



New Year Resolution

By WaiLing Balsley, RDN, LDN

Happy 2017! As a new year has begun, people like to make a resolution as their yearly goal. According to the Nielsen, the top two resolutions in 2015 were about health and wellness. 37% wanted to stay fit and healthy and 32% wanted to lose weight. So what is your resolution for the 2017? May we suggest couple ideas for you?

- **Try a new food**

Try a new ingredient. Google some recipes about the ingredient and learn how to cook with it. Sometime, you may be surprised how good it tastes.

- **Learn a culture by food**

Explore the world and enhance your taste palette. Try a cuisine, a dish or an ingredient that you have never had before. Feeling adventurous? Visit an ethnic grocery store at your neighborhood. You will find assorted ingredients and condiments that we may have never heard of. Talk to the people who work in the store. Ask them question about the ingredients and the cooking method. It could make you feel like you are in a different world.

- **Join a class or club**

Learn a new skill or master a technique. Join a club or a class in your senior center. Meet some new faces, make new friends and have fun in your life. Doesn't matter if it is art and craft classes, dancing classes, or book clubs. You are going to like it.

Resources from <http://www.nielsen.com/us/en/insights/news/2015/2015s-top-new-years-resolution-fitness.html>

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 617-423-7560 or
visit us on www.gbcbgac.org

Languages

Cantonese, Mandarin, Toisanese,
Vietnamese, English



Monthly Menu

January 2017

中華耆英會
營養計劃

Greater Boston Chinese Golden Age Center

Nutrition Program



January 2017

Monthly Menu

New recipe

* Indicated higher sodium items > 500 mg.

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		3	HIGH SODIUM DAY	4		5		6		
Holiday		Steamed Pork Dumplings	968*mg	Stir-fried Fish Tofu	304mg	Orange-flavored Pork Ribs	157mg	Stir-fried Trio with Chicken, Beef and Shrimp	(N/A)	
		Soy Milk	120mg	Milk	125mg	Milk	125mg	Milk	125mg	
		White Rice	11mg	White Rice	11mg	White Rice	11mg	White Rice	11mg	
Total		1088mg	Total		423mg	Total		276mg	Total	
Calories: 467 kcal		Calories: 476 kcal		Calories: 656 kcal		Calories: 656 kcal		Recipe Under Testing		
9	Sodium	10	Sodium	11	Sodium	12	Sodium	13	Sodium	
Pork Ribs with Black Bean Sauce	167mg	Egg Custard with Grounded Pork and Preserved Egg	340mg	Roasted White Fish	302mg	Stir-fired Pork with Tomato	171mg	Braised Chicken Wings	235mg	
Soy Milk	120mg	Soy Milk	120mg	Milk	125mg	Milk	125mg	Milk	125mg	
White Rice	11mg	White Rice	11mg	White Rice	11mg	White Rice	11mg	White Rice	11mg	
Total		298mg	Total		420mg	Total		290mg	Total	
Calories: 660 kcal		Calories: 648 kcal		Calories: 508 kcal		Calories: 609 kcal		Calories: 612 kcal		
16		17	HIGH SODIUM DAY	18		19		20		
Holiday		Steamed Pork Dumplings	968*mg	Pork Chop with Ginger and Scallion	(N/A)	Baked Turkey Breast	(N/A)	Family-style Vegetarian Dish	21mg	
		Soy Milk	120mg	Milk	125mg	Milk	125mg	Milk	125mg	
		White Rice	11mg	White Rice	11mg	White Rice	11mg	White Rice	11mg	
Total		1088mg	Total		(N/A)	Total		(N/A)	Total	
Calories: 467 kcal		Calories: 467 kcal		Recipe Under Testing		Recipe Under Testing		Calories: 537 kcal		
23	Sodium	24	Sodium	25	Sodium	26	Sodium	27	Sodium	
Pork Ribs with Butternut Squash	560*mg	Stir-fried Firm Tofu with Pork	123mg	Baked Chicken Wings with Pepper Sauce	493mg	Stir-fired Shrimp	622*mg	Braised Abalone with Greens	(N/A)	
Soy Milk	120mg	Soy Milk	120mg	Milk	125mg	Milk	125mg	Milk	125mg	
White Rice	11mg	White Rice	11mg	White Rice	11mg	White Rice	11mg	White Rice	11mg	
Total		691mg	Total		612mg	Total		741mg	Total	
Calories: 731 kcal		Calories: 561 kcal		Calories: 609 kcal		Calories: 509 kcal		Calories: 509 kcal		
30	Sodium	31	Sodium							
Vegetarian Delight	145mg	Stir-fried Rice with Diced Chicken and Ham	456mg							
Soy Milk	120mg	Soy Milk	120mg							
White Rice	11mg	White Rice	11mg							
Total		276mg	Total		576mg					
Calories: 491 kcal		Calories: 434 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.