

# Elder Services of the Merrimack Valley and North Shore, Inc.

## Chinese Menu - July 2020

Monday			Tuesday			Wednesday			Thursday			Friday		
<b>Total Calories, Na and Carb include:</b> Entrée, sides, dessert, Fruit (5), bread, milk, butter. <b>Sodium (Na):</b> Milligrams noted in parentheses, <b>Milk:</b> 100 calories, 12 carbs and 110 mg sodium <b>Butter:</b> 30cal, 0 carbs & 0mg Na *High sodium item ( >500mg), Shading = High sodium meal (>1200)						1 Fried Rice w/Shrimp & Egg*(750) Steamed Veg (25) D. Roll (180) Fruit (5)			2 Roasted Pork w/Tomatoes (420) White Rice (5) Steamed Veg (25) D. Roll (180) Fruit (5)			3  <b>Happy 4<sup>th</sup> of July</b> <b>No Meal Delivery</b>		
						Cal 620	Carb 75	Na 1060	Cal 735	Carb 95	Na 735			
Menu Subject to Change Without Notice														
6 Beef w/Peapods*(530) White Rice (5) Steamed Veg (25) D. Roll (180) Fruit (5)			7 Teriyaki Chicken (370) Coconut Rice (5) Steamed Veg (25) D. Roll (180) Fruit (5)			8 Pork w/sesame sauce*(530) Noodles (50) Steamed Veg (25) D. Roll (180) Fruit (5)			9 Fish Cake (240) Garden Salad (15) Chef’s Rice (100) D. Roll (180) Fruit (5)			10 Tofu Stir Fry*(560) Steamed Veg (25) White Rice (5) D. Roll (180) Fruit (5)		
Cal 720	Carb 105	Na 850	Cal 1000	Carb 145	Na 930	Cal 605	Carb 70	Na 840	Cal 730	Carb 110	Na 650	Cal 740	Carb 110	Na 880
13 Chicken Dumplings (235) White Rice (5) Steamed Veg (25) D. Roll (180) Fruit (5)			14 Coconut Fish*(710) Veg Rice (90) Steamed Veg (25) D. Roll (180) Fruit (5)			15 Satay (415) Chicken Wings Chef’s Rice (100) Steamed Veg (25) D. Roll (180) Fruit (5)			16 Honey Garlic Pork*(665) White Rice (5) Steamed Veg (25) D. Roll (180) Fruit (5)			17 Ground Beef w/Broccoli (290) Yucca (25) Steamed Veg (25) D. Roll (180) Fruit (5)		
Cal 585	Carb 100	Na 555	Cal 1086	Carb 100	Na 1115	Cal 710	Carb 80	Na 850	Cal 665	Carb 85	Na 1010	Cal 650	Carb 70	Na 620
20 Sweet n’ sour Meatballs (250) Coconut Rice (5) Steamed Veg (25) D. Roll (180) Fruit (5)			21 Oriental Beef (250) White Rice (5) Steamed Veg (25) D. Roll (180) Fruit (5)			22 Ginger*(555) Scallion Fish White Rice (5) Broccoli (15) D. Roll (180) Fruit (5)			23 Orange Chicken (345) White Rice (5) Steamed Veg (25) D. Roll (180) Fruit (5)			24 Ham w/Cabbage*(1145) White Rice (5) Garden Salad (15) D. Roll (180) Fruit (5)		
Cal 910	Carb 115	Na 570	Cal 730	Carb 95	Na 560	Cal 685	Carb 100	Na 865	Cal 715	Carb 95	Na 665	Cal 790	Carb 130	Na 1465
27 Asian Meatloaf (495) Yucca (25) Chef’s Veg D. Roll (180) Fruit (5)			28 Chef’s Fried Rice*(650) Steamed Veg (25) D. Roll (180) Fruit (5)			29 Chicken Lo-Mein (190) Salad (15) D. Roll (180) Fruit (5)			30 Szechwan Shrimp*(1020) White Rice (5) Steamed Veg (25) D. Roll (180) Fruit (5)			31 Tofu Teriyaki* (720) White Rice (5) Steamed Veg (25) D. Roll (180) Fruit (5)		
Cal 930	Carb 125	Na 900	Cal 615	Carb 75	Na 960	Cal 735	Carb 95	Na 500	Cal 890	Carb 120	Na 1340	Cal 720	Carb 100	Na 1040

A \$2.00 confidential donation is suggested per meal - Donation letters are mailed monthly.

For cancellations, please call: **978-686-1422 at least 24 hours in advance**

*Questions? Please contact Nutritionist, Leigh Hartwell 978-651-3023*

## Brain Health and Nutrition



The body's control system- the brain- is responsible for keeping the heart beating, lungs breathing, movements, feelings and thinking, therefore, it is important to keep it working at peak function. The foods you eat play an important role on your brain health to support an active, vibrant life for as long as possible. Although there is no guaranteed way to prevent mental related illnesses such as Alzheimer's disease, there is evidence that a healthy lifestyle which includes quality nutrition could reduce risk of such illnesses. Here are some foods that have been associated with slowing down cognitive decline.

Green leafy vegetables	Vegetables such as <b>spinach, kale, cabbage, and collard greens</b> have been associated with reduced risk of memory loss. They are rich in brain healthy compounds and nutrients such as beta-carotene, lutein, folate, and vitamin K. Eating at least one serving (1/2 a cup) of these vegetables per day have been associated with slower decline in brain function. Add to wraps, eggs, or smoothies to eat more of these veggies, even if you are not a salad person.
Omega 3 fatty foods	Sources include <b>nuts, avocados, and fatty fish</b> such as <b>salmon, herring, and sardines</b> . These types of foods have been linked to reducing a protein that forms damaging clumps in the brain related to Alzheimer's disease. The recommendation for fish is 3oz twice a week, 1.5 ounces for nuts and between 1-2 tablespoons of nut spread per day.
Berries	Berries provide several impressive health benefits- improved brain function being one of them. Research has shown that consuming <b>2 to 3 servings</b> of berries a week delays memory decline by at least 2 years. 1 serving of berries a day equates to about 3 ounces which counts as one portion of your <b>5 A Day</b> for fruits.
Dark chocolate	A little chocolate every now and then does not hurt! However, the cocoa content of the chocolate has to be at least <b>70%</b> . Cocoa contains compounds that have been shown to boost memory, attention span and problem solving through increased blood flow in the brain.

### Foods that do not support brain health

Sugar	Excessive sugar consumption is associated with memory loss and increase risk of dementia. Recommend daily intake – no more than 9 teaspoons for men and 6 teaspoons for women.
Processed foods	These foods tend to be high in salt, sugar and fats. Examples include fast food, chips, and instant noodles. In the long run, they can damage brain tissues.
Alcohol	Excessive alcohol intake can also cause harm to the cells of the brain. Recommendation- no more than 12 ounces of beer, 5 ounces of wine and 1.5 ounces of spirits or liquor per day

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### Bonus! Mental stimulating games/activities

- Puzzles- jigsaw, word, or logic
- Bingo
- Chess
- Arts & craft
- Sudoku
- Trivia games
- Reading- fiction or non-fiction
- Card games
- Learn a new language