


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

Modified (Diabetic) Menu - July 2020

Monday			Tuesday			Wednesday			Thursday			Friday		
Total Calories, Na and Carb include: Entrée, sides, dessert, fruit, bread, milk, butter. Sodium (Na): Milligrams noted in parentheses, Milk: 100 calories, 12 carbs and 110 mg sodium Butter: 30cal, 0 carbs & 0mg Na *High sodium item (>500mg), Shading = High sodium meal (>1200) Menu Subject to Change Without Notice						1 Frittata (185) Roasted Potato (5) Zucchini & Tomatoes (55) Oat Bread (150)			2 Roasted Pork w/Gravy Green Beans (15) Berry Crisp (110) Bun (200)			3 Happy 4th of July No Meal Delivery		
						Cal 510	Carb 60	Na 505	Cal 650	Carb 55	Na 390			
6 Cheeseburger (445) Roasted Potato (5) Green Beans (15) Burger Bun (200)			7 Teriyaki Chicken (370) Brown Rice (5) Asian Veg (25) WW Roll (180)			8 Macaroni & Cheese (330) Peas (60)			9 Cold: Seafood Salad (480) Garden Salad (15) Lentil Salad (145) MG Bread (150)			10 Sliced Turkey Gravy (495) Mashed Potato (25) Carrots (70) WW Bread (165)		
Cal 770	Carb 65	Na 760	Cal 585	Carb 65	Na 710	Cal 400	Carb 65	Na 430	Cal 455	Carb 55	Na 900	Cal 535	Carb 65	Na 860
13 Low Sodium Hot Dog (340) Carrots (60) Potato Chips (80) Bun (210)			14 Potato (230) Breaded Fish  Veg Rice (90) B. Sprouts (15)			15 Cold: Chicken Salad (105) Cuke Salad (325) Garden Salad (5) Pita Bread (160)			16 B-day: Cheese Ravioli (305) w/Marinara Cauliflower (15) Garlic Roll (240)			17 Sheppard's Pie (175) Broccoli (15) WW Bread (165) Pears (5)		
Cal 545	Carb 50	Na 800	Cal 580	Carb 65	Na 485	Cal 655	Carb 55	Na 520	Cal 445	Carb 60	Na 600	Cal 600	Carb 60	Na 460
20 Meatballs Stroganoff (355) Mashed Potato (25) Chef's Veg (20) MG Bread (150)			21 Stuffed Shells w/Marinara Capri Veg (30) Garlic Roll (240)			22 Dill Fish Roasted Potato (5) Broccoli (15) WW Bread (165)			23 Orange Chicken (345) Brown Rice (5) Asian Veg (25) Italian Bread (190)			24 Cold: Egg Salad (350) Corn Salad (85) Garden Salad (15) Rye Bread (150)		
Cal 575	Carb 65	Na 655	Cal 535	Carb 65	Na 845	Cal 490	Carb 65	Na 500	Cal 500	Carb 60	Na 400	Cal 615	Carb 50	Na 710
27 Meatloaf w/Gravy (155) Butternut (15) G. Beans (15) D. Roll (180)			28 Eggplant Parmesan*(585) Squash Blend (5) WW Bread (165)			29 Cold Meal: Garden Salad w/Chicken (245) Orzo Salad (260) Pita Bread (160)			30 Egg n' cheese (300) Sausage (300) Potato O' Brien (30) Oat Bread (150)			31 Open Turkey Sandwich*(640) Mashed Potato (25) Mixed Veg (20)		
Cal 670	Carb 65	Na 460	Cal 515	Carb 65	Na 950	Cal 560	Carb 60	Na 770	Cal 580	Carb 45	Na 890	Cal 450	Carb 55	Na 785

Snack (fruit, yogurt, baked good, etc.) sent with each meal containing less than 20g of carbohydrates to be eaten between meals. Bread not sent with higher carbohydrate meals.

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 spinach, kale, cabbage, and collard greens 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 nuts, avocados, and fatty fish such as salmon, herring, and sardines . 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 2 to 3 servings 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 5 A Day 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 70% . 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

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