

Nutrition Column

New Dietary Guideline

-- Key takeaways for us --

The **Dietary Guidelines for Americans** offer guidance to help older adults stay healthy and active.

Focus on overall eating habits

Health comes from long-term eating patterns, not perfect meals. Aim for balance most of the time.

Choose natural, less processed foods

Eat more vegetables, fruits, whole grains, and protein foods like fish, eggs, and beans. Limit processed foods and sweets.

Add healthy foods first

Instead of only avoiding foods, improve diet quality by adding nutritious options to meals.

Keep familiar foods

Traditional and home-style foods can be part of a healthy diet when portions are balanced.

Bottom line

Small daily changes, made consistently, can support health, strength, and quality of life.

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

Family Caregiver Support Program

Caring for an older adult or a loved one can be physically exhausting and emotionally overwhelming. Many family caregivers face constant stress, fatigue, and the challenge of balancing caregiving with work and daily life. Over time, this can affect both health and quality of life.

The Family Caregiver Support Program connects you with a professional Caregiver Specialist who provides free information, practical caregiving tips, community resources, and personalized support. Together, we create a customized care plan to help you feel more confident, supported, and prepared in your caregiving journey.

Our services include:

- **Counseling:**
Emotional support and coping guidance
- **Caregiver Consultation:**
Practical caregiving skills and resources
- **Educational Workshops:**
Helpful caregiving information
- **Financial Assistance:**
Support for low-income caregivers
- **Support Groups:**
A space to share and connect with others

**Caregiving is more than a responsibility —
it is a journey filled with care and strength!**

For more information, please contact **BeHeart Health & Wellness Center: 617-936-3288**

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 February 2026

中華耆英會
營養計劃



February Monthly Menu

* indicates higher
sodium items > 500 mg

Customer Service: 857-990-1775
Manday-Friday 9:30am- 3:00pm

Food Safety Rules

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Baked Fish Fillet with Sacha Sauce Main Course + 550*mg Milk + 125mg Rice + 3mg Total Sodium = 678mg Calories: 476kcal	3 Stir-fried Shrimp with Salt and Pepper Spices Main Course + 736*mg Milk + 125mg + 3mg Total Sodium = 864mg Calories: 464kcal	4 Baked Egg Patty Main Course + 340mg + 125mg + 3mg Total Sodium = 468mg Calories: 689kcal	5 Kung-Pao Style Chicken Stir-fry Main Course + N/A + 125mg + 3mg Total Sodium = N/A Calories: N/A	6 Baked Chicken Wing with Ginger Powder Main Course + 312mg + 125mg + 3mg Total Sodium = 440mg Calories: 701kcal
9 Garlic Shrimp with Noodles Main Course + 784*mg Milk + 125mg Noodles + 252mg Total Sodium = 1040mg Calories: 730kcal	10 Stir-fried Pork slices with Mixed Vegetables Main Course + 499mg + 125mg Rice + 3mg Total Sodium = 628mg Calories: 745kcal	11 Baked Fish Fillet with Italian Seasoning Main Course + 613*mg + 125mg + 3mg Total Sodium = 741mg Calories: 731kcal	12 Minced Pork and Tofu Stew with Sour Pickles Main Course + 1052*mg + 125mg + 3mg Total Sodium = 1181mg High Sodium Calories: 967kcal	13 Soy-braised Chicken Thigh Main Course + 235mg + 125mg + 3mg Total Sodium = 372mg Calories: 620kcal
16 Closed for the day Presidents' Day	17 Closed for the day Chinese New Year	18 Pork Dumpling Main Course + 968*mg + 125mg Total Sodium = 1093mg Calories: 477kcal	19 Baked Pork Slices with Pickled Mustard Green Main Course + 122mg + 125mg + 3mg Total Sodium = 251mg Calories: 629kcal	20 Baked Fish Fillet with Black Bean Sauce Main Course + 349mg + 125mg + 3mg Total Sodium = 478mg Calories: 565kcal
23 Noodles with Minced Pork in Soybean Sauce Main Course + 687mg Milk + 125mg Total Sodium = 812mg Calories: 828kcal	24 Buddhist Delight Main Course + 356mg + 125mg Rice + 3mg Total Sodium = 485mg Calories: 465kcal	25 Baked Chicken Thigh with Mushroom and Wood ear Main Course + 314mg + 125mg + 3mg Total Sodium = 443mg Calories: 646kcal	26 Steamed Pork Ribs with Black Bean Sauce Main Course + 923*mg + 125mg + 3mg Total Sodium = 1052mg Monthly Special Calories: 714kcal	27 Mixed Seafood stir-fry Main Course + 809*mg + 125mg + 3mg Total Sodium = 937mg Calories: 492kcal

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 microwave 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.**

2026
HAPPY NEW YEAR



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.