

Elder Services of Worcester Area Nutrition Program

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Mornay Couscous Roman Blend Vegetables Butterscotch Pudding Diet= SF Vanilla Pudding Marble Rye Bread	2 Meatloaf w/Gravy Garlic Mashed Potatoes Carrots Mixed Fruit Whole Wheat Bread	3 Roast Turkey w/Gravy Mashed Sweet Potatoes Roasted Brussels Sprouts Pear Crisp Diet = Pears Italian Bread	4 Macaroni & Cheese Stewed Tomatoes Green Beans Blondie Diet = Cookie Pumpnickel Bread	5 Fish w/Parmesan Sauce Wild Rice Roasted Broccoli & Carrots Fresh Fruit French Bread
8 Pork Rib-i-que BBQ Sauce Mac N Cheese Green Beans Fresh Fruit Sandwich Roll	9 Hot Dog Baked Beans Coleslaw Baked Apples Hot Dog Bun Mustard	10 Swedish Meatballs Mashed Potatoes Scandinavian Vegetables Vanilla Pudding Diet = NSA Vanilla Pudding Marble Rye Bread	11 Chicken Cacciatore Gemmeli Pasta Roasted Broccoli Brownie Diet = Rice Krispy Treat Italian Bread	12 Fish w/Crumb Topping Rice Pilaf Tuscany Style Vegetables Fruited Ambrosia Whole Wheat Bread
15 <u>Patriot's Day</u> No Meals Served	16 Chicken Pot Pie Mashed Potatoes Corn Niblets Mixed Fruit Biscuit	17 Salmon Primavera Rice Pilaf Peas & Onions Brownie Diet = Cookie Pumpnickel Bread	18 Spaghetti & Meatballs Marinara Sauce Green Beans Apple Crisp Diet = Peaches Italian Bread	19 Garlic Herbed Chicken Cornbread Stuffing Roasted Brussels Sprouts Lemon Pudding Diet = Tapioca Pudding Whole Wheat Bread
22 Potato Crunch Fish Lemon Herb Rice Peas Mandarin Oranges Whole Wheat Bread Tartar Sauce	23 Sloppy Joe Red Bliss Potatoes Mixed Vegetables Fresh Fruit Sandwich Roll	24 Stuffed Pepper Casserole Mashed Potatoes Carrots Chocolate Mousse Marble Rye Bread	25 Ranch Chicken Red Bliss Potatoes Roasted California Veg. Birthday Cake Diet = Half Piece Cake Pumpnickel Bread	26 Braised Beef Gemelli Pasta Broccoli Pear Crisp Diet = Applesauce Italian Bread
29 Chicken Pesto Wild Rice Roasted Carrots & Broccoli Vanilla Mousse Marble Rye Bread	30 Burger Chili & Cheese Herbed Potatoes Green Beans Fresh Fruit Sandwich Roll	<u>MENU SUBJECT TO CHANGE</u> <i>Your \$3.00 Donation is Appreciated!</i>		

Monday		Tuesday		Wednesday		Thursday		Friday	
1	Sodium	2	Sodium	3	Sodium	4	Sodium	5	Sodium
Chicken Mornay	532	Meatloaf with Gravy	202	<i>High Sodium Meal</i> Roast Turkey w/Gravy	790/150	Macaroni & Cheese	250	Fish w/Parmesan Cream sauce	100
Couscous	27	Garlic Mashed Potatoes	82	Mashed Sweet Potatoes	91	Stewed Tomatoes	6	Wild Rice	162
Roman Blend Vegetables	3	Carrots	107	Roasted Brussels Sprouts	9	Green Beans	0	Roasted Broccoli & Carrots	279
Butterscotch Pudding	246	Mixed Fruit	53	Pear Crisp	54	Blondie	272	Fresh Fruit	33
Diet= SF Vanilla Pudding	125	Whole Wheat Bread	20	Diet = Pears	10	Diet = Cookie	147	French Bread	0
Marble Rye Bread	105		138	Italian Bread	96	Pumpernickel Bread	135		120
Calories: 720 (Diet:616)		Calories: 738		Calories: 835 (Diet:718mg)		Calories: 795 (Diet:688)		Calories: 809	
Total Sodium:1101mg (Diet:875mg)		Total Sodium: 727mg		Total Sodium:1314mg (Diet:1270mg)		Total Sodium: 819mg (Diet:673mg)		Total Sodium: 819mg	
8	Sodium	9	Sodium	10	Sodium	11	Sodium	12	Sodium
Pork Rib-i-que	280	<i>High Sodium Meal</i> Hot Dog *	540	Swedish Meatballs	322	Chicken Cacciatore	411	Fish w/Crumb Topping	226
BBQ Sauce	195	Baked Beans	370	Mashed Potatoes	107	Gemmeli Pasta	8	Rice Pilaf	70
Mac N Cheese	167	Coleslaw	204	Scandinavian Vegetables	30	Roasted Broccoli	15	Tuscany Style Vegetables	31
Green Beans	0	Baked Apples	14	Vanilla Pudding	170	Brownie	149	Fruited Ambrosia	55
Fresh Fruit	0	Hot Dog Bun	195	Diet SF Vanilla Pudding		Diet = Rice Krispy Treat	105	Whole Wheat Bread	138
Sandwich Roll	248	Mustard	50	Marble Rye Bread	105	Italian Bread	96		
Calories: 729		Calories: 835		Calories: 791		Calories: 717 (Diet:661)		Calories: 721	
Total Sodium: 1059mg		Total Sodium: 1498mg		Total Sodium: 860mg		Total Sodium: 804 (Diet:759mg)		Total Sodium: 645mg	
15		10.5	Sodium	17	Sodium	18	Sodium	19	Sodium
Patriot's Day		Chicken Pot Pie	241	Salmon Primavera	236	Spaghetti & Meatballs	211	Garlic Herbed Chicken	431
No Meals Served		Mashed Potatoes	107	Rice Pilaf	70	Marinara Sauce	381	Cornbread Stuffing	242
		Corn Niblets	1	Peas & Onions	34	Green Beans	0	Roasted Brussels Sprouts	9
		Mixed Fruit	5	Brownie	149	Apple Crisp	63	Lemon Pudding	0
		Biscuit	340	Diet = Cookie	147	Diet = Peaches	5	Diet = Tapioca Pudding	135
				Pumpernickel Bread	135	Italian Bread	96	Whole Wheat Bread	138
		Calories: 736		Calories: 756 (Diet:747)		Calories: 745 (Diet:876mg)		Calories: 765 (Diet:715)	
		Total Sodium: 819mg		Total Sodium: 749mg (Diet:746mg)		Total Sodium: 645 (Diet:818mg)		Total Sodium:1124mg(Diet:1079mg)	
22	Sodium	23	Sodium	24	Sodium	25	Sodium	26	Sodium
Potato Crunch Fish	280	Sloppy Joe*	660	Stuffed Pepper Casserole	118	Ranch Chicken*	644	Braised Beef	197
Lemon Herb Rice	149	Red Bliss Potatoes	5	Mashed Potatoes	107	Red Bliss Potatoes	5	Gemelli Pasta	8
Peas	7	Mixed Vegetables	30	Carrots	53	Roasted California Veg	32	Broccoli	16
Mandarin Oranges	0	Fresh Fruit	0	Chocolate Mousse	224	Birthday Cake	221	Pear Crisp	54
Whole Wheat Bread	138	Sandwich Roll	248	Marble Rye Bread	105	Diet = Half Piece	110	Diet = Applesauce	25
Tartar Sauce	85					Pumpernickel Bread	135	Italian Bread	96
Calories: 808		Calories: 744		Calories: 692		Calories:882 (Diet:742)		Calories: 949 (Diet:812)	
Total Sodium: 784mg		Total Sodium: 1069		Total Sodium: 733mg		Total Sodium:1161 (Diet:1051mg)		Total Sodium: 496mg (Diet:466mg)	
29	Sodium	30	Sodium	<p style="text-align: center;">MENU SUBJECT TO CHANGE Your \$3.00 Donation is Appreciated!</p> <p>Meals are based on a No Added Salt (3,000-4,000mg diet) for healthy older adults. If you have a special concern regarding sodium, contact our Nutritionist for guidance on managing your intake to meet your diet requirements.</p> <p>mg=milligrams *Indicates higher sodium entrees >500mg High sodium meal = >1200mg of sodium Breakdown includes 125mg of sodium and 110 calories for milk served daily</p>					
Chicken Pesto	301	Burger	150						
Wild Rice	279	Chili & Cheese	474/180						
Roasted Carrots & Broccoli	33	Herbed Potatoes	7						
Vanilla Mousse	150	Green Beans	0						
Marble Rye Bread	105	Fresh Fruit	0						
		Sandwich Roll	248						
Calories: 777		Calories: 939							
Total Sodium: 993mg		Total Sodium: 1184mg							

Aging Well: Spotlight on Vitamin B12

Vitamin B12 is a water-soluble vitamin bound to protein in animal foods including meat, fish, chicken, eggs, yogurt, cheese, and milk. As we age, our body is less able to absorb B12 and over time a B12 deficiency can lead to cognitive problems and mood dysfunction. Vitamin B12 plays an important role in neurological function, making red blood cells, and DNA. Like most vitamins, our body can't make B12, which means that we need to get it from our food. B12 is found primarily in animal products, including fish, chicken, pork, red meat, milk, yogurt, and cheese. Nutritional yeast is also a good source of B12. Synthetic B12, which often is better absorbed than the B12 found naturally in foods, is added to breakfast cereals and non-dairy milks such as almond milk, soymilk, and rice milk.

One important yet often overlooked side effect of aging is decreased production of hydrochloric acid in the stomach, which affects 10-30% of adults and leads to decreased absorption of vitamin B12. B12 deficiency can lead to megaloblastic anemia, fatigue, weakness, constipation, loss of appetite, weight loss, numbness and tingling in hands and feet, difficulty maintaining balance, depression, confusion, dementia, poor memory, and sores in the mouth or on the tongue. Since many of these symptoms occur as we age, it's important to rule out a possible B12 deficiency. Metformin, a common medication used to control type 2 diabetes, decreases body levels of B12 that can lead to peripheral neuropathy or numbness and tingling in the feet and hands. In fact, 10-30% of people on metformin for more than 6 months experience a B12 deficiency.

The Recommended Dietary Allowance (RDA) for B12 is 2.4 mcg per day for women and men age 14 years and older. The Daily Value (DV) for vitamin B12 is 6.0 mcg. In the United States, the estimated average daily intake of vitamin B12 is about 5mcg per day for men and 3.5 mcg per day for women, which looks like we get plenty of B12. However, because between 10% and 30% of older people are unable to absorb vitamin B12 from foods, the Institute of Medicine recommends that people older than 50 years of age consume foods fortified with B12 or supplements containing B12 to improve absorption. Use these 4 tips to make sure you're consuming optimal amounts of vitamin B12:

- Include protein foods that contain B12 (like fish, chicken, beef, cheese, yogurt, or milk) at every meal.
- If you don't use dairy products, choose non-dairy milks that are fortified with B12.
- Include 1-2 servings of breakfast cereal fortified with B12 in your daily food choices. Add cereal to yogurt or enjoy a bowl of cereal and milk as a snack.
- Talk with your physician about your B12 status.

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