

Nutrition Column

Malnutrition Awareness

-- Risk Factors and Solutions --

Malnutrition is common among those aged 60 and above, especially after hospitalization, where approximately 20-50% of patients are affected. Recently discharged elderly individuals are particularly vulnerable.

The following signs may indicate potential malnutrition:

- **Low Weight:** BMI below 18.5, rapid weight loss, or unintentional weight loss.
- **Muscle and Fat Loss:** Appearing gaunt, with features such as hollow temples (muscle loss), hollow under the eyes (fat loss), or prominent bones.
- **Bone Loss:** Diagnosed low bone density by a physician, fractures, or inadequate intake of calcium and vitamin D.
- **Difficulty Accessing Food:** Lack of healthy food options or cooking ability.

Nutrition Awareness Week: Nutritional Screening Series Events

We will be hosting a series of events for Nutrition Awareness Week at the end of May, with the following schedule:

- Hong Lok House: May 14th at 12:00 PM
- Brighton House: May 24th at 12:00 PM
- Quincy Tower: May 29th at 10:00 AM

If interested, you can participate directly or call 857-990-3316 to consult with Sophia Ding, the dietitian.

This article was written by Dietitian Sophia Ding. If you have any questions, please call 617-357-0226

Senior Centers/Meal Sites

Quincy Tower

5 Oak Street West, Boston, MA 02116
Tel: (617) 423-7560 Fax: (617) 423-0502

Breakfast & Lunch Dine-In
Breakfast Time: **8:00am-10:00am**
Lunch Time: **11:15am-12:30pm**

Open for in-person activities: Taichi, Dance, ESL, Calligraphy, Smart Phone Workshops, Painting

Hong Lok House

25 Essex Street, Boston, MA 02111
Tel: (617) 936-3966 Fax: (617) 350-4621

Lunch Dine-In
Lunch Time: **11:30am-1:00pm**

Open for in-person activities: Dance, ESL, Balance Exercise, Technology Workshops

Brighton House

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

Lunch Dine-In
Lunch Time:
11:30am-12:00pm

Open for in-person activities: Taichi Soft Ball, Technology Workshops, ESL, Dance

Operation time: Monday to Friday
from 9:00am to 2:00pm.

For detailed activity schedule, please check our website OR social media platforms.



Greater Boston 中華耆英會
Chinese Golden Age Center



Greater Boston Chinese Golden Age Center

Nutrition Program

Monthly Menu
May
2024



中華耆英會
營養計劃



May 2024 Monthly Menu

* indicates higher sodium items > 500 mg

Food Safety Rules

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Curry Chicken Thigh Main Course + 286mg + 125mg + 11mg Total Sodium = 422mg Calories: 641kcal	2 Steamed Fish with Pickled Cabbage Main Course + 141mg + 125mg + 11mg Total Sodium = 278mg Calories: 484kcal	3 Stir-fried Pork Slices with Cabbage and Tofu Main Course + 499mg + 125mg + 11mg Total Sodium = 686mg Calories: 714kcal
6 Steamed Stuffed Tofu Main Course + N/A Milk + 125mg Rice + 11mg Total Sodium = N/A Calories: N/A	7 Baked Chicken with Seasonal Vegetables  Main Course + N/A + 125mg + 11mg Total Sodium = N/A Monthly Special Calories: N/A	8 Baked Pork Ribs with Black Bean Sauce Main Course + 164mg + 125mg + 11mg Total Sodium = 301mg Calories: 713kcal	9 Minced Pork over Noodles Main Course + 687*mg + 125mg Total Sodium = 812mg Calories: 828kcal	10 Soy Braised Chicken Wings Main Course + 235mg + 125mg + 11mg Total Sodium = 372mg Calories: 620kcal
13 Steamed Fish Fillet with Dried Bean Curd Main Course + 317mg Milk + 125mg Rice + 11mg Total Sodium = 454mg Calories: 500kcal	14 Baked Pork Chop with Black Pepper Sauce Main Course + 113mg + 125mg + 11mg Total Sodium = 250mg Calories: 511kcal	15 Soy-braised Tofu Stew with Minced Pork Main Course + 549*mg + 125mg + 11mg Total Sodium = 686mg Calories: 671kcal	16 Stir-fried Shrimp with Satay Sauce Main Course + 798*mg + 125mg + 11mg Total Sodium = 934mg Calories: 513kcal	17 Baked Egg Patty Main Course + 340mg + 125mg + 11mg Total Sodium = 476mg Calories: 658kcal
20 Satay Fish Balls Main Course + 680*mg Milk + 125mg Rice + 11mg Total Sodium = 817mg Calories: 564kcal	21 Stir-fried Vegetarian Dish Main Course + 297mg + 125mg + 11mg Total Sodium = 434mg Calories: 532kcal	22 Baked Pork Ribs with Pumpkin Main Course + 560*mg + 125mg + 11mg Total Sodium = 696mg Calories: 741kcal	23 Seafood Delight Main Course + 809*mg + 125mg + 11mg Total Sodium = 945mg Calories: 461kcal	24 Baked Chicken Thigh with Ginger Powder Main Course + 312mg + 125mg + 11mg Total Sodium = 448mg Calories: 670kcal
27 Closed for the day Memorial Day	28 Steamed Pork Dumpling Main Course + 968*mg + 125mg Total Sodium = 1093mg Calories: 477kcal	29 Stir-fried Trio Main Course + 1121*mg + 125mg + 11mg Total Sodium = 1257mg High Sodium Calories: 596kcal	30 Baked Fish Fillet with Garlic Main Course + 160mg + 125mg + 11mg Total Sodium = 296mg Calories: 472kcal	31 Braised Beef Tendon with Radish over Noodles Main Course + N/A + 125mg Total Sodium = N/A Calories: N/A

If you choose not to eat your lunch right away, please put it in the refrigerator immediately.

When you are ready to consume the lunch:

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.

*Caution: containers should never be put into a toaster oven.

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 watch out for small bones in your meal to avoid choking or discomfort while eating



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.