

Nutrition Column

Food Trivia

By WaiLing Balsley, RDN, LDN

1. How old are the oldest cells that line your digestive tract?
2. What is gelatin made from?
3. What are proteins made from?
4. Which vegetable can make you cry?
5. What fruit grows on palm trees?
6. What process kills bacteria in dairy products?
7. True or false. An ounce of fats has more than twice that number of calories as an ounce of carbohydrate or protein.
8. True or false. Obesity is due mainly to heredity.
9. What mineral is added to dried fruit to keep it looking fresh?
10. Which vitamin is needed for normal vision in dim light?

1. 3 to 7 days 2. Beef or pork
3. Amino acids 4. Onion 5. Coconuts
6. Pasteurization 7. True 8. False
9. Sulfur 10. Vitamin A

Answer:

Resources from www.kibsd.org

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

November 2016

中華耆英會
營養計劃

Greater Boston Chinese Golden Age Center




Nutrition Program



November 2016 Monthly Menu

 **New recipe**

* Indicated higher sodium items > 500 mg.

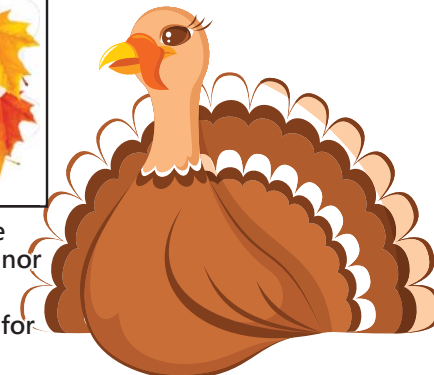
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1	Sodium	2	Sodium	3	Sodium	4	Sodium
		Orange-flavor Ribs	157mg	Braised Fish Fillets & Dried Bean Curd Sticks	317mg	Steamed Chicken with Wood Ear	314mg	Shredded Pork with Chinese Pickles	509*mg
		Soy Milk 120mg White Rice 11mg Total 289mg		Milk 125mg White Rice 11mg Total 436mg		Milk 125mg White Rice 11mg Total 433mg		Milk 125mg White Rice 11mg Total 628mg	
		Calories: 654 kcal		Calories: 492 kcal		Calories: 608 kcal		Calories: 572 kcal	
7	Sodium	8	Sodium	9	Sodium	10	Sodium	11	Sodium
Scrambled Eggs with Shrimps	325mg	Pork and Tofu Stew	123mg	Pork Ribs with Butternut Squash	560*mg	Diced Chicken and Shiitake	439mg	<h1>Holiday</h1>	
Soy Milk 120mg White Rice 11mg Total 457mg		Soy Milk 125mg White Rice 11mg Total 254mg		Milk 125mg White Rice 11mg Total 678mg		Milk 125mg White Rice 11mg Total 558mg			
Calories: 656 kcal		Calories: 561 kcal		Calories: 733 kcal		Calories: 848 kcal			
14	Sodium	15	Sodium	16	Sodium	17	Sodium		
Stir Fried Beef with Tomatoes	(N/A)	Family-style Vegetarian Dish	145mg	Fish Fillets with Chinese Sour Pickles	302mg	Steamed Egg with Scallops	(N/A)	Soy Braised Chicken Wings	235mg
Soy Milk 120mg White Rice 11mg Total (N/A)		Soy Milk 120mg White Rice 11mg Total 276mg		Milk 125mg White Rice 11mg Total 420mg		Milk 125mg White Rice 11mg Total (N/A)		Milk 125mg White Rice 11mg Total 357mg	
Recipe Under Testing		Calories: 491 kcal		Calories: 508 kcal		Recipe Under Testing		Calories: 612 kcal	
21	Sodium	22	Sodium	23	Sodium	24	Sodium	25	Sodium
Stir Fried Fish Fillets	350mg	Diced Pork with Eggplants	160mg	Turkey Breast with Sweet Potato	(N/A)				
Soy Milk 120mg White Rice 11mg Total 469mg		Soy Milk 120mg White Rice 11mg Total 291mg		Milk 125mg White Rice 11mg Total (N/A)					
Calories: 472 kcal		Calories: 520 kcal		Recipe Under Testing					
28	Sodium	29	Sodium	30	Sodium				
Steamed Pork Dumplings	775*mg	Chicken Breast with Oyster Sauce	444mg	Home-made Barbeque Pork	512*mg				
Soy Milk 120mg Total 895mg		Soy Milk 120mg White Rice 11mg Total 576mg		Soy Milk 120mg White Rice 11mg Total 630mg					
Calories: 394 kcal		Calories: 781 kcal		Calories: 752 kcal					

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.