

May 2024

MS PUREE



2235 Polvorosa Ave. Suite 280
 San Leandro, CA 94577
 (510)582-1263

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
+ = High Vit C * = High Vit A <> = High Sodium (>1000) WW=Whole Wheat	*Cold meals: store in a fridge for up to 1-2 days *Frozen meals: store in freezer for up to 2 wks *Microwave: Frozen meals on high for 4- 5 mins or cold meals for 2-3 mins. *Oven: Pre-heat to 350. Remove plastic film. Place on pan for 20-25 mins.		1 LS Tomato Soup Seafood Casserole Broccoli+ Brown Rice Cherries	2 Chicken Pot Pie* Green Beans Mixed Berries+ Mashed Potatoes+	3 BBQ Beef<> Baked Beans Corn, Brown Rice Fruit Juice w/C+	4 Pancakes Scrambled Eggs Turkey Sausage Mashed Potatoes+ Fruit Juice w/C+
5 Western Omelet+ Breakfast Sausage (pork), Potatoes, Applesauce+ Brown Rice 	6 Pot Roast Green Beans & Carrots*, Brown Rice, Fruit Juice w/C+	7 Chicken Enchilada* Corn Broccoli+ Applesauce	8 LS Chicken Noodle Soup Meatloaf* Butternut Squash* Peaches	9 Turkey* Bread Stuffing Cranberries Mashed Potatoes+ Fruit Juice w/C+	10 Chicken w/ Rice Peas* Butternut Squash* Fruit Juice w/C+	11 Waffles Mixed Berries+ Turkey Sausage Mashed Potatoes+ Fruit Juice
12 French Toast Pears, Scrambled Eggs, Mashed Potatoes+, Fruit Juice w/C+ 	13 LS Chicken Noodle Soup Pork Roast* Sweet Potatoes* Baked Apples	14 Chicken & Dumplings* Butternut Squash Peach Pie Fruit Juice w/C+	15 LS Tomato Soup Seafood Casserole Broccoli+ Brown Rice Cherries	16 Chicken Pot Pie* Green Beans Mixed Berries+ Mashed Potatoes+	17 BBQ Beef<> Baked Beans Corn, Brown Rice Fruit Juice w/C+	18 Pancakes Scrambled Eggs Turkey Sausage Mashed Potatoes+ Fruit Juice w/C+
19 Western Omelet+ Breakfast Sausage (pork), Potatoes, Applesauce+ Brown Rice	20 Pot Roast Green Beans & Carrots*, Brown Rice, Fruit Juice w/C+	21 Chicken Enchilada* Corn Broccoli+ Applesauce	22 LS Chicken Noodle Soup Meatloaf* Butternut Squash* Peaches	23 Turkey* Bread Stuffing Cranberries Mashed Potatoes+ Fruit Juice w/C+	24 Chicken w/ Rice Peas* Butternut Squash* Fruit Juice w/C+	25 Waffles Mixed Berries+ Turkey Sausage Mashed Potatoes+ Fruit Juice
26 French Toast Pears Scrambled Eggs Mashed Potatoes+ Fruit Juice w/C+	27 CLOSED LS Chicken Noodle Soup Pork Roast* Sweet Potatoes* Baked Apples Meal Delivered 5/20	28 Chicken & Dumplings* Butternut Squash Peach Pie Fruit Juice w/C+	29 LS Tomato Soup Seafood Casserole Broccoli+ Brown Rice Cherries	30 Chicken Pot Pie* Green Beans Mixed Berries+ Mashed Potatoes+	31 BBQ Beef<> Baked Beans Corn, Brown Rice Fruit Juice w/C+	

SOS Meals on Wheels thanks for their support: Alameda County Area Agency on Aging, MOWAC, the Cities of Oakland, San Leandro, and Hayward, Foundation Partners, and our community!

NUTRITION AND DIABETES

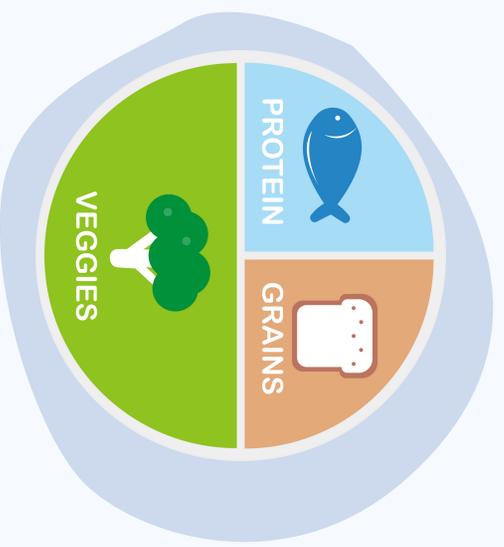
ESSENTIAL TIPS FOR MANAGING DIABETES WITH DIET

THE PLATE METHOD

- FILL HALF THE PLATE WITH NON-STARCHY VEGETABLES SUCH AS BROCCOLI, SALAD, GREEN BEANS.
- FILL ONE-QUARTER WITH LEAN PROTEIN SUCH AS FISH, CHICKEN BREAST
- FILL ONE-QUARTER WITH WHOLE GRAIN CARBOHYDRATES LIKE BROWN RICE OR WHOLE WHEAT PASTA.

CARBOHYDRATE COUNTING

- CARBOHYDRATES RAISE BLOOD SUGAR LEVELS SO IT'S IMPORTANT TO COUNT THE GRAMS OF CARBOHYDRATES YOU HAVE WITH EACH MEAL AND SNACK.
- TALK WITH YOUR DOCTOR OR DIETITIAN TO DETERMINE THE APPROPRIATE AMOUNT OF CARBOHYDRATES YOU SHOULD BE EATING EACH DAY. IT WILL VARY BASED ON YOUR MEDICATIONS AND INSULIN RESPONSE.



HYDRATION

- STAYING WELL-HYDRATED IS AN EFFECTIVE TOOL TO COMBAT FLUCTUATING BLOOD SUGARS AND AVOID DAMAGE TO THE KIDNEYS, NERVES AND CARDIOVASCULAR SYSTEM.
- WARMER SUMMER MONTHS MEAN IT'S EXTRA IMPORTANT TO HYDRATE.
 - DRINK WATER FIRST THING IN THE MORNING.
 - KEEP WATER NEAR YOU ALL THE TIME.
 - CHECK YOUR URINE COLOR. IT SHOULD BE LIGHT-COLORED YELLOW.

