N/A)	White Fish with Chinese Pickles Milk White Rice	160mg 125mg 11mg Total 296mg
Calories: 731 kcal		Recipe Under Testing		Recipe Under Testing		Recipe Under Testing		Calories: 465 kcal	



Meals are based on a No Added Salt (3-4 gm sodium diet) for healthy older adult. If you have a special concern regarding sodium, contact the Dietitian for guidance on managing your intake to meet your diet requirements. The nutrition information above does not include vegetables nor fruits. Vegetables - calorie 30 - 60 kcal, sodium 60 - 150 mg; Fruits - calorie 71 - 105 kcal, sodium 1 - 2 mg.

**Note:** Fruits and vegetables listed on the menu are subject to change due to seasonal availability. We reserve the right to modify an entrée for holidays or special occasions.