

Nutrition Column

Jello with Goji Berry and Longan

By WaiLing Balsley, RDN, LDN



It is a fun and easy dessert packs with nutrients and healthy components. Goji berry and longan are not only low in calories, and also high in vitamins A and

C, B vitamins, iron and antioxidants. Add some dried devilwood flowers, from any Chinese grocery stores, for some floral aroma.

Ingredients:

- Dried goji berries – 1 cup
- Dried longans – 1 cup
- Dried devilwood flowers – 1 tablespoon
- Unflavored gelatin – 28g
- Water – 2 cups
- Sugar – 4 tablespoons

Direction:

1. Rinse the goji berries and longans. Cut the longans in half.
2. Boil the water and soak the goji berries, longans and dried devilwood flowers in it for about 10 minutes or till soft.
3. Drain the goji berries, longans and devilwood flowers and return the liquid back to the saucepan. Add in sugar into and boil till the sugar dissolves.
4. Stir in gelatin till it dissolves completely. Remove the mixture from heat and return the berries, longans and devilwood flowers into the pan.
5. Let the mixture cool to room temperature. Once it is cool, pour into molds for shaping. Place the molds into refrigerator overnight or till the mixture is firm.

Reference: www.xinshipu.com, www.livestrong.com, nutritiondata.self.com

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

Languages

Cantonese, Mandarin, Toisanese,
Vietnamese, English



Monthly Menu

February 2018

中華耆英會
營養計劃

Greater Boston Chinese Golden Age Center
Nutrition Program



February 2018 Monthly Menu

 Monthly Special

* Indicated higher sodium items > 500 mg.

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|----------------------------------|--------|-------------------------------------|-------|-----------------------------------|-------|-------------------------------------|--------|-----------------------|--------|
| | | | | | | | | | |
| 1 | | 2 | | 3 | | 4 | | 5 | |
| Baked Chicken with Cranberries | | Pork Ribs with Black Bean Sauce | | Ground Pork with Tofu | | Pork Ribs with Butternut Squash | | Braised Chicken Wings | |
| Milk | (N/A) | Milk | 125mg | Milk | 125mg | Milk | 125mg | Milk | 125mg |
| White Rice | 11mg | White Rice | 11mg | White Rice | 11mg | White Rice | 11mg | White Rice | 11mg |
| Total | (N/A) | Total | 286mg | Total | 253mg | Total | 678mg | Total | 286mg |
| Recipe Under Testing | | | | | | Calories: 662 kcal | | | |
| 5 | | 6 | | 7 | | 8 | | 9 | |
| Chinese Meatloaf | | Baked White Fish | | Ground Pork with Tofu | | Pork Ribs with Butternut Squash | | Braised Chicken Wings | |
| Milk | 352mg | Milk | 302mg | Milk | 134mg | Milk | 560* | Milk | 235mg |
| White Rice | 125mg | White Rice | 125mg | White Rice | 125mg | White Rice | 125mg | White Rice | 125mg |
| Total | 11mg | Total | 11mg | Total | 11mg | Total | 11mg | Total | 11mg |
| Total | 471mg | Total | 420mg | Total | 253mg | Total | 678mg | Total | 354mg |
| Calories: 614 kcal | | Calories: 508 kcal | | Calories: 493 kcal | | Calories: 733 kcal | | Calories: 612 kcal | |
| 12 | | 13 | | 14 | | 15 HIGH SODIUM DAY | | 16 | |
| Stir-fried Shrimps with Eggplant | | Chicken with Sweet and Sour Sauce | | Orange-flavored Pork Ribs | | Seafood Delight | | <h2>Holiday</h2> | |
| Milk | 622* | Milk | 402mg | Milk | 157mg | Milk | 1116* | | |
| White Rice | 125mg | White Rice | 125mg | White Rice | 125mg | White Rice | 125mg | | |
| Total | 11mg | Total | 11mg | Total | 11mg | Total | 11mg | Total | 1235mg |
| Total | 741mg | Total | 521mg | Total | 276mg | Total | 1235mg | | |
| Calories: 509 kcal | | Calories: 791 kcal | | Calories: 656 kcal | | Calories: 505 kcal | | | |
| 19 | | 20 HIGH SODIUM DAY | | 21 | | 22 | | 23 | |
| <h2>Holiday</h2> | | Steamed Pork Dumplings | | Baked White Fish with Satay Sauce | | Chicken Wings with Lemongrass Sauce | | MaPo Tofu | |
| | | Milk | 968* | Milk | (N/A) | Milk | 651* | Milk | 139mg |
| | | White Rice | 125mg | White Rice | 125mg | White Rice | 125mg | White Rice | 125mg |
| Total | 1088mg | Total | (N/A) | Total | 770mg | Total | 258mg | Total | 258mg |
| | | Calories: 467 kcal | | Recipe Under Testing | | Calories: 726 kcal | | Calories: 575 kcal | |
| 26 | | 27 | | 28 | | | | | |
| Pork Ribs with Five Spices | | Chicken Thigh with Portuguses Sauce | | Pork Chop with Creamy Corns | | | | | |
| Milk | (N/A) | Milk | 152mg | Milk | (N/A) | | | | |
| White Rice | 125mg | White Rice | 125mg | White Rice | 125mg | | | | |
| Total | 11mg | Total | 11mg | Total | 11mg | | | | |
| Total | (N/A) | Total | 270mg | Total | (N/A) | | | | |
| Recipe Under Testing | | Calories: 628 kcal | | Recipe Under Testing | | | | | |

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.



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.