



Nutrition Column

Sodium Content in Chinese Sauces

Many common Asian sauces and dressings are high in sodium. It is recommended to consume < 2,300mg of sodium or about 1 tsp of salt per day to prevent hypertension and heart disease. If you already have existing hypertension or heart disease, you may be recommended to consume even less sodium. Watch out for how much of these common sauces you are adding to your food. Try to avoid sauces that are high in sodium.

<p>Chicken Powder</p>  <p>2430mg sodium 106% daily value</p>	<p>Fish Sauce</p>  <p>1800mg sodium 78% daily value</p>
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Very High in Sodium

<p>Soy Sauce</p>  <p>1030mg sodium 45% daily value</p>	<p>Oyster Sauce</p>  <p>980mg sodium 43% daily value</p>	<p>Chu Hou Paste</p>  <p>930mg sodium 40% daily value</p>
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Moderate High in Sodium

<p>Hoisin Sauce</p>  <p>545mg sodium 24% daily value</p>

High in Sodium

This article is written by dietetic intern Carmen Yuen. If you have any questions, please contact Sophia Ding, RD at 617-357-0226 ext 201.

Congregate Meal Site

Quincy Tower

5 Oak Street West
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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

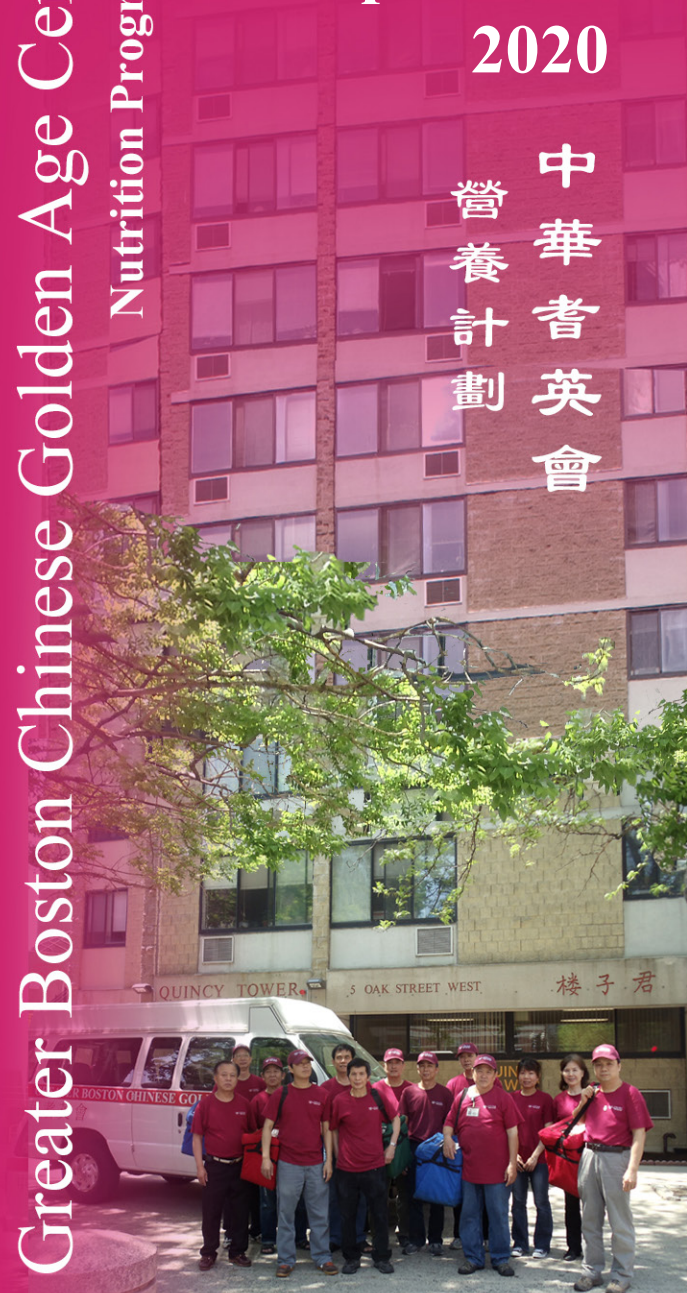


Monthly Menu

September 2020

中華耆英會
營養計劃

Greater Boston Chinese Golden Age Center
Nutrition Program



September 2020 Monthly Menu

 Monthly Special

* Indicated higher sodium items > 500 mg.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1	Sodium	2	Sodium	3	Sodium	4	Sodium
		Soy Braised Fish Fillet	349mg	Salt and Black Pepper Chicken Wings	493mg	Shrimp baked with Garlic	380mg	Baked Pork Ribs	164mg
		Milk 125mg White Rice 11mg Total 486mg	Milk 125mg White Rice 11mg Total 630mg	Milk 125mg White Rice 11mg Total 516mg	Milk 125mg White Rice 11mg Total 301mg				
Calories: 534 kcal		Calories: 617 kcal		Calories: 562 kcal		Calories: 713 kcal			
7		8	Sodium	9	Sodium	10	Sodium	11	Sodium
Holiday Closed for Today		Baked Fish Fillet with Creamy Corn	430mg	Chinese Style Meat Patty	352mg	Chinese Style Vegetarian Dish	235mg	Soy Braised Chicken Wings	235mg
		Milk 125mg White Rice 11mg Total 567mg	Milk 125mg White Rice 11mg Total 488mg	Milk 125mg White Rice 11mg Total 372mg	Milk 125mg White Rice 11mg Total 372mg				
		Calories: 581 kcal		Calories: 622 kcal		Calories: 527 kcal		Calories: 620 kcal	
14	Sodium	15	Sodium	16	Sodium	17	Sodium	18	Sodium
Baked Pork Ribs with Pumpkin	560*	Baked Fish Fillet with Black Bean Sauce	141mg	Family Style Vegetarian Dish	297mg	Korean Style BBQ Beef	(N/A)	Three-colored Eggs	340mg
Milk 125mg White Rice 11mg Total 696mg	Milk 125mg White Rice 11mg Total 278mg	Milk 125mg White Rice 11mg Total 434mg	Milk 125mg White Rice 11mg Total (N/A)	Milk 125mg White Rice 11mg Total 476mg	Recipe Under Testing		Calories: 658 kcal		
Calories: 741 kcal		Calories: 697 kcal		Calories: 532 kcal		Recipe Under Testing		Calories: 658 kcal	
21	Sodium	22	Sodium	23	Sodium	24	Sodium	25	Sodium
Baked Fish Fillet with Dried Bean Curd	317mg	Baked Pork Ribs with Wintermelon	167mg	Baked Shrimp with Tomato Sauce	414mg	Chinese Style BBQ Pork	512*	Baked Tofu with Minced Pork	123mg
Milk 125mg White Rice 11mg Total 454mg	Milk 125mg White Rice 11mg Total 303mg	Milk 125mg White Rice 11mg Total 551mg	Milk 125mg White Rice 11mg Total 648mg	Milk 125mg White Rice 11mg Total 239mg	Calories: 760 kcal		Calories: 571 kcal		
Calories: 500 kcal		Calories: 670 kcal		Calories: 465 kcal		Calories: 760 kcal		Calories: 571 kcal	
28 HIGH SODIUM DAY	Sodium	29	Sodium	30	Sodium				
Stir-fried Trio	849*	Curry Fish Ball	616*	Roasted Pork Belly with Tofu	(N/A)				
Milk 125mg White Rice 11mg Total 985mg	Milk 125mg White Rice 11mg Total 753mg	Milk 125mg White Rice 11mg Total (N/A)	Milk 125mg White Rice 11mg Total (N/A)						
Calories: 573 kcal		Calories: 541 kcal		Recipe Under Testing					

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. Do not heat over 30 minutes.

Right now we are experiencing a national shortage of meat including chicken and pork. Therefore, our menu items might change according to the meat supplies. Thank you for understanding!

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 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, and soybeans; and, food ingredient that contain these proteins.

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.