

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY-	SUNDAY
<i>*denotes vitamin C-rich foods</i> <i>*denotes vitamin A-rich foods</i> 1% Low fat milk is included with meals All meals have no more than 800 milligrams of sodium. If a meal has more than 1,000 milligrams of sodium, it will be labeled a Higher Sodium Meal.	Meals prepared by Nutrition Solutions, Inc. with Title III Older American Act Funds administered by Alameda Area Agency on Aging 	Program participation is not limited with regard to: race, ethnicity, national origin, religion, economic status, political affiliation, gender, sexual orientation, gender identity, immigration status or disability.	1 Soup = 12 oz Chicken & Tortellini Soup Green Salad (Romaine & Spinach)* w/ Italian Dressing Whole Wheat Roll Banana	2 Meat Loaf (Turkey) w/ Gravy Whipped Sweet Potatoes* Broccoli/Zucchini Medley+ Whole Wheat Roll Peach/Berry Compote+	3 Lemon Thyme Chicken Over Brown Rice Seasoned Carrots & Zucchini* Warm Spiced Apples	4 Sweet Potato Peanut Stew* over Quinoa (vegan, with peanut & chickpeas) Seasoned Collard Greens+* Warm Spiced Pears+ (vitamin C-fortified) Contains peanuts
5 Spinach & Mushroom Lasagna (Vegetarian) Garlic Green Beans Warm White Bean Ragu Fresh Cutie Citrus+	6 Teriyaki Chicken Asian Vegetable Medley Stir Fry (broccoli, carrots, snap peas)+* Steamed Brown Rice Pineapple Chunks+	7 BBQ Chicken Thigh Seasoned Greens+* Coleslaw+ Whole Wheat Roll Warm Cinnamon Spiced Applesauce	8 Soup = 12 oz Thai Fish Curry Soup Whole Wheat Roll Coleslaw+ Asian Pear	9 Beef and Vegetable Stew* Zucchini Brown Rice Diced Mango+	10 Tuscan Chicken over Whole Wheat Penne Garlicky Spinach* Warm Sliced Peaches+	11 Homemade Baked Macaroni & Cheese (Vegetarian) Braised Collard Greens+* Black Eyed Pea Whole Wheat Roll Fresh Cutie Citrus+
12 Indigenous People's Day Vegetable Enchilada Casserole Zucchini, Corn & Peppers+ Warm Pineapple Chunks	13 Chicken and Mushroom in Black Bean Sauce Sesame Green Beans Steamed White & Brown Rice Blend Fresh Cutie Citrus+	14 Butter Chicken White & Brown Rice Blend Herbed String Beans Green Salad (Romaine & Cabbage) & shredded carrots with vinaigrette* Warm Spiced Peaches+	15 Soup = 12 oz Chicken Pozole Green Salad (Romaine & Cabbage) with shredded carrots with vinaigrette Whole Wheat Roll Banana	16 Baked Cod in a Lemon Garlic Cream Sauce Orzo Malibu Blend Vegetables (broccoli, carrot, cauliflower) +* Whole Wheat Crackers Peach/Berry Compote+	17 Beef and Vegetable Stew* Zucchini Brown Rice Applesauce Cup	18 Spinach & Mushroom Lasagna* (Vegetarian) Warm White Bean Ragu Steamed Zucchini Fresh Cutie Citrus+
19 Indian Vegetable Curry with tofu & chickpeas (Vegan) Brown Basmati Rice Garlicky Carrots* Fresh Cutie Citrus+	20 Lemongrass Chicken Squash Medley Stir Fry + Steamed White & Brown Rice Blend Pineapple & Papaya Fruit Cup +	21 Sweet & Spicy Citrus Tilapia Quinoa Garlicky Spinach* Steamed Broccoli+ Banana	22 Soup = 12 oz Chicken & Vegetable Tortilla Soup Tortilla Chips Low Sodium V-8 Juice+ Pineapple Fruit Cup+	23 Beef Brisket au jus Mashed Potatoes Southern Green Beans Whole Wheat Roll Warm Spiced Peaches+	24 Baked Chicken w/ Lemon Garlic Cream Sauce Brown Rice Malibu Blend Vegetables (broccoli carrots & cauliflower) +* Asian Pear	25 Vegetable Enchilada Casserole Zucchini, Corn & Peppers+ Warm Pineapple Chunks+
26 Pasta Primavera (broccoli, bell peppers, onion) + with Whole Wheat Penne White Bean Ragu Pear/Berry Compote+	27 Thai Basil Ground Turkey Asian Vegetable Blend (broccoli, carrots, snap peas)+ Steamed White & Brown Rice Blend (under turkey) Fresh Cutie Citrus+	28 Meatball Stroganoff (chicken) Egg Noodles (Whole Grain) Steamed Broccoli and Carrots+* Spiced Peaches +	29 Soup = 12 oz Beef & Barley Soup Spinach Salad* w/ Balsamic Dressing Papaya & Mango Chunks+	30 Tuna Noodle Casserole (Whole Wheat Noodles) with Carrots & Peas Herbed Broccoli+ Creamy Coleslaw+* Cinnamon Applesauce	31 Turkey Sloppy Joe on Whole Wheat Bun Garlicky Green Beans "Scream Beans" Creamy Coleslaw+* "Boo Berry" compote+ (Peach Berry)	

EATING WELL AS YOU AGE

SPECIAL NUTRITION CONSIDERATIONS

Protein

As we get older, our bodies naturally lose muscle mass. Getting enough protein keeps your balance steady and legs strong!



Eggs: Any way you like



Tuna & Salmon: Rich in healthy fats



Poultry & Lean Beef: Tender cuts



Dairy & Soy: Milk, cheese, tofu, Greek yogurt



Nuts, Seeds, Beans, Legumes

Vitamin B12

B12 protects nerve cells, helps make red blood cells, and fights fatigue. As we age, our stomachs absorb less of it naturally.



Fish: Salmon, tuna, and sardines



Fortified Cereals or Plant milk: Check the label



Eggs & Milk: Great breakfast picks



Yogurt & Cheese: Tasty snacks

Beverages

Our sense of thirst naturally fades over time. Drinking water helps us digest food, absorbs nutrients, and prevents dehydration-related dizzy spells.



Fresh Water: Add lemon or cucumber



Smoothies



Low fat Milk or Fortified alternative



100% Juice: Fruit or veggie splash



Warm Soups & Teas/Coffee: Gentle & soothing

GENERAL NUTRITION CONSIDERATION

Chef & Nutrition Tips

Keep Water Handy:

Keep a filled water bottle or pitcher on the table where it is easy to see and reach.



Flavor Without Salt:

Try garlic, fresh herbs, or a squeeze of citrus to brighten flavors while keeping blood pressure in mind!



In addition to nutrients of concern for the general population (including calcium, vitamin D, potassium, and fiber), older adults have additional nutritional considerations; some of the more common ones are listed in the left column.



Your **palm**, not including fingers and thumb, is about 3 ounces of cooked and boneless meat.



A **fist** is about 1 cup or about 30 grams of carbohydrates for foods such as 1 cup ice cream or 1 cup cooked cereal.



Your **thumb** is about 1 tablespoon or 1 serving of regular salad dressing.



Your **thumb tip** is about 1 teaspoon or 1 serving of margarine, mayonnaise or other fats such as oils.