Nutrition Column

Deal to the raging COVID-19 virus, people’s daily lives are affected by this epidemic, thus we cannot go out to the supermarket frequently to buy food.

Compared with meat, fresh vegetables and fruits are easier to lose some nutritional value because they cannot be preserved for a long time. In order to help everyone maintain a balanced diet at this time, we are here to introduce some relatively durable vegetables and fruits:

- **Stored in dry and cool area**
  - 2-5 weeks
  - 2-5 weeks
  - 1-2 months

- **Other**
  - 1-3 months
  - ~2 months
  - Room °C: 5-7 days
  - Refrigerator: 6 months

If canned food is not treated at high temperature, the ingredients should last for two years or more. Please check the expiration date.

Nutritional balance helps to maintaining good health. Everyone can try to purchase the above recommended vegetables and fruits when they go out to purchase next time, saving unnecessary waste. The Greater Boston Chinese Golden Age Center will work through this difficult period with you.

For more information

call 617-623-7560 or visit us on www.gbcgac.org

Languages

Cantonese, Mandarin, Toisanese, Vietnamese, English
### June 2020 Monthly Menu

#### Food Safety Guidelines:

1. **Slit the plastic cover open or peel it back**
2. **Re-heat in the microwave for 2-3 minutes**
3. **Preheat oven to 350°F then place container on cookie sheet and heat for 10 – 20 minutes. Do not heat over 30 minutes.**

Right now we are experiencing a national shortage of meat including chicken and pork. Therefore, our menu items might change according to the meat supplies. Thank you for understanding!

Caution: Oliver containers should never be put into a toaster oven.

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<table>
<thead>
<tr>
<th>MONDAY</th>
<th>Sodium</th>
<th>TUESDAY</th>
<th>Sodium</th>
<th>WEDNESDAY</th>
<th>Sodium</th>
<th>THURSDAY</th>
<th>Sodium</th>
<th>FRIDAY</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>Honey Baked Chicken</td>
<td>430mg</td>
<td>Milk White Rice Total 567mg</td>
<td>125mg</td>
<td>11mg</td>
<td>139mg</td>
<td>Milk White Rice Total 276mg</td>
<td>125mg</td>
<td>11mg</td>
<td>419mg</td>
</tr>
<tr>
<td>Baked Fish Fillet with Dried Bean Curd</td>
<td>302mg</td>
<td>Milk White Rice Total 438mg</td>
<td>125mg</td>
<td>11mg</td>
<td>560mg</td>
<td>Milk White Rice Total 696mg</td>
<td>125mg</td>
<td>11mg</td>
<td>111mg</td>
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<tr>
<td>Ham with Shiitake Mushroom</td>
<td>387mg</td>
<td>Milk White Rice Total 523mg</td>
<td>125mg</td>
<td>11mg</td>
<td>714mg</td>
<td>Milk White Rice Total 850mg</td>
<td>125mg</td>
<td>11mg</td>
<td>430mg</td>
</tr>
<tr>
<td>Soy Braised Chicken</td>
<td>(N/A)</td>
<td>Milk White Rice Total (N/A)</td>
<td>125mg</td>
<td>11mg</td>
<td>512mg</td>
<td>Milk White Rice Total (N/A)</td>
<td>125mg</td>
<td>11mg</td>
<td>648mg</td>
</tr>
</tbody>
</table>

### Notes:
- Meals are based on a No Added Salt (3-4 gm sodium diet) for healthy older adult.
- If you have a special concern regarding sodium, contact the Dietitian for guidance on managing your intake to meet your diet requirements.
- The nutrition information above does not include vegetables or fruits. Vegetables - calorie 30 - 60 kcal, sodium 60 - 150 mg; Fruits - calorie 71 - 105 kcal, sodium 1 - 2 mg. Meals may contain allergens including milk, egg, fish, crustaceans, tree nuts, wheat, peanut, and soybeans; and, food ingredient that contain these proteins.
- **Note:** Fruits and vegetables listed on the menu are subject to change due to seasonal availability. We reserve the right to modify an entrée for holidays or special occasions.

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### Monthly Special

- Indicated higher sodium items > 500 mg.

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### Recipe Under Testing

- Happy Father’s Day