

# January 2022 Menu

Dutchess County Office for the Aging - Nutrition  
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 845-486-2555 • www.dutchessny.gov/OFANutrition



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Stuffed Shells Italian Mixed Blend Veg. Italian Bread Apricots	BBQ Rib Sandwich Rice and Beans Carrots Hamburger Bun Fruit Cocktail	Chicken Pepper Steak w/ Peas and Mushrooms Buttered Noodles Whole Wheat Bread Cupcake	Meatloaf with Gravy Mashed Potatoes Green Beans Rye Bread Peaches	Breaded Fish with Bun Tartar Sauce Tater Tots Broccoli Chocolate Pudding
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Chili with Cheese Rice Wax Beans Italian Bread Pears	Turkey with Gravy Mashed Potatoes Spinach Corn Muffin Pineapple	Veg & Cheese Omelets Hash Browns Capri Mixed Blend Veg. Stone Wheat Bread Mandarin Oranges	Roast Pork and Gravy New Potatoes Brussels Sprouts Italian Bread Applesauce	Sausage and Peppers Parslied Rice Carrots Hot Dog Roll Fruit Cocktail
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>OFA and Senior Friendship Centers Closed</b>	Beef and Macaroni Casserole Winter Blend Stone Wheat Bread Tropical Fruit	Chicken a la King with Mixed Vegetables Rice Dinner Roll Peaches	Italian Meatballs Ziti and Sauce Broccoli Italian Bread Vanilla Pudding	Country Fried Beef Steak German Potato Salad Wax Beans Rye Bread Pears
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Sloppy Joe on a Bun Steak Fries Buttered Corn Sliced Apples	Turkey Hot Dogs Baked Beans Carrots Hot Dog Buns Mandarin Orange	Buffet Ham in Sweet-and-Sour Sauce Mashed Sweet Potato Green Beans, Roll Pineapple	Hamburger Tater Tots Broccoli Hamburger Roll Cookies	Macaroni and Cheese Stewed Tomatoes Italian Bread Fruit Cocktail
<b>31</b>	All meals served with 1/2 pint of 1% milk All meals subject to change without notice		<b>Meals for Home Delivered Meals clients will be provided in advance of the Martin Luther King, Jr. holiday (Monday 1/17)</b>	
Chicken Parmesan Ziti and Sauce Capri Mix Vegetables Italian Bread Tropical Fruit				



# NEW YEAR/NEW YOU EAT LIKE A CENTENARIAN

Across the world, several communities are known as blue zones or a set of characteristics that have produced the world's longest-lived people. Many live to a healthy 100 because their surroundings nudge them to practice the healthiest behaviors: moderate exercise, stress management, social connection and eating well. While each blue zone eats different regionally-based foods, they have many commonalities that contribute to their health and longevity. If you want to live to a healthy 100, include the following tips in your diet pattern.

**BLUE ZONES** : IKARIA, GREECE  
LOMA LINDA, CALIFORNIA  
NICOYA PENINSULA, COSTA RICA  
OKINAWA, JAPAN  
SARDINIA, ITALY

## 1 EAT A 90-100% PLANT-BASED DIET.

People in blue zones consume about 10 ounces of meat per month, in 2-ounce portions. Fish is consumed in 3-ounce portions up to 3 times per week. Cow's milk does not factor into many blue zone diets and eggs are eaten only two to four times per week. Be sure to choose whole foods versus highly processed food, like sweet potatoes, walnuts or kale.

## 2 GET A DAILY DOSE OF BEANS!

Beans are nature's perfect package - naturally low in fat and high in protein, fiber and phytonutrients. People in blue zones eat a half cup per day. Try lentils, chickpeas, black-eyed peas, cannellini beans or soybeans!

## 3 SLASH YOUR SUGAR INTAKE.

People in blues zones eat sugar intentionally, not out of habit or accident. They consume 7 teaspoons (28 gm) or less of added sugar daily.

## 4 MUNCH ON NUTS.

Nuts contain good-for-you fats and antioxidants. People in blue zones report eating up to 2 ounces (about 2 handfuls) of nuts per day.

## 5 CHOOSE WHOLE GRAIN OR SOURDOUGH BREAD.

These blue zone bread choices may promote healthy blood sugar levels and digestion due to the fiber in whole grains and the fermentation process in sourdough.

## 6 DRINK MOSTLY WATER

Water provides the proper hydration our bodies need. Unsweetened coffee and tea are also good blue zone beverage choices.