

# Nutrition Column

## Reading Food Nutrition Label II

Do you usually read the nutrition claims on the food packages? Do you know 'Zero Calorie' is not necessary equal to 0 kcal? According to FDA's Food Labeling Guide, food companies may put down claims as long as the nutrients do not exceed certain level per serving. So next time when you shop, you may want to figure out the serving size and find out how many of the nutrients you will be taking.

The followings are measured by 1 serving size.

- No Calorie – < 5 kcal
- Low Calorie – ≤ 40 kcal
- No fat/ Fat free – < 0.5g
- Low fat – ≤ 3g
- No saturated fat – < 0.5g
- Low saturated fat – ≤ 1g
- No cholesterol - < 2mg
- Low cholesterol - ≤ 20mg
- No sodium - < 5mg
- Low sodium - ≤ 140mg
- Sugar free - < 0.5g
- Low sugar – No definition

**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

### Brighton House

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

## Daily Activities at the sites includes:

- Nutrition Talks (Seasonal)
- Tai Chi, Dancing Class
- Singing Class, ESL Class

## Area Served

City of Boston

## For more information

call 617-423-7560 or  
visit us on [www.gbcbgc.org](http://www.gbcbgc.org)

## Languages

Cantonese, Mandarin, Toisanese,  
Vietnamese, English



# Monthly Menu

# November 2014

中華耆英會  
營養計劃

Greater Boston Chinese Golden Age Center  
Nutrition Program



# November 2014 Monthly Menu

New recipe

Blue Font High sodium recipe

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
<b>Tofu Stew</b> Yu Choy Carrots Cal:820kcal Sodium:466mg Fat:25.4% Carb:105.1g	<b>Stir Fry Pork Slices</b> Zucchini Baby Corns Cal:717kcal Sodium:443mg Fat:23.1% Carb:103.0g	<b>Braised Fish Fillets &amp; Dried Bean Curd Sticks</b> Mustard Greens Mixed Vegetables Cal:614kcal Sodium:683mg Fat:8.6% Carb:96.1g	<b>Vegetarian Delight</b> Cabbages Shitake Mushrooms Cal:764kcal Sodium:458mg Fat:22.1% Carb:108.8g	<b>Stir Fried Shredded Pork</b> Chinese Pickle Napa Cabbage Cal:721kcal Sodium:602mg Fat:27.1% Carb:95.1g
10	11	12	13	14
<b>Scrambled Eggs with Shrimps</b> Broccoli, Onion Cal:826kcal Sodium:506mg Fat:22.1% Carb:107.3g	<b>Holiday</b>	<b>Family-style Tofu</b> Corns Carrots Cal:749kcal Sodium:343mg Fat:22.4% Carb:114.1g	<b>Yu Shiang Eggplants</b> Eggplants Mixed Vegetables Cal:789kcal Sodium:503mg Fat:20.1% Carb:123.3g	<b>Braised Chicken Thighs</b> Yu Choy Baby Corns Cal:790kcal Sodium:920mg Fat:19.1% Carb:89.3g
17	18	19	20	21
<b>Stir Fried Pork Slices</b> Tomatoes, Celery Cal:700kcal Sodium:621mg Fat:22.8% Carb:95.7g	<b>Braised Chunky Chicken</b> Cabbages Shitake Mushrooms Cal:909kcal Sodium:641mg Fat:34.5% Carb:106.0g	<b>Chinese BBQ Pork</b> Mustard Greens Onions Data N/A Recipe Under Testing	<b>Scrambled Egg with Mixed Vegetables</b> Broccoli, Peas Cal:974kcal Sodium:658mg Fat:33.8% Carb:105.8g	<b>Family-style Vegetarian Dish</b> Black Fungus, Carrots Cal:820kcal Sodium:591mg Fat:21.1% Carb:119.2g
24	25	26	27	28
<b>Stir Fried Fish Fillets</b> Baby Corns Green & Red Peppers Cal:683kcal Sodium:385mg Fat:19.6% Carb:89.8g	<b>Orange-flavor Ribs</b> Yu Choy Onions Cal:789kcal Sodium:488mg Fat:26.7% Carb:107.8g	<b>Stir Fried Shrimps</b> Tomatoes Cabbages Cal:638kcal Sodium:505mg Fat:14.3% Carb:99.7g		

## 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.

Each lunch comes with a cup of rice, fresh fruit and low fat milk.

FDA recommends the daily values for an adult are 2000kcal of Calories, 2,400mg of sodium, 65g of total fat, and 300g of total carbohydrate.

**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 talk to our manager Raymond Giang at 617-423-7560 if you have concerns.

