

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

## Low Lactose Menu - July 2020

Monday			Tuesday			Wednesday			Thursday			Friday		
<b>Total Calories, Na and Carb include:</b> Entrée, sides, dessert, fruit, bread, milk, butter. <b>Sodium (Na):</b> Milligrams noted in parentheses, <b>Lactaid Milk:</b> 90 cal, 15 carbs and 130 mg sodium <b>Butter:</b> 30cal, 0 carbs & 0mg Na *High sodium item ( >500mg),  <b>Menu Subject to Change Without Notice</b>						<b>1 Omelet (115)</b> Roasted Potato (5) Zucchini & Tomatoes (55) Oat Bread (150)			<b>2 Special:</b> BBQ Pulled Pork *(665) Sweet Potato (25) Berry Crisp (110) Coleslaw (50)			<b>3</b>  <b>Happy 4<sup>th</sup> of July</b> <b>No Meal Delivery</b>		
						Cal	Carb	Na	Cal	Carb	Na			
						680	110	480	1010	135	1170			
<b>6 Hamburger</b> Roasted Potato (5) Green Bean (15) Burger Bun (200) Mixed Fruit (5)			<b>7 Teriyaki</b> Chicken (370) White Rice (5) Asian Veg (25) WW Roll (180) Lorna Doones (100)			<b>8 Pork w/Sesame</b> Sauce Noodles Veg Blend Fresh Fruit (5) Oat Bread (150)			<b>9 Cold:</b> Tuna Salad Garden Salad (15) Lentil Salad (145) Fruit (5) MG Bread (300)			<b>10 Sliced Turkey</b> Gravy (495) Mashed Potato (25) Carrots (70) WW Bread (165) Chef's Dessert (5)		
Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na
700	85	605	700	90	810	790	90	950	650	95	835	580	85	880
<b>13 Low Sodium Hot</b> Dog (340) Baked Beans (330) Potato Chips (80) Bun (210) M. Oranges (10)			<b>14 Lemon Fish</b> Veg Rice (90) B. Sprouts (15) Burger Bun (200) Diet Gelatin (5)			<b>15 Cold:</b> Chicken Salad (105) 3 Bean Salad (325) Potato Salad (100) Pita Bread (160) Fresh Fruit (5)			<b>16 Honey Garlic Pork</b> White Rice Veg Blend Garlic Roll (240) Lorna Doones (100)			<b>17 Sheppard's</b> Pie (175) Beets (140) WW Bread (165) Pears (5)		
Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na
655	80	1095	730	80	710	745	90	800	810	115	800	645	75	615
<b>20 Sweet n' Sour</b> Meatballs Mashed Potato (25) Chef's Veg (20) MG Bread (150) Baked Good (100)			<b>21 Beef w/Onion &amp; Peppers</b> (190) Rice (5) Capri Veg (30) D. Roll (240) Peaches (5)			<b>22 Dill Fish</b> (90) Roasted Potato (5) Broccoli (15) WW Bread (165) Fresh Fruit (5)			<b>23 Orange Chicken</b> (345) White Rice (5) Asian Veg (25) Italian Bread (190) Pineapple (5)			<b>24 Cold:</b> Egg Salad (350) Corn Salad (85) Garden Salad (15) Rye Bread (300) Fruit (5)		
Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na
600	75	630	640	80	640	580	90	590	555	80	705	750	85	880
<b>27 Meatloaf</b> w/Gravy (155) Butternut (15) Peas & Onions (50) D. Roll (180) Mixed Fruit (5)			<b>28 Chickpeas &amp; Rice</b> (550) Squash Blend (5) WW Bread (165) Pears (5)			<b>29 Cold Meal:</b> Garden Salad w/Chicken (245) Orzo Salad (260) Pita Bread (160) Fresh Fruit (5)			<b>30 Egg Patty</b> (115) Sausage (300) Potato O'Brien (30) Oat Bread (150) Fruit (5) Juice (5)			<b>31 Open Turkey</b> Sandwich*(640) Mashed Potato (25) Mixed Veg (20) Lorna Doones (100)		
Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na
745	85	545	875	150	700	625	80	790	510	70	600	585	75	910

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 vegies, 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

---

### 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