

Elder Services of the Merrimack Valley and North Shore, Inc.
Puree Menu – July 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Frittata Potatoes Peaches Yogurt Healthy Shake	2 BBQ Pulled Pork Sweet Potatoes Peas Applesauce Healthy Shake	3 Happy 4th of July No Meal Delivery
6 Ground Beef w/gravy Potatoes Creamed Spinach Pureed Fruit Healthy Shake	7 Teriyaki Chicken Mashed Potatoes Carrots Pudding Healthy Shake	8 Macaroni & Cheese Peas Pureed Fruit Healthy Shake	9 Cold: Seafood Salad Pasta Salad Applesauce Yogurt Healthy Shake	10 Turkey & Gravy Mashed Potato Carrots Pureed Fruit Healthy Shake
13 Low Sodium Hot Dog Mashed Potato Carrots Pureed Fruit Healthy Shake	14 Lemon Fish Peas Mashed Potato Pureed Fruit Healthy Shake	15 Cold: Chicken Salad Potato Salad Pea Salad Pudding Healthy Shake	16 Cheese Ravioli w/Marinara Cauliflower Pureed Fruit Healthy Shake	17 Ground Beef w/gravy Beets Mashed Potato Yogurt Healthy Shake
20 Meatballs Stroganoff Mashed Potato Chef's Veg Yogurt Healthy Shake	21 Stuffed Shells w/Vodka Sauce Cauliflower Pureed Fruit Healthy Shake	22 Seafood Newburg Mashed Potato Carrots Pureed Fruit Healthy Shake	23 Orange Chicken Mashed Potatoes Peas Pureed Fruit Healthy Shake	24 Cold: Egg Salad Pasta Salad Beets Pudding Healthy Shake
27 Meatloaf w/Gravy Butternut Peas Pureed Fruit Healthy Shake	28 Eggplant Parmesan Pasta Carrots Pudding Healthy Shake	29 Cold Meal: Chicken Salad Potato Salad Beets Pureed Fruit Healthy Shake	30 Egg n' cheese Sausage Potatoes O'Brien Yogurt Healthy Shake	31 Turkey & Gravy Mashed Potato Peas Pureed Fruit Healthy Shake

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