



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Meals on Wheels Placer County</b> <b>530.878.5718</b> Meals are delivered Monday through Friday, except on holidays. Delivery times may vary – Menu is subject to change without notice. Please call 24 hours in advance to cancel delivery.		1 Herbed Baked Chicken, Rice, Corn, Side Salad Slice of Bread, Mandarin Orange	2 Pork Rib Patty, Ranch Beans, Sweet Potato Fries, Banana	3 Swedish Meatball Sandwich, Mashed Potatoes, Side Salad, Sliced Peaches
6 Beef Hamburger, Green Beans, Side salad Sliced Oranges	7 Turkey & Rice Casserole, Broccoli, Side Salad, Cinnamon Applesauce	8 Mexi-Taco Meat, Refried Beans, Shredded Cheese, Flour Tortilla, Side salad	9 Chili & Rice, Carrots, Banana, Banana Pudding	10 Spaghetti with Italian Meat Sauce, Green Beans, Side Salad, Peach Crisp
13 Chicken Sandwich, Boston Baked Beans, Side Salad, Fudge Brownie	14 Meat Loaf, Mashed Potatoes & Gravy, Calico Baked Beans, Carrots, Sliced Pears	15 Turkey Stew, Potatoes Corn, Side Salad Applesauce	16 BBQ Chicken, Fluffy Rice, Green Beans, Side salad, Sliced Oranges	17 Beef Hamburger, Sweet Potato Fries, Baked Beans, Fruit
20 Spaghetti w/Italian Meat Sauce, Carrots, Applesauce, Garlic Bread	21 Chicken Stir Fry Over Rice, Side Salad, Slice of Bread, Banana	22 Beef Patty, with Home Fries, Bun, Small Salad, Apple Crisp	23 Enchilada, Rice Casserole, Corn, Small Salad, Mandarin Oranges	24 Beef Stroganoff, Mashed Potatoes, Carrots, Cinnamon Applesauce
27 Meatloaf with Mashed Potatoes, Mixed Veggies, Salad, Pineapple	28 Breakfast for Lunch! Scrambled Eggs, Hashed Browns, Carrots, Coffee Cake and Orange	29 Herbed Baked Chicken, Rice, Corn, Side Salad Slice of Bread, Mandarin Orange	30 Pork Rib Patty, Ranch Beans, Sweet Potato Fries, Banana	31 Swedish Meatball Sandwich, Mashed Potatoes, Side Salad, Sliced Peaches

Lunches provide 1/3 of the recommended dietary allowance for healthy adults 60+. Menus are planned with your health in mind!

\*Please store your meal in the refrigerator if not eaten immediately

\*Discard the meal after 3 days

\*When reheating your meal please follow these instructions:

**MICROWAVE-** Heat 1-2 minutes on high. Check meal & reheat 1-2 minutes if needed.

**OVEN -** Preheat oven to 250°F. Heat meal for 15-20 minutes until it reaches 165°F.

**(530) 878-5718**





# Nutrition News

## Chronic Kidney Disease: How to Keep Your Kidneys Healthy



Working hard to filter out and prevent buildup of fluid and waste, your kidneys are your body's lifeline to good health. Besides acting as a filtration system, your kidneys play a key role in bone and heart health, as well as in the balance of acid and alkaline in your body. What happens when they start to fall short at performing these important tasks? Once damaged, kidneys have a difficult time sweeping away the waste and fluid formed from digestion and tissue turnover, causing a buildup in the blood stream. This leads to complications such as high blood pressure, anemia, weakened bones, declined nutritional status, as well as possible nerve damage.

A gradual decline in kidney function is known as chronic kidney disease, and there are five stages depending on how well the kidneys are working. Because the kidneys are unable to filter out waste at full capacity, diet becomes extremely important. Those with chronic kidney disease may need to limit protein and fluids, in addition to restricting salt, phosphorus and potassium. A registered dietitian nutritionist can help in making these diet changes a success, especially if you have other health conditions to consider. By working with an RDN, you'll learn how to get a balance of important nutrients in your diet.

### Both Mind and Action

**Be positive.** Our brains are a powerful tool. By switching to a more positive mindset, you'll be excited about the food options that are still available to you. Concentrate on what you can have versus what you can't have. You'll find that the list of lower potassium foods is much longer than you thought.

*Real food tip:* Make a vibrantly-colored, antioxidant-rich fruit salad with raspberries, strawberries, grapes and blueberries. Toss with fresh lime juice and chopped mint.

**Be creative.** Take old favorites and put a new spin on them. Tomatoes may be high in potassium, but you don't have to give up salsa. Try fresh fruits as a fun swap. Instead of steaming, toss broccoli or cauliflower in olive oil and roast to caramelize and bring out their natural sweetness. Skip the store-bought salad dressings loaded with salt and make your own.

*Real food tip:* Try new topping alternatives for your tacos. Instead of cheese, try shredded carrots. Mix light mayonnaise with lime juice as a substitute for sour cream and use charred corn salsa for tomato salsa.

**Plan ahead.** Before making reservations, look at the menu before you dine out. Call the restaurant to ask how they can accommodate your dietary needs. Another tip, pack safe foods in your purse or bag in case of a "snack emergency."

*Real food tip:* Make your own snack mix. Combine dried cranberries, rice cereal squares, freeze-dried apples and low-sodium pretzels for a crunchy and sweet snack.

**Experiment.** It's easy to find yourself eating the same foods every day. Excite your palate by exploring the grocery store and picking up something new. From spaghetti squash to jicama, the opportunity to discover and try new foods is endless. Speak with the store's staff and consult a registered dietitian nutritionist to make sure the foods fit into your diet plan.

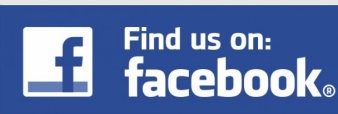
*Real food tip:* Jicama is crisp and refreshing. To use, peel and then slice or dice. Toss jicama into your favorite stir fry dish, salad or serve as sticks with dip for a snack

Source: <http://www.eatright.org>

## For More Information Call:

**(530) 878-5718**

[www.seniorsfirst.org](http://www.seniorsfirst.org)



*Seniors First is Partially Funded by Area 4 Agency on Aging, Community grants & tax deductible donations*



## Seniors First Cafes

### Auburn Senior Center

550 High Street  
Mon-Wed-Fri

### Colfax- Methodist Church

59 W Church Street  
Mon-Wed-Fri

### Lincoln – Methodist Church

629 I Street

### Rocklin – Rolling Oaks

5725 Shannon Bay Dr.  
Mon-Fri

### Roseville Area

Monday—Friday

### Maidu Village

101 Sterling Ct.

### Manzanita

1019 Madden Lane

### Sutter Terrace

6725 Fiddymont Road

### Woodcreek Terrace

1295 Hemmingway

For Serving Times and Café Reservations Call:

**(530) 878-5718**