

JULY 2019 WELLNESS MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-Jul		2-Jul	3-Jul	4-Jul	5-Jul
	Roasted Pork Loin	Thai Beef w/ Basil	Chicken Thigh	Turkey Bolognese	Baked Tilapia Fillet
	Cacciatore Sauce	Brown Rice	Balsamic Onion Sauce	Whole Wheat Penne	Creamy Basil Sauce
V	WW Penne / Green Beans	Carrots	WW Penne / Capri Veg Mix	Eggplant & Zucchini	Quinoa Pilaf / Green Beans
8-Jul		9-Jul	10-Jul	11-Jul	12-Jul
	Beef Fricassee Stew	Turkey Goulash	Chicken Stew	Baked Tilapia Fillet	Chicken Thigh
	Whole Wheat Penne	Whole Wheat Macaroni	Brown Rice	Red Pepper Sauce	Mushroom Herb Sauce
	Garden Mixed Veg	Green Beans	Brussel Sprouts	Spanish Brown Rice / Provenscale Veg	Wild Rice Pilaf / Carrots
15-Jul		16-Jul	17-Jul	18-Jul	19-Jul
Tando	oori Chix Thigh / Tikka Masala Sauce	Tilapia Fillet/Paprikash Sauce	Pork Loin / Apple Sauce	Moroccan Beef Stew	Chicken Thigh / Creole Veg.
Q	uinoa Pilaf / Green Beans	WW Penne / Eggplant & Zucchini	Brown Rice / Br. Sprouts & Carrots	Bulgur Pilaf / Green Beans	Whole Wheat Penne
22-Jul		23-Jul	24-Jul	25-Jul	26-Jul
	Baked Tilapia Fillet	Chicken Thigh / Salsa Verde	Beef Ranchero Stew	Chicken Thigh / Garlic Sauce	Caribbean Pork Stew / Quinoa Pilaf
С	ubana Sauce / Brown Rice	Spanish Brown Rice / Green Beans	W.Wheat Egg Noodle / Broccoli	WW Penne / Peas&Carrots	Eggplant & Peppers
29-Jul		30-Jul	31-Jul	`	
Spiced (Chicken Thigh / Red Mole Sauce	Beef Ropa Vieja Stew	Tilapia / Mustard Cream Sauce		\sim
	Brown Rice & Beans	Bulgur Pilaf	Brown Rice & Beans	Project Open Hand	
	Carrots & Green Beans	Garden Mixed Veg	Br.Sprouts & Carrots	meals with love	DIABETES CONVERSATION
Managing Chewing Difficulties				Thursday, 07.18.19	
	take the act of eating for granted, but it is uires effort and work from different body p	arts. There are four coughing, choking or exce	nese difficulties are: spitting out pieces of food assive drool, pocketing food in cheeks or under the says "the food gets stuck" or "goes down the wrong		7

1) ingestion 2) digestion 3) absorption 4) elimination



This month we will focus on ingestion.

You may notice that when you look at food and smell it, you start to produce more saliva. This is because the ingestion process starts before you put food into your mouth. Saliva helps because it keeps your bites moist and then make the swallowing easier.

Once you have food inside your mouth, almost as an involuntary motion, the chewing mechanism starts. While your jaw moves up and down and side to side, your tongue presses and holds food in place for grinding and crushing it with your teeth and then swallowing. However, have you wondered why do people or even yourself have difficulties with chewing/swallowing? How can people cope with these issues?

A chewing problem appears for different **reasons:** loosened teeth, poorly fitting dentures, dry mouth, damage to facial muscles, impairments in the brain and nerves, etc. It is common to see these causes in elderly people because the body and its functions naturally change as we age.

Treatment for chewing/swallowing difficulties depend on the symptoms but if they go untreated, malnutrition may arise.

Some of the **signs** of these difficulties are: spitting out pieces of food, coughing, choking or excessive drool, pocketing food in checks or under the tongue. Also if the person says "the food gets **stuck**" or "goes down the wrong **way**", has pain when swallowing, refusing certain foods and medications, eating very slowly or leaving meals uneaten.

If you know someone or if you have a hard time with the ingestion of food, it is important to **check with a health practitioner**, and talk with family and friends about these difficulties.

Another way to cope with this condition and **lowering the risk of mainutrition** is through modifications in preparing and cooking techniques. The chart below shows some tips for texture modification.

<u>Iry:</u>		
Smoothies; soft canned fruits like applesauce, peaches and pears		
Veggie soups; creamed and mashed cooked vegetables		
Ground meat; other high- protein foods like eggs, milk, cheese, and yogurt; and foods made with milk, like pudding and cream soups		
Cooked cereals, rice and bread pudding.		

FOOD DEMO in the Grocery Center!	\mathbb{N}^{\wedge}
WEDNESDAY · JULY 10 · 11 AM · BARLEY	
SATURDAY · JULY 13 · 11 AM · PRODUCE	\sim
TUESDAY · JULY 16 · 930 AM · GRITS	23
FRIDAY · JULY 19 · 11 AM · PRODUCE	هر
TUESDAY · JULY 23 · 930 AM · PRODUCE	and the
Thursday - JULY 25 \cdot 11 AM - Lima beans	a for
SATURDAY · JULY 27 · 11 AM · PRODUCE	The Co
WEDNESDAY · JULY 31 · 11 AM · WHEAT BERRIES	