



Heart Healthy Eating: Omega-3 fatty acids

Eating foods that contain healthier types of fats like Omega-3 fatty acids can help lower your risk of heart attack and stroke. They can be found in plant and fish/seafood sources and tend to be also lower in unhealthy saturated fatty acids.

Recommendations: At least two 4-ounce servings of oily fish per week. If you have heart failure or high triglyceride levels, talk to your doctor first about a possible daily supplement of 2000mg per day of EPA/DHA Omega-3 fatty acids.

Plant sources:

- ♥ Ground Flaxseed and flax oil
- ♥ Walnuts and walnut oil
- ♥ Pumpkin seeds and Chia seeds
- ♥ Soybean and canola oil

Fish and Seafood Sources:

- ♥ Salmon
- ♥ Pacific oysters
- ♥ Tuna
- ♥ Trout
- ♥ Mackerel
- ♥ Herring
- ♥ Sardines
- ♥ Anchovies

Tips for Adding Omega-3 Fatty Acids to Your meals

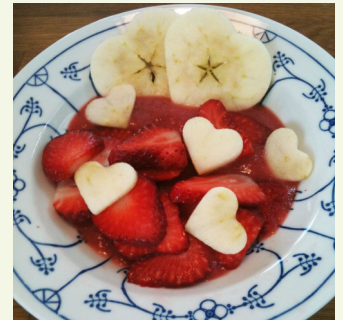
1. Eat 4 ounces of grilled, baked, broiled fish at least twice/week. To limit mercury intake avoid: shark, swordfish, king mackerel, tilefish, big eye tuna.
2. Use oils for cooking and dressings like canola, walnut, flaxseed and soybean.
3. Eat walnuts. They are highest in omega-3's. Add them to cereals, oatmeal, yogurts, salads, vegetable dishes, or just enjoy a handful.
4. Avoid or limit deep fried fish for added calories.
5. Choose eggs that are high in omega-3 fatty acids.
6. Try new ways to cook fish. See page 4 for a recipe!

Source: Academy of Nutrition and Dietetics

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Monthly

Brown Bag

February 12, 2019

Arts at the Armory
 191 Highland Ave
 Somerville
 10:30-12:00 PM

CAMBRIDGE Community Cafè Locations

Cambridge Senior Center 806 Mass. Ave. / 617-349-6042 Kitchen Manager: Julie King A Senior Dine Card is needed, call SCES	Breakfast: Mon-Sat 8:30am Lunch: Mon-Thu 11:30am Fri 11-11:30am Sat 11:30am-12:15pm Supper: Mon 5:00pm
Manning Apartments 237 Franklin St. / 617-576-8715 Center Coordinator: Donna	Lunch: Mon-Fri 11:30am
N. Cambridge Senior Center 266-B Rindge Ave / 617-349-6324 Center Coordinator: Joan	Lunch: Mon, Wed, Fri, 11:30am
Miller's River (Nutrition) 15 Lambert St. / 617-628-2601	Supper: Thu 4:30pm
Norfolk Street 116 Norfolk St. / 617-547-3543, ext. 123 Center Coordinator: Edith	Lunch: Mon-Fri 11:30am Supper: Thu 5:00pm
Kate's Cafe @ S&S (LBGT) (Nutrition) 1334 Cambridge St. / 617-628-2601	Supper: 4th Wed of month 6:00pm
Cambridge Hospital Cafeteria (Nutrition) 1493 Cambridge St. / 617-628-2601 A Senior Dine Card is needed, call SCES.	Supper: Mon-Fri 4:45-6:00pm
Mass. Alliance of Portuguese Speakers 1046 Cambridge St. / 617864-7600	Portuguese Lunch: Mon-Thurs Noon Reservation required by 10 AM

SOMERVILLE Community Cafè Locations

Cross Street Senior Center 165 Broadway / 617-625-6600, ext, 2335	Lunch: Mon, Tue & Thu 11:30am
Somerville Center 167 Holland St. / 617-625-6600 ext. 2325	Lunch: Thu and Fri 11:30am
Ralph & Jenny Center 9 New Washington St. / 617-666-5223	Lunch: Tue, Wed & Thu 11:30am
Properzi Manor 13-25 Warren Ave. / 617-666-5882 Center Coordinator: Lorraine	Lunch: Mon-Fri 11:30am

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Transportation to meal sites is available. Call us at 617-628-2601. Reservations are required by noon the business day before.

Order Nutrition Drink Supplements Through SCES

Regular Ensure - \$25.00/24 drinks

Diabetic Ensure (Glucerna) - \$36.00/24 drinks

Ensure Plus - \$27.00/24 drinks (*special order*)

Choose from three flavors:

Vanilla, Chocolate, or Strawberry

No delivery charge for Meals-on-Wheels clients.

There is a \$2.50 delivery charge for all others.

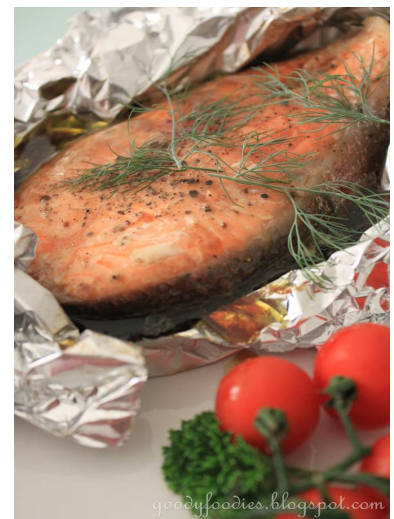
For more information, call agency at 617-628-2601.

Choosing, Preparing, & Cooking Fish

When choosing fish at the market, select fish that is refrigerated and properly covered in ice. It should have a mild fish odor, firm, shiny and have bright red gills. Avoid frozen fish that has signs of frost or ice crystals, this may mean it has been stored a long time or thawed and re-frozen.

There are many healthy, flavorful ways to enjoy fish. Here are some ways to try:

1. **Poaching:** Place fish in a shallow pan, over a bed of aromatic ingredients such as lemon, fresh herbs, scallions, garlic, and fill with a flavorful liquid like vegetable broth. Cover loosely, and steam for about 5-7 minutes depending on the amount and size of fish.
2. **Cooking in parchment or aluminum foil:** Fish is cooked in the trapped steam. Add any flavors, herbs, oils and seasoning. Loosely wrap and make a packet, cook for 10-15 minutes at 400 degrees.
3. **Grilling:** Cooking fish on the grill or grill pan adds lots of flavor along with marinades, rubs, herbs, fresh lemon!
4. **Baking:** Baked fish helps retain more of those healthy fats than frying. Top with whole wheat or panko bread crumbs for a nice crispy texture. Tilapia is a thin fish and good this way.
5. **How to know when it is done:** If fish reaches 145F using a food thermometer. Fish is cooked that is flaky and separates easily with a knife, and is opaque.



Source: mayoclinic.org