

Nutrition Column

- Summer Fruits -

July is peak fruit season in Boston. Fresh fruits like blueberries, watermelon, peaches, and apples are rich in fiber, vitamin C, and antioxidants—important nutrients for older adults.

How much?

The USDA recommends 1–2 servings of fruit per day. One serving is about ½ cup of cut fruit or one small piece.

Tips for healthy fruit intake:

Sunlight helps your body make vitamin D, but overexposure can lead to heatstroke, sunburn, and skin aging. Follow these tips:

- Choose **whole fruits** over juice to get more fiber and less sugar.
- Pair fruit with **protein or healthy fat** (like yogurt or nuts) to help manage blood sugar.
- **Wash and store fruits properly**—especially berries—to prevent foodborne illness.

Seasonal fruits are not only more nutritious but also more affordable. Enjoy them as part of a balanced diet this summer!

This article was provided by Dietitian Sophia Ding.
If you have any questions, please call 617-936-3397

**Our customer service number
is 857-990-1775**

Senior Centers/M meal Sites

Quincy Tower

5 Oak Street West, Boston
Tel: (617) 423-7560
Fax: (617) 423-0502

Breakfast & Lunch Dine-In
Breakfast Time: **8:00am-10:00am**
Lunch Time: **11:15am-12:30pm**
Activities: Taichi, Dance, ESL, Calligraphy, Smart Phone Workshops, Painting

Hong Lok House

25 Essex Street, Boston
Tel: (617) 936-3966
Fax: (617) 350-4621

Lunch Dine-In
Lunch Time: **11:30am-1:00pm**
Activities: Dance, ESL, Balance Exercise, Technology Workshops

Brighton House

677 Cambridge St., Brighton
Tel: (617) 789-4289
Fax: (617) 789-5623

Lunch Dine-In
Lunch Time: **11:30am-12:00pm**
Activities: Taichi Soft Ball, Technology Workshops, ESL, Dance

Beheart Health and Wellness Center

Beheart Health and Wellness Center is committed to providing comprehensive, culturally sensitive, and multilingual health care services to support individuals in areas such as physical and mental health, caregiver support, and cognitive care. We offer personalized consultations, diverse courses, and group activities to help individuals manage stress, care for their mental well-being, and feel supported through every stage of life.

- **Behavioral Health Program:** One-on-one counseling, Strong Minds classes, support groups, and mental health workshops
- **Dementia Program:** Memory Café, music therapy, mindfulness lectures, caregiver support groups, and dementia education workshop
- **Family Caregiver Support Program:** Free consultations, support groups, caregiving skills training, and referral services
- **Wellness Program:** Evidence-based programs on chronic disease and diabetes management, fall prevention, Tai Chi, depression support, and walking lectures
- **Nutrition Program:** Nutrition screenings, individualized consultations, and educational workshops

Call us at 617-936-3288 to learn more about our services. We warmly welcome every community member to join us! You and your family never have to face life's challenges alone. We are here to be your strong support and caring partner!

Operation time: Monday to Friday from 9:00am to 2:00pm.
For activity schedule, please check our website OR social media platforms.



Greater Boston Chinese Golden Age Center
Nutrition Program

Monthly Menu
July
2025

中華耆英會
營養計劃





July Monthly Menu

* indicates higher
sodium items > 500 mg

Our customer service number
is 857-990-1775

Food Safety Rules

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Baked Chicken Wings with Crispy Garlic Spices Main Course + 340mg + 125mg + 3mg Total Sodium = 468mg Calories: 699kcal	2 Stir-fried Shrimp with Celery Main Course + 736*mg + 125mg + 3mg Total Sodium = 864mg Calories: 464kcal	3 Satay Tofu and Fish Balls Main Course + 680*mg + 125mg + 3mg Total Sodium = 809mg Calories: 595kcal	4 Closed for the day Independence Day
	7 Baked Pork Ribs with Orange Flavor Main Course + 157mg Milk + 125mg Rice + 3mg Total Sodium = 749mg Calories: 700kcal	8 Soy Braised Tofu Stew Main Course + 549*mg + 125mg + 3mg Total Sodium = 678mg Calories: 702kcal	9 Baked Fish Patty Main Course + 520*mg + 125mg + 3mg Total Sodium = 649mg Calories: 531kcal	10 Noodles with Shrimp in Black Bean Sauce Main Course + 388mg + 125mg Noodles + 252mg Total Sodium = 765mg Calories: 525kcal
	11 Soy Braised Chicken Thigh Main Course + 235mg + 125mg + 3mg Total Sodium = 364mg Calories: 651kcal	14 Baked Fish Fillet with Dried Bean Curd Main Course + 317mg Milk + 125mg Rice + 3mg Total Sodium = 446mg Calories: 531kcal	15 Buddhist Delight Main Course + 235mg + 125mg + 3mg Total Sodium = 364mg Calories: 558kcal	16 Baked Pork Slices with Chinese BBQ Sauce Main Course + 512*mg + 125mg + 3mg Total Sodium = 640*mg Calories: 791kcal
21 Baked Pork Ribs with Black Pepper Sauce Main Course + 113mg Milk + 125mg Rice + 3mg Total Sodium = 242mg Calories: 542kcal	22 Baked Fish Fillet with Garlic Main Course + 160mg + 125mg + 3mg Total Sodium = 289mg Calories: 530kcal	23 Stir-fried Shrimp and Squid with Salt and Pepper Sauce Main Course + N/A + 125mg Monthly Special Total Sodium = N/A  Calories: N/A	17 Baked Chicken Wings with Chinese BBQ sauce Main Course + 647*mg + 125mg + 3mg Total Sodium = 776mg Calories: 791kcal	18 Noodles with Minced Pork in Soybean Sauce Main Course + 687mg + 125mg Total Sodium = 812mg Calories: 828kcal
28 Stir-fried Trio Main Course + 1121*mg Milk + 125mg Rice + 3mg Total Sodium = 1257mg High Sodium Calories: 596kcal	29 Mapo Tofu with Minced Pork Main Course + 139mg + 125mg + 3mg Total Sodium = 268mg Calories: 613kcal	30 Braised Beef Tendon with Radish with Rice Noodles Main Course + N/A + 125mg + 3mg Total Sodium = N/A Calories: N/A	24 Baked Chicken Thigh with Ginger Powder Main Course + 312mg + 125mg + 3mg Total Sodium = 440mg Calories: 701kcal	25 Stir-fried Pork Slices with Broccoli Main Course + 597*mg + 125mg + 3mg Total Sodium = 725mg Calories: 658kcal
		31 Steamed Fish Fillet with Pickled Main Course + 139mg + 125mg + 3mg Total Sodium = 268mg Calories: 613kcal		

If you choose not to eat your lunch right away, please put it in the refrigerator immediately.

When you are ready to consume the lunch:

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

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

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. **Please watch out for small bones in your meal to avoid choking or discomfort while eating.**

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 nor 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, soybeans and sesame; and, food ingredient that contain these proteins.

