

## Nutrition Column

### Tomato – a delicious jewel

By WaiLing Balsley, RDN, LDN



What are tomatoes, a vegetable or a fruit? Botanically, tomatoes are fruit but they have been classified as a vegetable due

to the classification for trade in 1893. Tomatoes are easy to grow outside or indoor. Even some Massachusetts grown tomatoes can be found at the farmers markets all year round. It is also a versatile ingredient which can be eaten at raw or cooked by roasting, grilling, stewing, drying or canning. It is not surprising that tomato is a well-received item at the dinner table.

Tomatoes are packed with carotenoids, vitamins A and C, potassium and lycopene. As carotenoids and vitamin A are fat soluble, you will get the most nutrients to your body by pairing tomatoes with fatty food such as avocado or olive oil. Some research studies show lycopene may prevent cardiovascular diseases and prostate cancer. However, the US Food and Drug Administration claims the evidence is inconclusive.

Resources: 1. Lieberman, Layne, From the Vine Treasure the Many Types of Tomatoes, Food and Nutrition Magazine, Academy of Nutrition and Dietetics, July/August 2017, volume 6, issue 4.2. An Update on the Health Effects of Tomato Lycopene, US National Library of Medicine, National Institutes of Health, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3850026/> 3. <https://en.wikipedia.org/wiki/Lycopene>

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 2018

中華耆英會  
營養計劃

Greater Boston Chinese Golden Age Center  
Nutrition Program

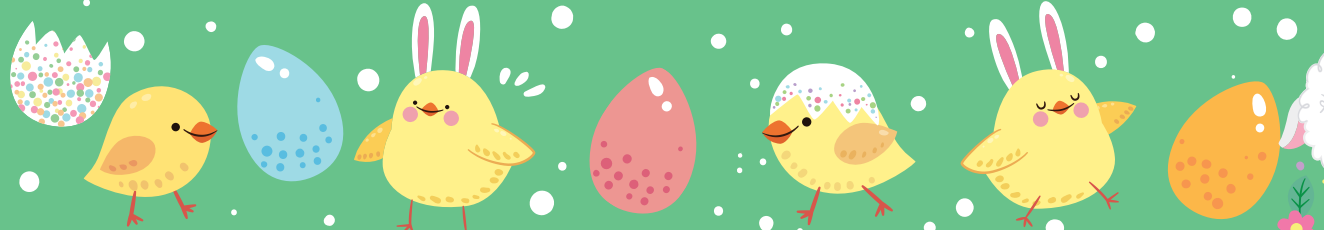


## Food Safety Guidelines:

**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	
2	Sodium	3	Sodium	4		5	Sodium	6	Sodium
Flounder with Chinese Sour Pickles Milk 125mg White Rice 11mg Total 420mg	302mg	Ground Pork with Eggplants Milk 125mg White Rice 11mg Total 279mg	160mg	Vegetarian Pumpkin with Seasonal Greens Milk 125mg White Rice 11mg Total (N/A)	(N/A)	Baked Chicken with Shiitake Mushrooms Milk 125mg White Rice 11mg Total 558mg	493mg	Pork Ribs with Olives Milk 125mg White Rice 11mg Total (N/A)	(N/A)
Calories: 508 kcal		Calories: 523 kcal		Recipe Under Testing		Calories: 848 kcal		Recipe Under Testing	
9	Sodium	10	Sodium	11	Sodium	12	Sodium	13	Sodium
Baked White Fish with Black Bean Sauce Milk 125mg White Rice 11mg Total 469mg	350mg	Chinese Meatloaf Milk 125mg White Rice 11mg Total 471mg	352mg	Shrimps with Ground Pork Milk 125mg White Rice 11mg Total (N/A)	(N/A)	Garlic Pork Ribs Milk 125mg White Rice 11mg Total 286mg	167mg	Braised Chicken Wings Milk 125mg White Rice 11mg Total 354mg	235mg
Calories: 472 kcal		Calories: 614 kcal		Recipe Under Testing		Calories: 662 kcal		Calories: 612 kcal	
16		17 HIGH SODIUM DAY	Sodium	18	Sodium	19	Sodium	20	Sodium
Holiday		Steamed Pork Dumplings Milk 125mg Total 1075mg	968*	Chicken with Satay Sauce Milk 125mg White Rice 11mg Total 513mg	394mg	Lemon-spiced White Fish Milk 125mg White Rice 11mg Total (N/A)	(N/A)	Sweet and Sour Pork Ribs Milk 125mg White Rice 11mg Total 318mg	199mg
		Calories: 469 kcal		Calories: 613 kcal		Recipe Under Testing		Calories: 672 kcal	
23	Sodium	24	Sodium	25	Sodium	26	Sodium	27	Sodium
Steamed Egg Duo Milk 125mg White Rice 11mg Total 459mg	340mg	Pork Chop with Curry Sauce Milk 125mg White Rice 11mg Total 258mg	139mg	White Fish with Dried Bean Milk 125mg White Rice 11mg Total 436mg	317mg	Pepper-spiced Chicken Wings Milk 125mg White Rice 11mg Total 612mg	493mg	Vegetarian Delight Milk 125mg White Rice 11mg Total 354mg	235mg
Calories: 650 kcal		Calories: 530 kcal		Calories: 492 kcal		Calories: 609 kcal		Calories: 520 kcal	
30	Sodium								
Pork Ribs with Butternut Squash Milk 125mg White Rice 11mg Total 678mg	560*								
Calories: 733 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 you 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.

