




# NOVEMBER 2024

**Cambridge Senior Center, 806 Mass Ave**

61 Medford St, Somerville, 617-628-2601, [www.eldercare.org](http://www.eldercare.org). Suggested, voluntary donation of \$3.00 per meal.

MONDAY <small>sodium mg</small>	TUESDAY <small>sodium mg</small>	WEDNESDAY <small>sodium mg</small>	THURSDAY <small>sodium mg</small>	FRIDAY <small>sodium mg</small>
		<p>Lunch is served Monday-Thursday, 11:30am -12:15pm. To reserve or cancel a meal reservation, call 617-349-6047 two days in advance please.</p>		1
<b>4</b> Chicken Fajita Bowl 280 Mexican Rice 70 Black Beans, Corn & Peppers 60 Wheat Bread 65 Fruit 2 <i>Cals:764; Carb:103gm; Sod.:612mg</i>	<b>5</b> French Dip Sandwich Coleslaw Fries Fruit <i>Cals:676; Carb:97gm; Sod.:954mg</i>	<b>6</b> Salmon Florentine 182 White Rice 25 Green Beans/Red Peppers 25 Wheat Bread 65 Fruit 0 <i>Cals:806; Carb:98gm; Sod:432mg</i>	<b>7</b> Rosemary Garlic Chicken 143 Mashed Potatoes 124 Mixed Root Vegetables 65 Hawaiian Roll 80 Oatmeal Cookie 105 <i>Cals:878; Carb:90gm; Sod.652mg</i>	<b>8</b>
<b>11</b> <b>Veteran's Day</b> Closed	<b>12</b> Pot Roast & Brown Gravy 580 Mashed Sweet Potatoes 140 California Blend Vegetables 34 Wheat Bread 65 Fruit 0 <i>Cals:676; Carb:97gm; Sod.:954mg</i>	<b>13</b> Caprese Chicken 290 Orzo 2 Green Beans/Red Peppers 20 Wheat Roll 150 Vanilla Pudding 130 <i>Cals: 814; Carb:96gm; Sod:727mg</i>	<b>14</b> American Chop Suey 280 Whole Grain Pasta 1 Carrots 56 Garlic Bread 230 Cinnamon Apples 30 <i>Cal: 728; Carb:73gm; Sod.:705mg</i>	<b>15</b>
<b>18</b> Pork Chop 85 with Apple Chutney Butternut Squash 3 Broccoli 29 Dinner Roll 250 Chocolate Pudding 130 <i>Cals:832; Carb:99gm; Sod:632mg</i>	<b>19</b> Cheese Lasagna 390 with Beef Bolognese Carrots 195 Garlic Bread 56 Fruit 230 <i>Cals: 840; Carb:94gm; Sod.:1006mg</i>	<b>20</b> Tuscan Chicken 255 Mashed Potatoes 124 Vegetable Medley 35 Wheat Bread 65 Fruit 0 <i>Cals:966; Carb:107gm; Sod:614mg</i>	<b>2</b> <b>Harvest Special</b> 400 Roast Turkey 480 Cranberry Herb Stuffing 20 Green Beans 65 Wheat Bread 70 Cookie <i>Cal:723; Carb; 85gm; Sod:1190mg</i>	<b>22</b>
<b>25</b> Broccoli Cheddar Chicken 410 Mashed Potatoes 124 Mixed Root Vegetables 65 Hawaiian Roll 80 Fruit 2 <i>Cals:684; Carb:87gm; Sod:816mg</i>	<b>26</b> Salisbury Steak 650 White Rice 25 Brussel Sprouts 26 Wheat Bread 65 Vanilla Pudding 130 <i>Cals:771; Carb: 94gm; Sod:1031mg</i>	<b>27</b> Chicken Alfredo 610 Whole Grain Pasta 4 Broccoli 29 Hawaiian Roll 80 Fruit 0 <i>Cals:665; Carb:75gm; Sod:858mg</i>	<b>28</b> <b><u>Happy Thanksgiving!</u></b> 	<b>29</b> <b>Thanksgiving Holiday Closed</b>

Meals are for participants 60 years or older, their spouses and dependents with disabilities are welcome. A confidential, voluntary donation of \$3.00 per meal is suggested.

- MENU SUBJECT TO CHANGE WITHOUT NOTICE -

# Nutrition Tips for Healthy Living! NOVEMBER 2024

## November is Diabetes Awareness Month!



### Diabetes Quick Facts

In the United States:

- Over 38 million Americans have diabetes
- 8.7 million Americans have diabetes and don't know it
- Nearly 98 million American adults have prediabetes
- The percentage of Americans aged 65 and older remains high, at 29.2%, or 16.5 million seniors (diagnosed and undiagnosed).
- 1.2 million Americans are diagnosed with diabetes every year.

### Use the Diabetes Plate for Meal Planning

## Meal Heating Instructions

- **Do NOT use toaster oven to reheat home delivered meals.**
- Keep meals refrigerator until ready to eat.
- **Conventional Oven** – Set oven at 350F. Place meal on cookie sheet, bake for 15-20 minutes maximum.
- **Microwave** - Peel back plastic film to vent steam, reheat for 2 to 3 minutes. Stir for even cooking. Microwave oven times will vary.
- Reheat meals until reach an internal temperature of 165F.
- Do not leave out in room temperature for more than 2 hours.
- Consume or discard refrigerated meal within 48/hrs.

## Menu Nutrition Description:

Meals provide one-third the daily recommended dietary allowance.

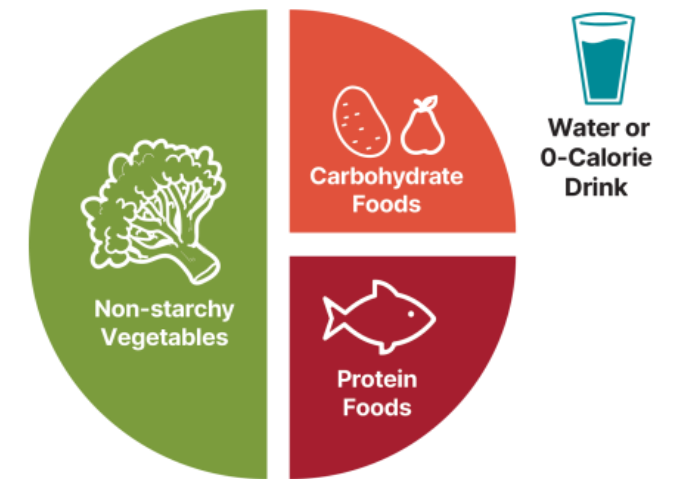
- ✓ Regular, no added salt (NAS) menu.
- ✓ Calories range 700-800 calories/meal.
- ✓ Total fat no more than 30%/Cals.
- ✓ Meals do not exceed 1200mg sodium per meal, unless noted high sodium.
- ✓ Entrée over 500mg sodium marked with asterisk (\*).
- ✓ Sodium totals include milk (135mg), margarine (30mg).

For menu options and nutrition information visit [www.eldercare.org](http://www.eldercare.org)

## Purchase Ensure® from SCES

Ensure® \$29.00/case of 24 drinks  
Ensure® Plus \$31.00/case of 24 drinks  
Glucerna Diabetic \$40.00/case of 24  
Flavors: Strawberry, Vanilla, Chocolate.  
Call Community Support Services at 617-628-2601. Delivery options are available

- Start with a 9-inch plate
- Fill ½ of your plate with non-starchy vegetables
- Fill ¼ of your plate with lean protein foods
- Fill ¼ of your plate with carbohydrate foods
- Choose water or a low-calorie drink



## **What about combination foods?**

Not all meals fit perfectly into the sections of the Diabetes Plate, especially dishes like soups, casseroles, sandwiches, pizza, or pasta that mix different food types together.

You can still apply the plate method by identifying the ingredients and considering where they fit on the plate. For example, with pizza, the crust counts as the carbohydrate, cheese and meats are protein, and the tomato sauce and veggies are non-starchy vegetables.

To make combination meals work with the plate method, aim for the same proportions. For pizza, opt for a thin crust to limit carbs, load up on veggies, and choose lean meats if you add protein. Stick to 1-2 slices and pair with a side salad to ensure half of your meal is non-starchy vegetables.

Source: <https://diabetes.org/>