



# May 2024

## REGULAR



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 Chicken and Corn Chowder, Whole Wheat Roll, Fruit Cup+	2 Pulled Pork on a Whole Wheat Bun, Roasted Potatoes, Caribbean Blend Vegetables*, Mandarins+	3 Spaghetti with Meatballs Italian Blend Vegetables+, Brussels Sprouts+ Banana	4 Broccoli Stuffed Chicken, Rice Pilaf, Peas and Carrots*, Green Beans, Orange+
5 Turkey Tacos Whole Wheat Tortilla, Pinto Beans, Fiesta Corn Tangerine+ 	6 Cheese Omelet with Veggie Sausage, CA Blend Veggies, Roasted Potatoes, Tangerine+ English Muffin	7 Pepper Steak+ Black Eyed Peas Capri Vegetables* Whole Wheat Bread, Peach Cup+	8 Lemony White Bean Soup with Turkey and Greens+* Whole Wheat Crackers, Kiwi+	9 Chicken Pasta Salad w/Veggies, Marinated Tomatoes+ Mandarins+ WW Crackers	10 Fish Sandwich with Tartar Sauce on WW Bun, Corn with Red Peppers, Malibu Blend Vegetables, Pears	11 Meat Loaf w/ Gravy Mashed Potatoes Broccoli+ Whole Wheat Roll Kiwi+
12 Chicken Dijon over WW Pasta Brussels Sprouts+ Stewed Tomatoes+ Peach Cup+ 	13 Cheese & Bean Burrito, Hash Browns, CA Vegetable Blend+* Fruit Cup+	14 Turkey Tetrizzini<> Green Beans Mixed Vegetables+* Applesauce	15 Chicken Vegetable, and Barley Soup, Whole Wheat Crackers, Orange+	16 Crab Cakes w/Tartar Sauce Rice Pilaf, Carrot Coins*, Broccoli+, Applesauce	17 Sloppy Joes on a Whole Wheat Bun Roasted Potatoes Mixed Veggies*+, Banana	18 Pancakes with Turkey Sausage Hashbrowns, CA Blend Vegetables+* Fruit Cup+
19 Chicken Chow Mein with Vegetables*+, Sesame Green Beans, Warm Apricots	20 Brazilian Black Bean Stew with Brown Rice, Capri Vegetables* Pineapple Cup+	21 Pork Loin w/ Whole Grain Mustard Thyme Sauce, Italian Blend Vegetables*+, Mashed Potatoes, Apple, WW Roll	22 Turkey Taco Soup with Beans and Vegetables, Corn Chips, Mandarin Oranges+	23 Chicken and Lentil Curry, Tri-Colored Carrots* Brown Rice Applesauce+	24 Broccoli Beef+ over Chow Mein Noodles, Eastern Vegetable Blend, Warm Apricots	25 Chicken Fajitas with Peppers and Onions+ Over Brown Rice Fiesta Corn Warm Pears
26 French Toast with Turkey Sausage Mixed Veggies+* Breakfast Potatoes Tropical Fruit Cup+	27 CLOSED Cheese Ravioli with Savory Pumpkin Sauce, Italian Blend Vegetables+ Greens*, Orange+ <b>Meal delivered 5/20</b>	28 Creole Baked Fish over Rice Pilaf Brussels Sprouts+ Tricolored Carrots*, Banana	29 Beef and Cannellini Bean Minestrone Whole Wheat Roll with Butter, Fruit Cup+	30 Chicken Caesar w/ Croutons & Parmesan, Marinated Tomatoes Macaroni Salad Tangerine+	31 Swedish Meatballs over Egg Noodles Capri Vegetables*, Zucchini Orange+	

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

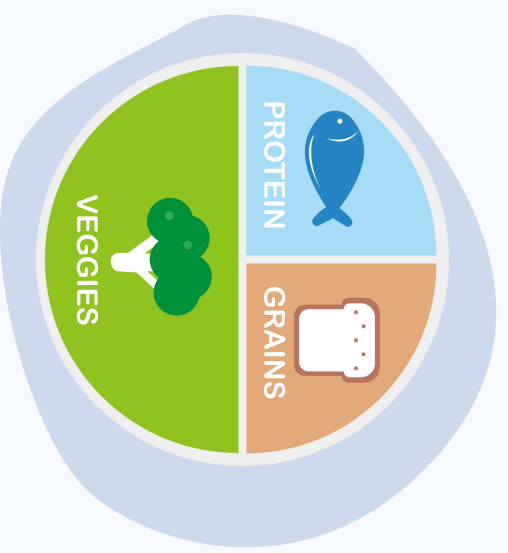
## ESSENTIAL TIPS FOR MANAGING DIABETES WITH DIET

### 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.

