

Nutrition Column

- Healthy New Year Goals - -- 3 Simple Steps --

1. Eat Balanced: Five Food Groups
Veggies (spinach, tomatoes), **fruits** (apples, oranges), **protein** (fish, eggs), **whole grains** (brown rice, whole wheat), **dairy** (low-fat milk).

Tips: Keep it light on salt and sugar!

2. Exercise Regularly: Goals

- **150 minutes per week** of moderate-intensity activities like brisk walking or tai chi.
 - **Strength training:** Twice a week with light dumbbells or resistance bands.
 - **Flexibility exercises:** Stretch daily to keep joints limber.
- Tip:** Exercise with friends for more fun!

3. Self-Care: Be Kind to Yourself

- **Sleep:** Get 7-8 hours of quality sleep daily.
- **Socialize:** Stay connected with family and friends, and join community activities.
- **Relax:** Spend 10 minutes daily practicing deep breathing or meditation to ease stress.

You don't need to change all your habits at once. Begin with small goals and take it step by step.

In 2024, let's eat healthier, move more joyfully, and live happier together!

This article was provided by Dietitian Sophia Ding. If you have any questions, please call 617-357-0226

Senior Centers/Meal Sites

Quincy Tower

5 Oak Street West, Boston, MA 02116
Tel: (617) 423-7560 Fax: (617) 423-0502

Breakfast & Lunch Dine-In
Breakfast Time: **8:00am-10:00am**
Lunch Time: **11:15am-12:30pm**

Open for in-person activities: Taichi, Dance, ESL, Calligraphy, Smart Phone Workshops, Painting

Hong Lok House

25 Essex Street, Boston, MA 02111
Tel: (617) 936-3966 Fax: (617) 350-4621

Lunch Dine-In
Lunch Time: **11:30am-1:00pm**

Open for in-person activities: Dance, ESL, Balance Exercise, Technology Workshops

Brighton House

677 Cambridge St., Brighton, MA 02135
Tel: (617) 789-4289 Fax: (617) 789-5623

Lunch Dine-In
Lunch Time:
11:30am-12:00pm

Open for in-person activities: Taichi Soft Ball, Technology Workshops, ESL, Dance

Operation time: Monday to Friday
from 9:00am to 2:00pm.

For detailed activity schedule, please check our website OR social media platforms.



GBCGAC



GBCGAC



Greater Boston 中華耆英會
Chinese Golden Age Center



Greater Boston Chinese Golden Age Center

Nutrition Program

Monthly Menu January 2025

中華耆英會
營養計劃



January 2025 Monthly Menu

* indicates higher sodium items > 500 mg

Food Safety Rules

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>HAPPY CHINESE NEW YEAR 蛇 新年快樂</p>		<p>1</p> <p>Closed for the day New Year's Day</p>	<p>2 Steamed Dumpling</p> <p>Main Course + 968*mg + 125mg</p> <p>Total Sodium = 1104mg</p> <p>High Sodium Calories: 697kcal</p>	<p>3 Stir-fried Shrimp with Celery</p> <p>Main Course + 798*mg + 125mg + 11mg</p> <p>Total Sodium = 934mg</p> <p>Calories: 513kcal</p>
<p>6 Baked Pork Ribs with Black Bean Sauce</p> <p>Main Course + 164mg Milk + 125mg Rice + 11mg</p> <p>Total Sodium = 301mg</p> <p>Calories: 713kcal</p>	<p>7 Baked Egg Patty</p> <p>Main Course + 340mg + 125mg + 11mg</p> <p>Total Sodium = 476mg</p> <p>Calories: 658kcal</p>	<p>8 Spicy-boiled Fish Fillet</p> <p>Main Course + 426mg + 125mg + 11mg</p> <p>Total Sodium = 562mg</p> <p>Calories: 506kcal</p>	<p>9 Family Style Vegetarian Dish</p> <p>Main Course + 235mg + 125mg + 11mg</p> <p>Total Sodium = 372mg</p> <p>Calories: 527kcal</p>	<p>10 Soy Braised Chicken Thigh</p> <p>Main Course + 235mg + 125mg + 11mg</p> <p>Total Sodium = 372mg</p> <p>Calories: 620kcal</p>
<p>13 Baked Pork Patty</p> <p>Main Course + 352mg Milk + 125mg Rice + 11mg</p> <p>Total Sodium = 488mg</p> <p>Calories: 622kcal</p>	<p>14 Stir-fried Shrimp with Soy Sauce</p> <p>Main Course + 388mg + 125mg + 11mg</p> <p>Total Sodium = 525mg</p> <p>Calories: 481kcal</p>	<p>15 Baked Fish Fillet with Garlic</p> <p>Main Course + 829*mg + 125mg + 11mg</p> <p>Total Sodium = 966mg</p> <p>Calories: 698kcal</p>	<p>16 Chinese-style BBQ Pork</p> <p>Main Course + 512*mg + 125mg + 11mg</p> <p>Total Sodium = 648mg</p> <p>Calories: 760kcal</p>	<p>17 Curry Fish ball with Tofu</p> <p>Main Course + 616*mg + 125mg + 11mg</p> <p>Total Sodium = 753mg</p> <p>Calories: 541kcal</p>
<p>20 Baked Fish Fillet with Dried Bean Curd</p> <p>Main Course + 317mg Milk + 125mg Rice + 11mg</p> <p>Total Sodium = 454mg</p> <p>Calories: 500kcal</p>	<p>21 Baked Chicken Thigh with Salt and Pepper</p> <p>Main Course + 456mg + 125mg + 11mg</p> <p>Total Sodium = 593mg</p> <p>Calories: 781kcal</p>	<p>22 Baked Shrimp with Salt and Pepper</p> <p>Main Course + 736*mg + 125mg + 11mg</p> <p>Total Sodium = 872mg</p> <p>Calories: 433kcal</p>	<p>23 Steamed Noodle with Minced Pork</p> <p>Main Course + 687*mg + 125mg</p> <p>Total Sodium = 812mg</p> <p>Calories: 828kcal</p>	<p>24 Mapo Style Tofu with Minced Pork</p> <p>Main Course + 139mg + 125mg + 11mg</p> <p>Total Sodium = 276mg</p> <p>Calories: 582kcal</p>
<p>27 Stir-fried chicken, shrimp and fish balls</p> <p>Main Course + 1121*mg Milk + 125mg Rice + 11mg</p> <p>Total Sodium = 1257mg</p> <p>High Sodium Calories: 596kcal</p>	<p>28 Braised Pork Feet</p> <p>Main Course + N/A + 125mg + 11mg</p> <p>Total Sodium = N/A</p> <p>Monthly Special Calories: N/A</p>	<p>29</p> <p>Closed for the day Chinese New Year</p>	<p>30 Mixed Seafood Dish</p> <p>Main Course + 601*mg + 125mg + 11mg</p> <p>Total Sodium = 737mg</p> <p>Calories: 411kcal</p>	<p>31 Baked Chicken Wings with Fried-onion</p> <p>Main Course + 647*mg + 125mg + 11mg</p> <p>Total Sodium = 784mg</p> <p>Calories: 760kcal</p>

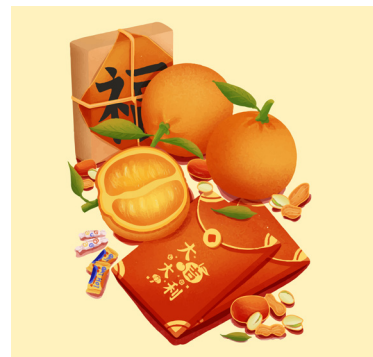
If you choose not to eat your lunch right away, please put it in the refrigerator immediately.

When you are ready to consume the lunch:

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. Do not heat over 30 minutes.

*Caution: containers should never be put into a toaster oven.

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. **Please watch out for small bones in your meal to avoid choking or discomfort while eating.**



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. Meals may contain allergens including milk, egg, fish, crustaceans, tree nuts, wheat, peanut, soybeans and sesame; and, food ingredient that contain these proteins.