

**The September menu has been updated to include some nutrition information that can assist you in eating a more balanced diet each day. Information you'll find listed on the menu includes:**

### **SODIUM** –

Sodium occurs naturally in all foods. A general recommendation for most healthy adults is to consume no more than 2,300 milligrams (mg) total of sodium daily. If you have Congestive Heart Failure or Chronic Kidney Disease, keep sodium intake under 2,000mg/day. Ask your doctor for an amount specifically recommended for you. The lowest recommendation is 1,500mg/day.

#### **On the Meals on Wheels Menu -**

- **Sodium is listed for each food item. It is listed to the RIGHT of each food item.**
- **Sodium is also listed for the entire meal UNDER each meal.**
- **The total sodium is the amount you would consume if you ate the entire meal, including the bread & dessert item and drinking the entire carton of milk.**
- **Use the sodium information to help guide what you eat in addition to this meal each day.**

### **CALORIES** –

Your diet should contain sufficient calories to meet your energy needs. Calorie level is based on age, gender, activity level, and overall health. As a general recommendation, most moderately active women 60+ need approximately 1,800 calories/day & most moderately active men 60+ need approximately 2,200 – 2,400 calories/ day. Be aware of how many calories you need each day. Try the calorie calculator at: [Body Weight Planner - NIDDK \(nih.gov\)](http://BodyWeightPlanner-NIDDK.nih.gov)

#### **On the Meals on Wheels Menu -**

- **The total calorie count is the amount you would consume if you ate the entire meal, including eating the bread & dessert item and drinking the entire carton of milk.**

### **CARBOHYDRATES (Carbs)** – for diabetic and pre-diabetic consumers

Carbohydrates provide your body and brain with energy. It is important to include carbs in your diet. Of all the things you eat, carbs impact blood sugar levels the most, so you DO want to monitor how many carbs you eat at each meal and snack. As a general recommendation, carb intake should be spread out between 3 small meals and 3 healthy snacks each day. A meal typically provides about 45-60 grams of carbs, while a healthy snack should provide 15-30 grams of carbs.

Foods that contain carbs include:

- Grains (bread, rice, couscous, stuffing, biscuits, noodles, pasta)
- Starchy Vegetables (potatoes, peas, corn, beans, lentils)
- Fruit and fruit desserts
- Milk and yogurt
- Sweets and desserts (cakes, cookies, pudding, brownies, pies)

#### **On the Meals on Wheels Menu –**

- **The Carb count is a new addition to our menu to help those with pre-diabetes or diabetes monitor overall Carb intake to better manage blood glucose levels.**
- **Some meals can be carb heavy (over 60 grams of carbs). A general suggestion to lower carb intake with these meals is to save the dessert, bread, and/or milk to enjoy at another meal or snack that day. This will help spread out your carb intake more evenly between meals.**

**If you have any questions about the nutrition information on the menu, please don't hesitate to contact our Nutritionist at (508)949-6640 Ext. 3135.**

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