NUTRITIONAL INFORMATION
JANUARY 2020 – CONGREGATE

Day	ENTRÉE	Cal (kcal)	Pro (gm)	Fat (gm)	Carb (g)	Calc (mg)	Mag (mg)	Sodium (mg)	Pot (mg)	Vit A (mcg_RAE)	Vit C (mg)	B6 (mg)	B12 (mcg)	Fiber (gm)	Diabetic Exchanges: Starch	Lean Meat	Med Fat Meat	Veg	Fruit	Low Fat Milk	Fats	Other Carbs
2	TERIYAKI BEEF	620	26	19	85	358	70	709	732	6	34	1	1	9	.86	2.2		.71	.88	1		
3	CHEESE OMELET	560	30	25	59	604	194	669	1848	729	139	1	1	10	.87	.76		2.07	1.15	1.03	2.12	.04
6	BEEF STEW	650	35	19	84	358	77	528	1139	224	34	1	4	8	1.56	2.4		3.17	1.5	1	1.88	.569
7	TURKEY PAPRIKASH	580	44	12	76	523	162	610	2003	190	142	2	2	13	.04	2.5		5.13	1.72	1.07	.02	
8	CHICKEN W/PEACH SC	620	40	15	87	576	229	460	1979	1271	37	1	1	11	.92	4.05		2.93	1.81	1	1.18	.15
9	SLOPPY JOE	680	36	17	97	375	97	654	1630	31	44	1	3	12	2.87	2.23		1.1	.88	1	.89	.31
10	MEDITERRANEAN WHITE FISH	590	32	11	92	388	157	419	1542	57	19	1	2	11	1.68	1.99		1.35	.87	1	.94	1.62
13	ROSEMARY BEEF	580	45	13	75	565	225	454	1865	907	19	1	3	13	1.38	4.15		4.34	.92	1	.72	
14	TURKEY MEXICAN CASSEROLE	710	40	21	88	590	128	817	1658	213	128	1	2	13	1.3	3.0		4.13	1.05	1	.33	
15	CHICKEN PARMESAN	620	48	9	88	444	102	494	1858	436	62	1	1	12	1.37	2.14	.32	1.13	.88	1		
16	HAMBURGER	806	34	28	104	366	94	583	1598	65	31	1	3	9	2.74		2.56	.65	1.75	1	1.93	.59
17	LEMON CHICKEN SOUP	694	43	22	79	357	104	751	993	264	49	1	1	10	2.79	2.06	1.08	.38	.58	1	1.67	.43
21	MONGOLIAN BEEF	743	33	23	111	430	124	704	1603	1181	47	1	3	10	2.5	4.02		2.67	1.22	1	1.23	.37
22	CHICKEN LENTIL SOUP	900	43	27	123	414	198	671	2326	582	33	1	1	28	2.02	2.20		2.07	1.32	1	2.18	2.16
23	POT ROAST	656	29	22	88	403	146	827	1393	765	18	1	1	12	1.38		3	2.15	1.75	1	.75	
24	FISH NUGGETS	730	28	17	99	363	83	785	1599	39	17	1	1	9	1.34	2.0		1.52	1.3	1	1.53	.53
27	CHILI CON CARNE	823	39	22	106	529	132	751	1737	676	32	1	2	16	2.25	1.81		2.21	.88	1	1	.02
28	LASAGNE ROLLS	610	35	19	79	382	71	694	1536	63	168	1	2	11	.5	1.81		2.12	.45	1.5		.66
29	ROASTED TURKEY	630	35	9	106	407	109	957	1423	1070	47	1	1	11	3.05	3			.82	1		1.14
30	GINGER CHICKEN THIGHS	605	38	19	75	510	302	495	1701	63	62	1	2	10	1.57	3.88		1.44	1	1	2.02	1.15
31	MEATLOAF	650	31	17	93	358	96	955	1384	434	22	1	1	13		2.2		4.36	.75	1		1.61

NOURISH YOUR HEART

Linda Rumsey, MS, RDN

A low fat, low cholesterol diet used to be the primary nutrition strategy for preventing or treating coronary heart disease. We understand much more about this disease now and many new lifestyle and nutrition interventions are being used. For someone with high "bad" (LDL) cholesterol who has normal "good" (HDL) and triglycerides, the traditional strategy of a low total fat, low saturated fat diet is most appropriate; for those with low HDL and high triglyceride levels (indicative of insulin resistance), a moderate total fat and low saturated fat diet is recommended. Maintaining a healthy weight, eliminating hydrogenated or partially hydrogenated oils, substituting soy foods for protein that is high in saturated fat, eating more nuts, increasing your fiber intake and using sterol and stanol-rich, trans-fat free spreads and salad dressing are strategies

Diabetic Exchanges

for anyone with a high LDL. If your HDL is low, increasing vitamin C-rich foods like citrus, berries, tomato and leafy greens, moderate alcohol consumption and choosing monounsaturated fats such as extra virgin olive oil and canola oil as your cooking oils and consuming olives, avocado, nuts and seeds can help raise this number. High triglycerides can be addressed by eating omega-3 fats such as salmon, omega-3 rich enriched eggs, ground flaxseed, walnuts and pumpkin seeds, focusing on low glycemic index foods, avoiding simple sugars and refined or processed grains and minimizing alcohol. Although not related to diet, a regular routine of physical activity and stress reductions are very important strategies for modifying the risk factors for heart disease. It may be difficult to incorporate all these suggestions into your diet but do what you can to decrease your individual risk factors.