

HAPPY NUTRITION MONTH! Make Your Food Choices Count

View food from a different perspective. Instead of labeling food "good" or "bad", focus on nutrient-rich foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients. These foods have little to no processing, and remain in their **whole**, natural form as much as possible. Including more nutrient-rich food choices can help you stay healthy, control your weight and be physically active.

Nutrient-rich foods to include are:

- A variety of brightly colored fruits and vegetables
- Whole-grain, fortified and high fiber grain foods
- Calcium Rich foods and beverages, like low-fat and fat-free milk, cheese and yogurt; almond or soy milk.
- Lean meats, poultry, fish, eggs, beans and nuts
Healthy fats and oils

Focus on Variety

Eat a variety of foods from all the food groups to get the nutrients your body needs. Fruits and vegetables can be fresh, frozen or canned. Eat more dark green vegetables and orange vegetables including carrots and sweet potatoes. Include a variety of protein choices with more fish, beans and peas, nuts and seeds. Eat at least 3 servings of whole-grain cereals, breads, crackers, rice or pasta every day.

Know Your Fats

It's important to look at the type of fat you eat. Look for foods low in saturated fats and trans-fats to help reduce your risk of heart disease. Healthier options are oils, such as olive oil, canola oil, sesame oil, flaxseed oil, peanut oil. Healthier fat choices include: salmon, mackerel, tuna, sardines, walnuts, almonds, pecans, avocados, milk, yogurt, lean meat and poultry.

Source: <http://www.eatright.org/resource/food/nutrition/dietary-guidelines>

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Monthly

Brown Bag

MARCH 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: Allan	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.

March 13 is Registered Dietitian/Nutritionist Day

Dietitians are food and nutrition experts, and are committed to improving the health of their patients and community. Work with a registered dietitian to develop a personalized nutrition plan, set goals to help manage diseases, slow its progression, and reduce symptoms and healthcare cost.

10 Reasons to Visit a Dietitian

1. You have diabetes, heart disease, or high blood pressure
2. You have digestive problems; heart burn, diverticulitis, IBS
3. Weight control; to gain or lose weight
4. Difficulty chewing or swallowing food and/or liquids
5. Ensure adequate nutrition for healthy aging
6. Food shopping tips; reading food labels
7. Healthy meal planning
8. Bone Health
9. Kidney Disease
10. Safe food handling