




# December 2022 Breakfast Menu

SCES 617-628-2601, [www.eldercare.org](http://www.eldercare.org)

Suggested, voluntary donation of \$2.00 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><b>Missed Meal Policy</b> If you miss your meal, we will call you, your emergency contacts, doctor, and hospital to find out if you are okay. If we still cannot locate you, we will request the police department to come to your home to do a safety check.</p>			<p>1 Wheat Bread 270 Egg &amp; Cheese Omelet 485 Cereal 150 100% Fruit Juice 0 Ketchup 85  <i>Cals: 725, Carb: 80g, Sod: 1145mg</i></p>	<p>2 Wheat Maple Waffle 170 Yogurt 55 Oatmeal 260 Fruit 0  <i>Cals: 650, Carb: 115g, Sod: 640mg</i></p>
<p>5 Egg &amp; Cheese Sandwich 480 English Muffin Oatmeal 260 100% Fruit Juice 0 Ketchup 85 <i>Cals: 660, Carb: 84g, Sod: 980mg</i></p>	<p>6 Apple Oatmeal Bar 90mg Egg &amp; Cheese Omelet 485 Whole Grain Cereal 150 100% Fruit Juice 0 <i>Cals: 705, Carb: 73g, Sod: 880mg</i></p>	<p>7 Whole Grain Bagel 250mg With Cream Cheese 105 Yogurt 55 Granola 60 Fruit 0 <i>Cals: 658, Carb: 115g, Sod: 825mg</i></p>	<p>8 Wheat English Muffin 240 With Sun Butter Spread 115 Hard Boiled Egg 55 Cereal 150 100% Fruit Juice 0 <i>Cals: 678, Carb: 81g, Sod: 715mg</i></p>	<p>9 Whole Grain Cinnamon 300 French Toast/Syrup 25 Turkey Sausage 320 Oatmeal 260 Fruit 0 <i>Cals: 740, Carb: 115g, Sod: 1060mg</i></p>
<p>12 Whole Grain Muffin 140 Yogurt 55 Cereal 150 Fruit 0 <i>Cals: 665, Carb: 115g, Sod: 500mg</i></p>	<p>13 Bagel w/Cream Cheese 355 Boiled Egg 55 Cereal 150 100% Fruit Juice 1 Breakfast Shake 110 <i>Cals: 670, Carb: 104g, Sod: 825mg</i></p>	<p>14 Whole Grain Croissant 230 Honey Packet 1 Turkey Sausage 260 Oatmeal 260 Fruit 0 <i>Cals: 690, Carb: 105g, Sod: 906mg</i></p>	<p>15 Wheat Bread 270 Egg &amp; Cheese Omelet 485 Cereal 150 100% Fruit Juice 0 Ketchup 85 <i>Cals: 725, Carb: 80g, Sod: 1145mg</i></p>	<p>16 Wheat Maple Waffle 170 Yogurt &amp; Granola 115 Oatmeal 260 Fruit 0 <i>Cals: 760, Carb: 130g, Sod: 700mg</i></p>
<p>19 Egg &amp; Cheese 480 On English Muffin Oatmeal 260 100% Fruit Juice 0 Ketchup 85 <i>Cals: 660, Carb: 84g, Sod: 870mg</i></p>	<p>20 Apple Oatmeal Bar Egg &amp; Cheese Omelet Cereal 100% Fruit Juice <i>Cals: 705, Carb: 73g, Sod: 870mg</i></p>	<p>21 Bagel with Cream Cheese 355 Yogurt 55 Oatmeal 260 Fruit 0 <i>Cals: 658, Carb: 115g, Sod: 825mg</i></p>	<p>22 English Muffin 240 With Sun Butter Spread 115 Boiled Egg 55 Cereal 150 100% Fruit Juice 0 <i>Cals: 678, Carb: 81g, Sod: 715mg</i></p>	<p>23 Cinnamon Fresh Toast 300 Turkey Sausage 320 Oatmeal 260 Fruit 0 Syrup 25 <i>Cals: 740, Carb: 115g, Sod: 1060mg</i></p>
<p><b>26 Holiday Observed No Meal Delivery</b> </p>	<p>27 Bagel with Cream Cheese 355 Boiled Egg 55 Cereal 150 100% Fruit Juice 0 Nutrition Shake 115 <i>Cals: 670, Carb: 104g, Sod: 825mg</i></p>	<p>28 Whole Grain Croissant 230 Honey Packet 1 Turkey Sausage Patty 260 Oatmeal 260 Fruit 0 <i>Cals: 690, Carb: 105g, Sod: 906mg</i></p>	<p>29 Wheat Bread 270 Egg &amp; Cheese Omelet 485 Cereal 150 100% Fruit Juice 0 Ketchup 85 <i>Cals: 725, Carb: 80g, Sod: 1145mg</i></p>	<p>30 Wheat Maple Waffle 170 Yogurt 55 Oatmeal 260 Fruit 0 <i>Cals: 650, Carb: 115g, Sod: 640mg</i></p>

Please cancel a meal reservation by 11:00 am the business day before to help prevent food waste and cost, call Nutrition at 617-628-2601.

If meals are cancelled due to severe weather, call SCES weather line at (617) 628-2614, extension 6789 to hear a message.

Menu subject to change without notice. Breakfast meals served with 8oz low fat milk daily.



# Nutrition Tips for Healthy Living! December 2022

## Nutrition Tips to Help Reduce Triglyceride Levels



### An Exciting New Look for Meals on Wheels

Somerville-Cambridge Elder Services (SCES) is thrilled to announce an exciting new look for Meals on Wheels.

Starting in October, catering for SCES Meals on Wheels will be provided by City Fresh Foods, a Boston-based vendor that provides 2 million meals annually for schools, childcare, and older adult services across the Greater Boston Area.

City Fresh specializes in great tasting and nutritious food, made from ingredients you can pronounce. They have provided Caribbean, Portuguese, vegetarian, and allergen-free dining options for SCES Meals on Wheels since 2016, and we are very excited to expand this partnership.

We hope that you will enjoy what City Fresh has to offer and will provide a questionnaire for feedback in December. If you have immediate feedback or concerns, call 617 628 2601 and ask for the Dietitian or Nutrition Director.

### Heating Instructions

#### Chilled Meal Heating Instructions:

- Keep meals refrigerator until ready to eat.
- **Do NOT use toaster oven to reheat home delivered meals.**
- **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 reaches internal temperature of 165F.
- Do not leave out in room temperature for more than 2 hours.
- Consume or discard refrigerated meal within 48 hours.

### Menu Nutrition Guidelines:

Meals provide one-third the daily recommended dietary allowance.

- ✓ Regular, no added salt (NAS) menu.
- ✓ Calories range 700-800 calories per meal.
- ✓ Total fat content no more than 30%/Cals.
- ✓ Total Calories and Sodium for each meal provided on menu.
- ✓ Meals are "No Added Salt" regular menus.
- ✓ Meals do not exceed 1200mg sodium per meal, unless noted.
- ✓ Entrée over 500mg sodium marked with asterisk (\*), high sodium meals marked.
- ✓ Sodium totals include milk, crackers, and condiments where applicable.

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  
 Flavor Options: Strawberry, Vanilla, Chocolate  
 Call Age Info Dept at 617-628-2601  
 Delivery options are available

### Nutrition Tips to Help Reduce Triglyceride Levels

(Source: from the National Lipid Association; [www.lipid.org](http://www.lipid.org))

What are Triglycerides (TG)? They are a type of fat in your blood. Elevated levels increase the risk of heart disease, stroke, and pancreatitis.

#### Blood levels of TG (mg/dL):

- Normal– less than 150
- Borderline High– 150-199
- High Risk Levels – 200-499
- Very High-Risk Levels – more than 500



#### Helpful Tips to Help Lower Triglyceride Levels:

1. Limit foods high in added sugars.
  - Limit sweets like cookies, cakes, ice cream, candy, chocolate, pies, cookies, pastries.
  - Avoid sugary drinks like regular soda, fruit juice, lemonade, coffee drinks, shakes, energy drinks, alcohol.
  - Limit fruit juice to only ½ cup per day.
  - Choose whole pieces of fruit instead with meals and snacks. They are a source of natural sugar, high in fiber and vitamins and minerals.
  - Recommendation is to limit added sugar to no more than: 6 teaspoons/day for women; and 9 teaspoons for men a day.

#### How many teaspoons of sugar are in that drink?

- 13 oz Coffee Frappuccino – 12 teaspoons
- 12 oz Can of regular soda – 10-11 teaspoons
- 12 oz Fruit smoothie – 9-10 teaspoons
- 12 oz Juice – 8-10 teaspoons
- ½ cup of Ice cream – 7 teaspoons



2. Aim for a healthy weight if overweight. Even a small amount of weight loss like 7-10% may help lower TG levels. Include regular exercise to your ability and level, general recommendation is 30 minutes most days of the week.
3. Limit starchy, high carbohydrate foods. Like white breads, pasta, rice, cereals, crackers, cookies, chips. Keep portions small of these foods and choose whole grain high fiber versions like whole wheat bread and pasta, and brown rice.
4. Seek formal consultation from your healthcare provider and registered dietitian for additional information and treatment plan for high triglycerides.