

Gut Health Part II

By WaiLing Balsley, RDN, LDN

Last month, we talked about the importance of diversifying the bacteria in our gut and its influence to other systems in our body. You then may want to ask how and what type of bacteria we want in order to have a healthy gut. The bacteria that help to digest food, kill the disease-causing bacteria and produce vitamins are the good bacteria to have in our body. Those bacteria and the others which are benefit to body health are called probiotics. The two common groups of probiotics are Lactobacillus and Bifidobacterium. Probiotics can be found not only in our gut, but also in food. Food such as yogurt, sauerkraut, kefir, kimchi, and miso are good sources of probiotics. Could you find the common theme of the food above? They are fermented food. Yes, food that has been through fermentation and has not been cooked commonly contains probiotics. So how do we know if food is fermented but not spoiled? The key is controlled environment. Fermentation happens under certain conditions, such as presence of desired bacteria starter, temperature, absence of oxygen and salt concentration. Unlike the molds on the rotten food, probiotics grow under brine at lower temperature (65F – 70F) with no oxygen. With a controlled environment, probiotics are growing on food instead of the bad bacteria. Stay tune for next month when we continue gut health with prebiotics.

Resources from <https://nccih.nih.gov/health/probiotics/introduction.htm> & <https://en.wikipedia.org/wiki/Probiotic>

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

Congregate Meal Site

Quincy Tower

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Hong Lok House

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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

March 2017

中華耆英會
營養計劃

Greater Boston Chinese Golden Age Center
Nutrition Program





March 2017

Monthly Menu

 Monthly Special

* Indicated higher sodium items > 500 mg.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1	Sodium	2	Sodium	3	Sodium
				Tofu Trio	297mg	Shrimp with Egg White Sauce	(N/A)	Pork Ribs with Butternut Squash	560*mg
				Milk	125mg	Milk	125mg	Milk	125mg
				White Rice	11mg	White Rice	11mg	White Rice	11mg
				Total	433mg	Total	(N/A)	Total	696mg
				Calories: 525 kcal		Recipe Under Testing		Calories: 730 kcal	
6	Sodium	7	Sodium	8	Sodium	9	Sodium	10	Sodium
Five-Spiced Pork Slices	210mg	Fish with Chinese Pickles	317mg	Pepper-Spiced Shrimp	146mg	Orange-flavored Pork Ribs	157mg	Soy Braised 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	341mg	Total	448mg	Total	282mg	Total	293mg	Total	371mg
Calories: 530 kcal		Calories: 490 kcal		Calories: 468 kcal		Calories: 656 kcal		Calories: 612 kcal	
13	Sodium	14	Sodium	15	Sodium	16	Sodium	17	Sodium
Shrimps with Mixed Vegetables	622*mg	Trio with Chicken, Beef and Scallops	(N/A)	Curry Fish Balls	616*mg	Chinese Meatloaf	352mg	Yu Shing Eggplants with Pork	160mg
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	753mg	Total	(N/A)	Total	752mg	Total	488mg	Total	296mg
Calories: 506 kcal		Recipe Under Testing		Calories: 534 kcal		Calories: 614 kcal		Calories: 523 kcal	
20	Sodium	21	Sodium	22	Sodium	23	Sodium	24	Sodium
Pepper-Spiced Chicken Wings	493mg	Steamed Ground Pork and Tofu	544*mg	Baked Fish Fillet	302mg	Sliced Pork with Tobin Sauce	146mg	Steamed Egg with Ground Pork and Vermicelli	340mg
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	624mg	Total	675mg	Total	438mg	Total	282mg	Total	476mg
Calories: 607 kcal		Calories: 546 kcal		Calories: 508 kcal		Calories: 595 kcal		Calories: 650 kcal	
27	Sodium	28	Sodium	29	Sodium	30	Sodium	31	Sodium
Sweet and Sour Pork Chop	199mg	Chicken Breast with Oyster Sauce	444mg	Sliced Pork with Mixed Vegetables	215mg	Sliced Fish Fillets with Mixed Vegetables	160mg	Shrimp with Lobster Sauce	(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	330mg	Total	575mg	Total	351mg	Total	296mg	Total	(N/A)
Calories: 670 kcal		Calories: 781 kcal		Calories: 643 kcal		Calories: 465 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 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.