



# May 2024

## RENAL



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 San Leandro, CA 94577  
 (510)582-1263

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
+ = High Vit C * = High Vit A	*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 w/ Gravy and Vegetables Carrots*, Green Beans, White Rice Fruit Cocktail+	2 Roast Turkey with Gravy, Carrots & Peas*, Rotini Pasta Romaine and Cucumber, Peaches	3 Pot Roast Carrots*, Green Beans Cole Slaw+, Pears	4 Egg Frittata with Vegetables Capri Vegetables* Apple Sauce+ White Bread
5 French Toast with Scrambled Eggs Capri Vegetables* Pears 	6 Meat Loaf Cauliflower, Zucchini, White Rice, Romaine & Cucumber Fruit Cocktail+	7 Turkey with Bread Stuffing with Cranberry Mixed Vegetables*	8 Chicken w/ Gravy and Vegetables Carrots*, Green Beans, White Rice Fruit Cocktail+	9 Roast Turkey with Gravy, Carrots & Peas*, Rotini Pasta Romaine and Cucumber, Peaches	10 Pot Roast Carrots*, Green Beans Cole Slaw+, Pears	11 Egg Frittata with Vegetables Capri Vegetables* Apple Sauce+ White Bread
12 French Toast with Scrambled Eggs Capri Vegetables* Pears 	13 Meat Loaf Cauliflower, Zucchini, White Rice, Romaine & Cucumber Fruit Cocktail+	14 Turkey with Bread Stuffing with Cranberry Mixed Vegetables*	15 Chicken w/ Gravy and Vegetables Carrots*, Green Beans, White Rice Fruit Cocktail+	16 Roast Turkey with Gravy, Carrots & Peas*, Rotini Pasta Romaine and Cucumber, Peaches	17 Pot Roast Carrots*, Green Beans Cole Slaw+, Pears	18 Egg Frittata with Vegetables Capri Vegetables* Apple Sauce+ White Bread
19 French Toast with Scrambled Eggs Capri Vegetables* Pears	20 Meat Loaf Cauliflower, Zucchini, White Rice, Romaine & Cucumber Fruit Cocktail+	21 Turkey with Bread Stuffing with Cranberry Mixed Vegetables*	22 Chicken w/ Gravy and Vegetables Carrots*, Green Beans, White Rice Fruit Cocktail+	23 Roast Turkey with Gravy, Carrots & Peas*, Rotini Pasta Romaine and Cucumber, Peaches	24 Pot Roast Carrots*, Green Beans Cole Slaw+, Pears	25 Egg Frittata with Vegetables Capri Vegetables* Apple Sauce+ White Bread
26 French Toast with Scrambled Eggs Capri Vegetables* Pears	27 <b>CLOSED</b> Meat Loaf Cauliflower, Zucchini, White Rice, Romaine & Cucumber Fruit Cocktail+  <b>Meal Delivered 5/20</b>	28 Turkey with Bread Stuffing with Cranberry Mixed Vegetables*	29 Chicken w/ Gravy and Vegetables Carrots*, Green Beans, White Rice Fruit Cocktail+	30 Roast Turkey with Gravy, Carrots & Peas*, Rotini Pasta Romaine and Cucumber, Peaches	31 Pot Roast Carrots*, Green Beans Cole Slaw+, Pears	

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

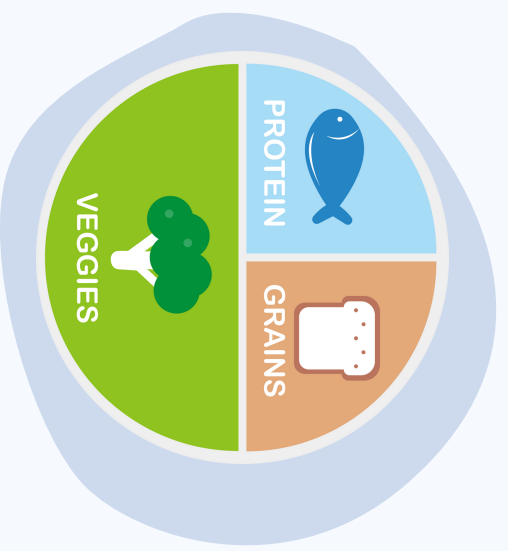
## ESSENTIAL TIPS FOR MANAGING DIABETES WITH DIET

### 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.

