

Nutrition Column

“March” into a Healthier You

By WaiLing Balsley, RDN, LDN



The Academy of Nutrition and Dietetics celebrates the National Nutrition Month® in March every year. With this

year's theme “Go Further with Food”, the concept of healthy living is extended to food conservation and food safety. Here are some ideas to “Go Further with Food” during the National Nutrition Month®:

- **Eat the rainbow and make your plate colorful.** Choose healthful food from different food groups and have multiple color in your everyday meals.
- **Check before shop.** Check your pantry and refrigerator to see what you already have before your grocery shopping.
- **Plan for the week.** Buy only the amount that can be eaten and plan ways to use leftovers later in the week.
- **Watch the portion.** Eat and drink the amount that's right for you.
- **Handle your food safely.** Practice food safety – separate the raw and cooked food, cook and reheat food to 165°F of internal temperature, store food at 40°F or below in fridge or at 0°F in freezer.
- **Have fun in life.** Find the activities you enjoy and be physically active most days of the week.
- **Ask questions.** Consult a dietitian on choosing healthy food choices.

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 617-623-7560 or
visit us on www.gbcbgac.org

Languages

Cantonese, Mandarin, Toisanese,
Vietnamese, English




Greater Boston Chinese Golden Age Center
Nutrition Program

Monthly Menu

March 2018

中華耆英會
營養計劃



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
									
						1	Sodium	2	Sodium
						Baked Chicken with Chestnuts	216mg	Pork Ribs with Butternut Squash	560*mg
						Milk	125mg	Milk	125mg
						White Rice	11mg	White Rice	11mg
						Total	335mg	Total	678mg
						Calories: 584 kcal		Calories: 733 kcal	
						8	Sodium	9	Sodium
Baked White Fish with Black Bean Sauce	350mg	Pork with Daikon Radish	215mg	Beef with Chinese Pickles	(N/A)	Orange-flavored Pork Ribs	157mg	Braised Chicken Wings	235mg
Milk	125mg	Milk	125mg	Milk	125mg	Milk	125mg	Milk	125mg
White Rice	11mg	White Rice	11mg	White Rice	11mg	White Rice	11mg	White Rice	11mg
Total	469mg	Total	334mg	Total	(N/A)	Total	276mg	Total	354mg
Calories: 472 kcal		Calories: 643 kcal		Recipe Under Testing		Calories: 656 kcal		Calories: 612 kcal	
12	Sodium	13	Sodium	14	Sodium	15 HIGH SODIUM DAY	Sodium	16	Sodium
Stir-fried Shrimps with Edamame	622*mg	Curry Chicken Thigh	293mg	Pork Ribs with Black Bean Sauce	167mg	White Fish with Sacha Sauce	(N/A)	Ground Pork with Eggplant	160mg
Milk	125mg	Milk	125mg	Milk	125mg	Milk	125mg	Milk	125mg
White Rice	11mg	White Rice	11mg	White Rice	11mg	White Rice	11mg	White Rice	11mg
Total	741mg	Total	411mg	Total	286mg	Total	(N/A)	Total	279mg
Calories: 509 kcal		Calories: 761 kcal		Calories: 662 kcal		Recipe Under Testing		Calories: 523 kcal	
19	Sodium	20 HIGH SODIUM DAY	Sodium	21	Sodium	22	Sodium	23	Sodium
Stirfry Egg with Tomato and Minced Pork	(N/A)	Sliced Pork with Tobin Sauce	146mg	Breaded white Fish with Sweet and Sour Sauce	302mg	Baked Chicken Wings with Curry Coconut Sauce	152mg	Stewed Minced Pork with Tofu	111mg
Milk	125mg	Milk	125mg	Milk	125mg	Milk	125mg	Milk	125mg
White Rice	11mg	White Rice	11mg	White Rice	11mg	White Rice	11mg	White Rice	11mg
Total	(N/A)	Total	265mg	Total	420mg	Total	270mg	Total	230mg
Recipe Under Testing		Calories: 595 kcal		Calories: 508 kcal		Calories: 628 kcal		Calories: 539 kcal	
26	Sodium	27	Sodium	28	Sodium		Sodium		Sodium
Sliced Pork with Five Spices	466mg	Chicken Thigh with Oyster Sauce	444mg	Pork Ribs with Taro	350mg	Sauteed Flounder Fillets	160mg	Shrimps with Seasonal Vegetables	622*mg
Milk	125mg	Milk	125mg	Milk	125mg	Milk	125mg	Milk	125mg
White Rice	11mg	White Rice	11mg	White Rice	11mg	White Rice	11mg	White Rice	11mg
Total	585mg	Total	563mg	Total	469mg	Total	279mg	Total	741mg
Calories: 532 kcal		Calories: 783 kcal		Calories: 657 kcal		Calories: 465 kcal		Calories: 509 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 you 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.