

Nutrition Column

Preventing Type 2 Diabetes

What Are DMII and Pre-DM?

DMII, or Type 2 Diabetes, is a condition where the body has trouble using insulin properly, causing blood sugar to stay too high.

Pre-DM, or prediabetes, means blood sugar is higher than normal, but not high enough to be diabetes. It is a warning sign that diabetes may develop.

Why Prevention Matters

High blood sugar over time can lead to heart disease, kidney disease, vision problems, nerve damage, and poor wound healing.

Making lifestyle changes early may help prevent or delay diabetes, reduce the need for long-term medication, and lower the risk of complications.

Small Changes Help

Prevention is better than treatment. Healthy eating, regular walking or physical activity, better sleep, and stress control can all help improve blood sugar.

Small steps, such as drinking water instead of sugary drinks, eating more vegetables, and reducing portion sizes, can make a meaningful difference.

Join Our DPP Program

Our **Diabetes Prevention Program (DPP)** supports adults with prediabetes or at risk for Type 2 Diabetes through education, lifestyle coaching, and group support.

For more information, please contact our program staff. Sunny He @617-542-7458 or Sophia Ding

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.



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Greater Boston 中華耆英會
Chinese Golden Age Center



Greater Boston Chinese Golden Age Center

Nutrition Program

Monthly Menu July 2026

中華耆英會
營養計劃



July Monthly Menu

* indicates higher sodium items > 500 mg

Customer Service: 857-990-1775
Monday-Friday 9:00am- 5:00pm

Food Safety Rules

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
		1 Stir-fried Shrimp with Mayo Main Course + 1116*mg Milk + 125mg Rice + 3mg Total Sodium = 1244mg High Sodium Calories: 513kcal	2 Spicy-Boiled Fish Fillet Main Course + 426mg + 125mg + 3mg Total Sodium = 554mg Calories: 537kcal	3 Closed for the day Independence Day
6 Steamed Dumplings Main Course + 968*mg Milk + 125mg Noodles + 252mg Total Sodium = 1093mg Calories: 477kcal	7 Soy-braised Tofu with Minced Pork Main Course + 549*mg + 125mg + 3mg Total Sodium = 678mg Calories: 702kcal	8 Baked Fish Patty with Scallion Main Course + 302mg + 125mg + 3mg Total Sodium = 430mg Calories: 546kcal	9 Stir-fried Shrimp with Garlic Main Course + 784*mg + 125mg + 3mg Total Sodium = 913mg Calories: 576kcal	10 Soy-braised Chicken Thigh Main Course + 235mg + 125mg + 3mg Total Sodium = 364mg Calories: 651kcal
13 Baked Egg Patty with Shrimp Main Course + 957*mg Milk + 125mg Rice + 3mg Total Sodium = 1085mg Calories: 520kcal	14 Tofu and Mushroom Stew Main Course + 356mg + 125mg + 3mg Total Sodium = 485mg Calories: 465kcal	15 Steamed Chinese Sausage and Bacon Main Course + N/A + 125mg + 3mg Total Sodium = N/A Monthly Special Calories: N/A	16 Stir-fried Shrimp with Celery Main Course + 957*mg + 125mg + 3mg Total Sodium = 1085mg Calories: 650kcal	17 Braised Chicken Thigh with Salt Spices Main Course + 430mg + 125mg + 3mg Total Sodium = 559mg Calories: 827kcal
20 Lo Mien in Bolognese Sauce Main Course + N/A Milk + 125mg Noodle + 252mg Total Sodium = N/A Calories: N/A	21 Baked Fish Fillet with Sacha Sauce Main Course + 550*mg + 125mg Rice + 3mg Total Sodium = 678mg Calories: 476kcal	22 Baked Pork Patty Main Course + 352mg + 125mg + 3mg Total Sodium = 480mg Calories: 653kcal	23 Mapo-style Tofu Stew with Minced Pork Main Course + 515*mg + 125mg + 3mg Total Sodium = 643mg Calories: 958kcal	24 Baked Chicken Thigh in Ginger Powder Main Course + 312mg + 125mg + 3mg Total Sodium = 440mg Calories: 701kcal
27 Bubbhist Delight Main Course + 298mg Milk + 125mg Rice + 3mg Total Sodium = 426mg Calories: 563kcal	28 Stir-fried Trio Main Course + 1121*mg + 125mg + 3mg Total Sodium = 1249mg High Sodium Calories: 627kcal	29 Baked Chicken Wings with Crispy Garlic Main Course + 340mg + 125mg + 3mg Total Sodium = 468mg Calories: 699kcal	30 Pork Ribs in Sugar and Vinegar Sauce Main Course + 356mg + 125mg + 3mg Total Sodium = 485mg Calories: 788kcal	31 Curry Fish Ball Lo Mien Main Course + 616*mg + 125mg Noodle + 252mg Total Sodium = 994mg Calories: 585kcal

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.

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

Client Not at Home Policy

For food safety and client well-being, meals cannot be left unattended if no one is home to receive them. If you have any special delivery instructions or changes, please contact us or your case manager in advance.



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, soybeans and sesame; 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.