

*Meals must be eaten on day of delivery !*

**\*\*Should you need to reheat the meals please follow these directions:**

**Microwave: 2-3 minutes**

**Oven 350\* place meal on cookie sheet and reheat no longer than 10 minutes**

Protein 3 oz.

Vegetables 1/2 cup...Starch 1/2 cup

All Fruit - 6 oz. Serving

100% Whole Wheat Bread, Real Butter and low-fat milk served daily.

Monday	Tuesday	Wednesday	Thursday	Friday
				Roast Beef w/ <i>Low Sodium Gravy</i> Mashed Potatoes Green Beans Fresh Banana 1
Lemon Butter Scrod Quinoa Pilaf Brussel Sprouts Peach Cobbler 4	Beef Bolognese over Rigatoni Steamed Broccoli Tossed Green Salad Fresh Fruit Garlic Dinner Roll 5	Stuffed Chicken w/ <i>Low Sodium Gravy</i> Mixed Veg Wild Rice Medley Sliced Pears 6	Three Cheese Quiche Chopped Spinach Harvard Beets Mixed Berries 7	Stuffed Pepper Mixed Green Salad Sliced Carrots Fresh Fruit Whole Wheat Dinner Roll 8
BBQ Pork Sandwich Sweet Potato Fries Cauliflower Peaches & Cream Whole Wheat Sandwich Roll 11	Shepherd's Pie <i>made with low sodium gravy</i> Mashed Potatoes & Corn Chopped Spinach Mixed Melon 12	Beef Lasagna <i>Tossed Green Salad</i> Italian Green Beans Fig Newtons Garlic Dinner Roll 13	<b><i>Sweetheart's Brunch</i></b> Strawberry French Toast Sausage Links Home Fries Fruit & Yogurt 14	Turkey Meatloaf <i>made with low sodium gravy</i> Mashed Potatoes Steamed Asparagus Tropical Fruit 15
 <b>President's Day</b> <b>Program Closed</b> 18	Low Sodium Hot Dog w/ Meat Sauce Buttered Corn California Blend Vegetables Fresh Fruit Whole Wheat Bun 19	Tuscan Chicken Penne Pasta Italian Blend Vegetables Fresh Fruit Whole Wheat Dinner Roll 20	Chili Con Carne Brown Rice Mexican Corn Pineapple Chunks Corn Muffin 21	Turkey with low sodium gravy Mashed Potatoes Butternut Squash Birthday Cake <i>Happy Birthday</i> 22
Salisbury Steak w/ <i>Low Sodium Gravy</i> Baked Potato Steamed Spinach Mixed Melon 25	Beef Stroganoff over Noodles <i>Made with Low Sodium Gravy</i> Honey Glazed Carrots Sliced Apples Whole Wheat Dinner Roll 26	Fish Florentine Brown Rice Buttered Peas Raspberry Crunch Whole Wheat Dinner Roll 27	Baked Ham w/ Spiced Apples Sweet Potatoes Braised Red Cabbage Apricots 28	



Suggested donation is \$3.00 per meal. Visitors and Guest at the Meal Sites \$5.00 The Nutrition Program is funded by participants' contributions, as well as the Washington County Board of Supervisors through the Federal Older Americans Act and State Funds through the NYS Office for the Aging.

FOR THE SAFETY OF OUR DRIVERS  
PLEASE RESTRAIN YOUR DOG !

Cambridge Site 677-8592  
Hudson Falls Site 747-9352  
Whitehall Site 499-2482



# Is Gluten FREE right for ME??!

Almost everyone knows someone who is on a Gluten restricted diet. Well, I am here to help you sort out some of the misinformation out there about Gluten. Hopefully by the time you have read this article you will have an understanding of why Gluten free diets are used and if you should consider talking to your doctor and registered dietitian about starting OR stopping this diet.

Let us start with a definition-Gluten is a protein found in some grains. Those grains include, but are certainly not limited to, wheat, rye, spelt, and barley.

Gluten is also found in less commonly recognized grains such as durum, emmer, farina, semolina, farro, triticale, and einkorn.

Oats are Gluten free, however they may contain traces of Gluten due to cross contamination.

Gluten can be an ingredient difficult to identify in a list because some sources are not obvious. Even some supplements may contain Gluten, so in order to be Gluten free you have to really do your research!!

Now that you know the definition of Gluten, let us have a discussion about what Gluten does???

Well, like I said, it is a protein, but this protein plays a specific roll in the grains listed above. It holds food together giving it the capability to stretch. Think of when you knead a nice homemade loaf of bread before allowing it to rise. Imagine, if you will, how it stretches nicely while you knead it, that's Gluten!

Why has Gluten gotten a bad reputation? There are individuals out there with Gluten "sensitivities," "allergies," and even "intolerances." The most serious of which are those who suffer from Celiac Disease. In those cases Gluten can cause uncomfortable symptoms. Their bodies actually act as though Gluten is something their immune cells need to attack which in turn causes inflammation. In the severe cases individuals may experience weight loss, malnutrition due to lack of absorption and diarrhea. Much less severe cases can result in bloating, dermatitis, headaches/migraines, allergy symptoms such as hives, itchy throat, skin rashes and sometimes constipation and/or diarrhea.

Well, given that many people suffer from the symptoms listed above, they often diagnose themselves with a Gluten intolerance of some sort and eliminate Gluten from their diet in its entirety without the proper testing involved to identify Gluten allergies, intolerances or Celiac disease.

There are also individuals who have read or heard in the media that a Gluten free diet is more healthful than that which contains Gluten so they have attempted to eliminate Gluten from their diet. This is NOT a good idea. If you are thinking why not?— I will explain.

Whole grains contain fiber and nutrients that would be missing from your diet otherwise.

B vitamins, magnesium and iron often need to be supplemented in the proper amount when consuming a Gluten free diet.

And for those who think a Gluten free diet is healthier, research indicates individuals who do not have Celiac disease and consume a Gluten free diet are at higher risk of heart disease.

This is most likely due to the reduced consumption of whole grains that we all know are heart healthy. Let us not forget about the potential for missing vitamins, nutrients and fiber!

It is easy to test for Gluten allergies and intolerances as well as Celiac disease, so if you think you might have these symptoms, I urge you to speak to your doctor about getting tested before eliminating anything from your diet. Should the test come back positive, it is important to talk to your doctor and/or registered dietitian about the proper way to follow a Gluten free diet and the possible supplementation needed to prevent deficiencies. No individuals situation is the same.

SOURCES: [www.eatright.org](http://www.eatright.org), accessed on 1/5/19; [www.hsph.harvard.edu](http://www.hsph.harvard.edu), accessed on 1/9/19; [www.celiac.org](http://www.celiac.org), accessed on 1/2/19

**If this topic has intrigued you and you want to learn more, do not forget, I am always available for Nutrition counseling, call Washington County Office for the Aging today to set up an appointment. Last month I presented this topic at a pop up event in Greenwich, keep an eye on the newsletter for upcoming events!**

**Kristin Stewart RDN, CDN**