



# JANUARY 2019 WELLNESS MENU

Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Project Open Hand</b> meals with love	1-Jan Roasted Beef Patty / Onion Gravy Macaroni Carrots	2-Jan Roasted Tilapia / Puttanesca Sauce Penne Broccoli	3-Jan Chicken & Red Bean Stew Spanish Brown Rice Normandy Vegetables	4-Jan Roasted Pork Loin / Salsa Verde Brown Rice Carrots
	7-Jan Roasted Chicken Thigh / Cacciatore Sauce Penne Normandy Vegetables	8-Jan Beef & Lentil Stew Brown Rice Green Beans	9-Jan BBQ Glazed Chicken Thigh Bulgar Cauliflower	10-Jan Baked Tilapia / Caponata Sauce Penne Glazed Carrots
14-Jan Herb Roasted Chicken Thigh / Salsa Verde Spanish Rice & Beans Green Beans	15-Jan Baked Tilapia / Curry Sauce Bulgar Mixed Vegetables	16-Jan Turkey Bolognese Penne Peas & Carrots	17-Jan Vegetable Curry w/Tofu Brown Rice Normandy Vegetables	18-Jan Roasted Pork Loin / Mushroom Herb Gravy Bulgar Broccoli & Cauliflower
21-Jan Roasted Chicken Thigh / Mushroom Sage Gravy Penne Peas & Carrots	22-Jan Baked Tilapia / Basque Sauce Bulgar Glazed Carrots	23-Jan Mongolian Beef Brown Rice Green Beans	24-Jan Chicken Tetrazzini Stew Penne Broccoli & Cauliflower	25-Jan Roasted Pork Loin / Sweet & Sour Sauce Brown Rice Broccoli
28-Jan Roasted Chicken Thigh / Marinara Sauce Brown Rice Pilaf Carrots	29-Jan Turkey Bolognese Penne Green Beans	30-Jan Herb Roasted Chicken Thigh / Lemon Mustard Sauce Brown Rice Peas & Carrots	31-Jan Baked Herb Tilapia / Puttanesca Sauce Penne Glazed Carrots	 <b>Contact Us</b> Call 800-551-6325 or 415-447-2326 Email ClientServices@OpenHand.org



## FOOD DEMO in the Grocery Center!

- TUESDAY · JAN 8 · 11 AM · PRODUCE
- THURSDAY · JAN 11 · 11 AM · GARBANZO BEANS
- WEDNESDAY · JAN 16 · 11 AM · LIMA BEANS
- FRIDAY · JAN 18 · 11 AM · PRODUCE
- THURSDAY · JAN 24 · 11 AM · SPLIT PEAS
- SATURDAY · JAN 26 · 11 AM · PRODUCE
- TUESDAY · JAN 29 · 11 AM · PINTO BEANS

Join us!

**PLANT-BASED PROTEIN**  
Nutrition Class  
Wednesday, 01.09.19  
1:00 PM - 2:00 PM

Fill half your plate  
with veggies and  
include several  
servings of fruit  
daily to meet your  
potassium needs!

-- Kristi Friesen  
Registered Dietician at



## Potassium - Good for your Heart!

What is potassium? It is a mineral and electrolyte that we need to get from our diet daily. Our body function relies on having the right balance of potassium concentration inside and outside of our cells for nerve signals, muscle contraction, and heart function.

Potassium and sodium work together, getting enough potassium and not too much sodium is very important for maintaining blood pressure levels.

How much do I need? The established adequate intake (AI) for adults is 4,700 mg per day.

What foods have it? The richest sources of potassium are fruits and vegetables. Fruits, vegetables, and legumes (beans) are naturally high in potassium and low in sodium. Most people do not get enough potassium each day and eating more fruits and vegetables can help with this. One more reason to fill half your plate with veggies!

FOOD	SERVING	POTASSIUM (mg)
Banana	1 medium	422
Potato, baked with skin	1 medium	926
Orange	1 medium	327
Tomato	1 medium	237
Raisins	½ cup	598
Spinach, cooked	½ cup	420

Additional food sources: avocados, apricots, cantaloupe, Swiss chard, kale, sweet potatoes, lentils, garbanzo beans & almonds.

A number of studies support that a high intake of dietary potassium can lower blood pressure, and the results of the Dietary Approaches to Stop Hypertension (DASH) trial provided further support for the benefits of a potassium-rich diet on lowering blood pressure. Additional research supports increasing potassium intake for disease prevention of stroke, osteoporosis, and development of kidney stones.

In certain cases of medication use or some stages of kidney disease, potassium may need to be limited in diet. Ask your healthcare provider if you need additional information about your own dietary potassium needs.

