



ULSTER COUNTY OFFICE FOR THE AGING  
SENIOR NUTRITION/DINING PROGRAM  
OCTOBER 2013

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Menu Subject to Change</i>	10/1 Taco Casserole Mixed Vegetables Wheat Bread Fresh Fruit	10/2 Lentil Soup Ham and Swiss Sandwich Coleslaw Sherbet	10/3 Grape Juice Fish Creole Barley Pilaf Collard Greens Rye Bread Mandarin Oranges	10/4 Apple Juice Chicken Cacciatore Noodles Zucchini Wheat Bread Peach Crisp
10/7 Orange Juice Swedish Meatball Egg Noodles Collard Greens Corn Bread Vanilla Pudding	10/8 Pasta Florentine Mixed Vegetables Tossed Salad Wheat Roll Fresh Fruit	10/9 Chicken Royale Sweet Potato Peas Rye Bread Fruited Jello	10/10 Beef Goulash Noodles Cauliflower Gingered Carrots Wheat Roll Applesauce Spice Cake	10/11 Breaded Baked Fish Beets Lima Beans Wheat Bread Tropical Fruit
10/14 Apple Juice Pepper Steak Peppers/Onion Rice Oriental Vegetables Rye Bread Oatmeal Cookies	10/15 Italian Baked Chicken Sweet Potato w/Gravy Brussel Sprouts Wheat Bread Fruited Yogurt	10/16 Spaghetti and Meatballs/ Sauce Green Beans Tossed Salad Garlic Bread Fresh Fruit	10/17 Grape Juice Split Pea Soup Turkey Pastrami Sandwich Coleslaw Butterscotch Pudding	10/18 Sheppard Pie Spinach Yellow Squash Wheat Bread Mandarin Oranges
10/21 Orange Juice Baked Fish w/ Creole Sauce Parslied Boiled Potato Succotash Wheat Bread Italian Ice	10/22 Apple Juice Pork Fried Rice Oriental Vegetables Rye Bread Peaches	10/23 Cranberry Juice Turkey Sandwich w/ Gravy Mashed Potato Waxed Beans Wheat Bread Lemon Bar*	10/24 Macaroni And Cheese Zucchini w/Tomato Carrots Banana Bread Fruited Jello	10/25 Chili w/ Rice Tossed Salad Corn Bread Fresh Fruit
10/28 Grape Juice Chicken w/ Orange Sauce Red Bliss Potato Waxed Beans Wheat Bread Pear Slices	10/29 Chunky Tomato Soup Tuna on a Bed of Lettuce Three Bean salad Soft Roll Sugar Cookies	10/30 Meatloaf w/Gravy Mashed Potato Glazed Carrots Rye Bread Apricots	10/31 <b>Halloween</b> Cider Peek-a - Boo Stew Brussel Sprouts Biscuit Donuts*	

For information call: 340-3576

-Meals Prepared By Prestige Services, Inc. Made possible by funds provided by USAOA, NYSOFA, UCOFA and Private Funds.



*From the desk of the Registered Dietician:* **Vitamin D**

Vitamin D has been called the “sunshine” vitamin because the UV rays from the sun are converted to Vitamin D in your body. As the autumn months really get underway, there are fewer opportunities to get the amount of sunlight you need to make Vitamin D. It is actually not as easy to get adequate amounts of Vitamin D in your diet as you might think and it may be a much more important vitamin than you might realize.

Over the past several years, more and more research is being conducted on vitamin D and its possible health benefits. The main function of vitamin D is closely tied to Calcium and bone health. The two go hand in hand. Vitamin D promotes Calcium absorption. It works together to prevent Rickets in children and osteomalacia in adults and osteoporosis. Other roles that vitamin D is linked with are osteoarthritis, kidney disease, cardiovascular disease, gastrointestinal issues, respiratory concerns and cognitive issues. Researchers are also looking into how vitamin D might play a role in muscle weakness, pain, psoriasis, flu and colds.

Vitamin D is a fat soluble vitamin. That means that it is stored in your fatty tissues and you need fat in order to absorb it. This vitamin is found in very few food items. The best natural source of Vitamin D other than sunlight is fatty fish such as tuna and salmon. In smaller amounts, egg yolks, cheese and beef liver. Other foods that are high in Vitamin D are fortified milk, ready to eat cereals and some orange juices, yogurts and margarine. As for the sunlight...there are many factors involved in getting enough UV rays to obtain enough sunlight. The season, time of day, cloud cover, smog, how dark your skin is, how much sunscreen you wear. Also, if you are not able to go outside as much as you would like, that restricts your exposure. So, if you don't get enough vitamin D from the sunlight and you don't get enough from your diet, then supplements may be the best option.

The RDI's for Vitamin D for both men and women between 51-70 years old is 600 IU's or 15 mcg per day. If you are over 70 years old the amount you need increases to 800 IU's or 20 mcg per day. You may read or hear about higher amounts of vitamin D being recommended, but there is some controversy and the recommendations do not match some of the amounts you might see out in the media. Before you start any new vitamin or mineral supplement, make sure you check with your physician. Because vitamin D is stored in your fat, you can develop a toxic level. It can also interact with certain medications such as steroids, weight loss drugs, and Dilantin.

As the fall moves into winter and there is less and less daylight available to catch a few “rays” from the sun, just consider what a little vitamin D can do for you and your overall health.

Nancy Nissen, RD, Chief Clinical Dietitian



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**November 2013**



<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Menu Subject to Change				11/1 Stuffed Shells w/ Sauce Carrots Chickpea Salad Garlic Bread Ice Cream
11/4 Beef Fajitas w/ Onions and Peppers Spinach Pineapple	11/5 Apple Juice Turkey Burger Stewed Tomatoes Wheat roll Fruit Cocktail Cake	11/6 Grape Juice White Bean Chicken Chili Rice Wheat Bread Fresh Fruit	11/7 Braised Pork Loin Mashed Potato w/ Gravy Red Cabbage Wheat Bread Orange Creamsicle	11/8 Eggplant Parmesan w/Sauce Tossed Salad Yellow Squash Wheat Roll Brownie
11/11 Grape Juice Sausage w/Peppers, Onions & Roll California Vegetables Vanilla Ice Cream	11/12 Pot Roast w/ Gravy Scalloped Potato Mixed Vegetables Rye Bread Fresh Fruit	11/13 Hearty Vegetable Soup Egg Salad on Lettuce Beet Salad Roll Apricot Crisp	11/14 Sheppard Pie Spinach Yellow Squash Wheat Bread Mandarin Oranges	11/15 Meatloaf w/Gravy Sweet Potato Green Beans Wheat Bread Lorna Doones
11/18 Orange Juice Swedish Meatball Egg Noodles Collard Greens Corn Bread Vanilla Pudding	11/19 Pasta Florentine Mixed Vegetables Tossed Salad Wheat Roll Fresh Fruit	11/20 Salisbury Steak w/ Gravy Mashed Potato Acorn Squash Wheat Bread Fresh Fruit	11/21 Cranberry Juice Roast Turkey Breast Mashed Potato Gravy/Stuffing Peas and Pearl Onions Dinner Roll Pumpkin Pie	11/22 Spaghetti and Meatballs Sauce Green Beans Tossed Salad Garlic Bread Fresh Fruit
11/25 Apple Juice BBQ Spare Ribs Rice Mixed Vegetables Rye Bread Oatmeal Cookies	11/26 Grape Juice Split Pea Soup Turkey Pastrami Sandwich Coleslaw Butterscotch Pudding	11/27 Italian Baked Chicken Sweet Potato w/Gravy Brussel Sprouts Bread Fruited Yogurt	11/28 Happy Thanksgiving!  <b>Closed for holiday</b>	11/29 A frozen entrée has been previously delivered for today's meal. <b>Closed for holiday</b>



## ***From the desk of the Registered Dietician: What is a Healthy Weight?***

Do you remember what your body weight was when you felt the best, the healthiest? How long ago was that? Was your body weight, the number on the scale the reason for how you felt or were there other factors in your life that helped to make you feel that way? Compare that to the weight that you are today. Is it the same or close to it? Is it more or less than what you feel comfortable with? How do you figure out what your body weight should be?

There are many different formulas for figuring out what your “ideal” body weight is and it is different for every one of you. You must take into consideration your age, gender, activity level. Any recent illnesses can also affect what your body weight should be. One of the formulas that is talked a lot about recently is the BMI, which is short for Body Mass Index. This formula plugs in your height and weight and calculates what percentage of body fat you have and determines if you are in a “healthy weight range” or overweight. There are issues with BMI. It can underestimate the percentage of body fat in older persons and people who have lost a lot of muscle mass due to illness. So, what really determines what a healthy weight is for you? Genetics plays a big factor in helping to answer this question. Your body frame size, body type, your height, and how much muscle mass you have all work together. They are the framework for determining healthy weight.

Some weight fluctuation is natural for most people. Over your lifetime, you may have lost and gained the same amount of weight over and over again. Society and the media are mostly focused on how much weight Americans have gained as a whole. As people age and activity levels, muscle mass, and hormone levels decrease, while your caloric intake stays the same, your weight tends to increase. It is a challenge to try to balance those changes to maintain a healthy body weight. Although less high profile as weight gain issues, there are many people who struggle with weight loss as they age. Decreased ability to shop and cook for yourself, decrease in appetite, and illness lead to weight loss. Also, many people as they get older find themselves having to eat alone more often and there are many studies that show that when you eat alone on a regular basis, you tend to eat less and have less variety of foods.

On a final note, although that number on the scale is important it is just a number and it is only one piece of the whole picture in determining your overall health. It is important to keep your weight in perspective. What you want to keep in mind about your body weight is to be able to answer these following questions: Is your current weight preventing you from doing the activities that you would like to pursue? Is it increasing your risk of diseases such as diabetes, high blood pressure and heart disease? Have you had unplanned weight loss or weight gain? Are you ok with your current weight? *Nancy Nissen, RD, Chief Clinical Dietitian*