

Nutrition Column

Gut Health Part 1

By WaiLing Balsley, RDN, LDN

Food and gut health has been widely discussed in the past decade as people are aware the importance of a healthy gut. As we are aging, the use of medication and appetite loss directly affect the gut health.

So what is a healthy gut? A healthy gut refers to a diverse population of bacteria, which help to break down food, living inside the gut. The bacteria in our gut are good at chopping down the complex food, such as fiber, into simple food that are easy for our body to absorb. Since our body cannot break down the complex food, we cannot absorb any nutrients from it. With the help of the gut bacteria, we can use the nutrients from the food. People with a diverse culture of bacteria in gut tend to have less food intolerance. Lately, scientists are studying the relationship of gut bacteria with the hormone system, nervous system and immune system. Recent research show a diverse culture of gut bacteria may benefit for hormonal balance, immune ability and the brain function. But of course, more studies are needed to prove that.

Next month, we will talk about what probiotics are. Stay tune.

Resources from <http://www.gutmicrobiotaforhealth.com/en/the-role-of-probiotics-in-ageing-and-longevity/> and <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4290626/>

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

February 2017

中華耆英會
營養計劃

Greater Boston Chinese Golden Age Center

Nutrition Program



February 2017 Monthly Menu

Monthly Special

* 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			
				1	Sodium	2	Sodium	3	Sodium		
				Steamed Pork Ribs with Black Bean Sauce Milk 125mg White Rice 11mg Total 286mg	Steamed Chicken with Dates Milk 125mg White Rice 11mg Total 433mg	Bake Salmon with Sweet Soy Milk 125mg White Rice 11mg Total (N/A)	(N/A)	(N/A)			
Calories: 662 kcal				Calories: 608 kcal				Recipe Under Testing			
6	Sodium	7	Sodium	8	Sodium	9	Sodium	10	Sodium		
Stir-fired Fish Fillets Soy Milk 120mg White Rice 11mg Total 291mg	Ham with Shiitake Mushroom and Greens Soy Milk 120mg White Rice 11mg Total 397mg	Family-styled Vegetarian Dish Milk 125mg White Rice 11mg Total 264mg	Pork Ribs with Butternut Squash Milk 125mg White Rice 11mg Total 678mg	Soy Braised Wings Milk 125mg White Rice 11mg Total 354mg	235mg	235mg	125mg	11mg	354mg		
Calories: 462 kcal		Calories: 454 kcal		Calories: 494 kcal		Calories: 733 kcal		Calories: 612 kcal			
13	Sodium	14	Sodium	15	Sodium	16	Sodium	17	Sodium		
Stir Fried Tofu with Diced Pork Soy Milk 120mg White Rice 11mg Total 254mg	Steamed Pork Ribs with Orange Peels Soy Milk 120mg White Rice 11mg Total 289mg	Sliced Pork with Chinese Pickles Milk 125mg White Rice 11mg Total 628mg	Chicken with Sweet and Sour Sauce Milk 125mg White Rice 11mg Total (N/A)	Scrambled Egg with Shrimps Milk 125mg White Rice 11mg Total 444mg	325mg	125mg	11mg	444mg	444mg		
Calories: 561 kcal		Calories: 654 kcal		Calories: 572 kcal		Recipe Under Testing		Calories: 659 kcal			
20	Sodium	21	Sodium	22	Sodium	23	Sodium	24	Sodium		
<h2 style="color: red;">Holiday</h2>		Pork Dumpling Soy Milk 120mg Total 1088mg	968*mg	Fried Rice with Diced Chicken and Chinese Sausage Milk 125mg Total 623mg	515*mg	Stir fried Shrimps Milk 125mg White Rice 11mg Total 741mg	622*mg	Pork Chop with Creamed Corn Sauce Milk 125mg White Rice 11mg Total (N/A)	(N/A)		
Calories: 467 kcal		Calories: 480 kcal		Calories: 509 kcal		Recipe Under Testing					
27	Sodium	28	Sodium								
Fish Cake with Curry Sauce Soy Milk 120mg White Rice 11mg Total 433mg	Salt and Pepper Wings Soy Milk 120mg White Rice 11mg Total 625mg										
Calories: 505 kcal		Calories: 607 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.