

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

## Cardiac Menu - July 2020

Monday			Tuesday			Wednesday			Thursday			Friday		
<b>Total Calories, Na and Carb include:</b> Entrée, sides, dessert, fruit, bread, milk, margarine. <b>Sodium (Na):</b> Milligrams noted in parentheses, <b>Milk:</b> 80 calories, 10 carbs and 95 mg sodium <b>Margarine:</b> 30cal, 0 carbs & 30 mg Na *High sodium item ( >500mg)  <b>Menu Subject to Change Without Notice</b>						<b>1 Frittata (185)</b> Roasted Potato (5) Zucchini & Tomatoes (55) Oat Bread (150)			<b>2 Roasted Pork w/gravy (170)</b> Sweet Potato (25) Berry Crisp (110) Garden Salad (15)			<b>3</b>  <b>Happy 4<sup>th</sup> of July</b> <b>No Meal Delivery</b>		
						Cal	Carb	Na	Cal	Carb	Na			
						570	85	520	910	115	675			
<b>6 Hamburger (260)</b> Roasted Potato (5) Green Beans (5) Burger Bun (200) Mixed Fruit (5)			<b>7 Teriyaki Chicken (370)</b> White Rice (5) Asian Veg (25) WW Roll (180) Pineapple (5)			<b>8 Macaroni &amp; Cheese (330)</b> Peas (60) Fresh Fruit (5) Oat Bread (150)			<b>9 Cold: Tuna Salad (240)</b> Garden Salad (15) Lentil Salad (145) Yogurt (75) MG Bread (300)			<b>10 Sliced Turkey Gravy (495)</b> 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
680	85	600	610	90	705	595	110	665	560	80	775	570	85	880
<b>13 Low Sodium Hot Dog (340)</b> Baked Beans (140) Carrots (60) Bun (210) M. Oranges (10)			<b>14 Potato (230)</b> Breaded Fish Veg Rice (90) B. Sprouts (15) Burger Bun (200) Diet Gelatin (5)			<b>15 Cold: Chicken Salad (105)</b> Cuke Salad (50) Potato Salad (100) Pita Bread (160) Fresh Fruit (5)			<b>16 B-day: Cheese Ravioli (305)</b> w/Marinara Cauliflower (15) Garlic Roll (240) Lorna Doones			<b>17 Sheppard's Pie (175)</b> Beets (140) WW Bread (165) Pears (5)		
Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na
630	75	900	710	90	730	710	75	540	560	80	715	635	75	615
<b>20 Meatballs Stroganoff (355)</b> Mashed Potato (25) Chef's Veg (20) MG Bread (150) Baked Good (100)			<b>21 Stuffed Shells (480)</b> w/marinara Capri Veg (30) Garlic Roll (240) Peaches (5)			<b>22 Seafood Newburg*(570)</b> Roasted Potato (5) Broccoli (15) WW Bread (165) Fresh Fruit (5)			<b>23 Orange Chicken (345)</b> White Rice (5) Asian Veg (25) Italian Bread (190) Pineapple (5)			<b>24 Cold: Egg Salad (350)</b> Corn Salad (85) Garden Salad (15) Burger Bun (200) M. Oranges (5)		
Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na
625	75	735	570	85	870	765	130	880	540	80	400	700	75	780
<b>27 Meatloaf w/Gravy (155)</b> Butternut (15) Peas & Onions (50) D. Roll (180) Mixed Fruit (5)			<b>28 Breaded Fish (300)</b> Rice (5) 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 n' cheese (300), Peaches (5)</b> Potato O' Brien (30) Oat Bread (150) Yogurt (75) Juice (5)			<b>31 Open Turkey Sandwich*(640)</b> Mashed Potato (25) Mixed Veg (20) Lorna Doones (100)		
Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na
725	85	535	670	95	605	615	80	790	570	85	560	565	75	900

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