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 $- \le 3g$

No saturated fat - < 0.5g

Low saturated fat $- \le 1g$

No cholesterol - < 2mg

Low cholesterol - ≤ 20 mg

No sodium - < 5mg

Low sodium $- \le 140$ mg

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

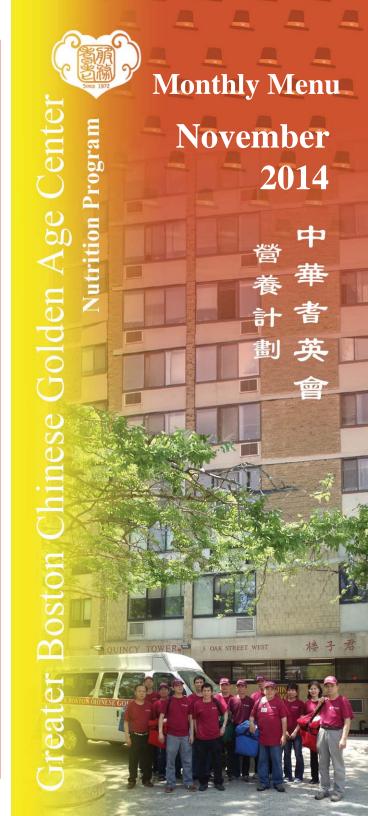
City of Boston

For more information

call 617-423-7560 or visit us on www.gbcgac.org

Languages

Cantonese, Mandarin, Toisanese, Vietnamese, English



November 2014 Monthly Menu

New recipe

Blue Font Hight sodium recipe

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Tofu Stew Yu Choy Carrots	Stir Fry Pork Slices Zucchini Baby Corns	Braised Fish Fillets & Dried Bean Curd Sticks Mustard Greens Mixed Vegetables	Vegetarian Delight Cabbages Shitake Mushrooms	Stir Fried Shredded Pork Chinese Pickle Napa Cabbage
Cal:820kcal Sodium:466mg Fat:25.4% Carb:105.1g	Cal:717kcal Sodium:443mg Fat:23.1% Carb:103.0g	Cal:614kcal Sodium:683mg Fat:8.6% Carb:96.1g	Cal:764kcal Sodium:458mg Fat:22.1% Carb:108.8g	Cal:721kcal Sodium:602mg Fat:27.1% Carb:95.1g
10	11	12	13	14
Scrambled Eggs with Shrimps Broccoli, Onion	Holiday	Family-style Tofu Corns Carrots	Yu Shiang Eggplants Eggplants Mixed Vegetables	Braised Chicken Thighs Yu Choy Baby Corns
Cal:826kcal Sodium:506mg Fat:22.1% Carb:107.3g		Cal:749kcal Sodium:343mg Fat:22.4% Carb:114.1g	Cal:789kcal Sodium:503mg Fat:20.1% Carb:123.3g	Cal:790kcal Sodium:920mg Fat:19.1% Carb:89.3g
17	18	19	20	21
Stir Fried Pork Slices Tomatoes, Celery	Braised Chunky Chicken Cabbages Shitake Mushrooms	Chinese BBQ Pork Mustard Greens Onions	Scrambled Egg with Mixed Vegetables Broccoli, Peas	Family-style Vegetarian Dish Black Fungus, Carrots
Cal:700kcal Sodium:621mg Fat:22.8% Carb:95.7g	Cal:909kcal Sodium:641mg Fat:34.5% Carb:106.0g	Data N/A Recipe Under Testing	Cal:974kcal Sodium:658mg Fat:33.8% Carb:105.8g	Cal:820kcal Sodium:591mg Fat:21.1% Carb:119.2g
24	25	26	1/5 d.j. 27	28
Stir Fried Fish Fillets Baby Corns Green & Red Peppers	Orange-flavor Ribs Yu Choy Onions	Stir Fried Shrimps Tomatoes Cabbages	Abankes Fier	Holiday
Cal:683kcal Sodium:385mg Fat:19.6% Carb:89.8g	Cal:789kcal Sodium:488mg Fat:26.7% Carb:107.8g	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.

containers should 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.

