

J-SEI NOVEMBER 2024 MENU

Suggested Contribution
Aged 60+: \$5 | Under 60: \$8

Monday	Tuesday	Wednesday	Thursday	Friday
Vitamin +C source, Vitamin *A source, Fruit **> indicates +1000mg sodium	*1 cup frozen vegetable blend & 1 fresh fruit or fruit cup included with each frozen meal	1% low fat milk or Soymilk may be available upon request (depending on inventory)	Mixed-grain rice served unless indicated.	1 TOFU & EGGPLANT DENGAKU (miso glaze) Spring Mix Salad w Edamame & Tomatoes Fruit +
4 CHICKEN MISOYAKI (miso marinade) w STEAMED BROCCOLI+ Cucumber Wakame Sunomono (in vinegar) Fruit	5 UNAGI (eel) & TOFU DONBURI (over rice) Edamame Spinach Shira-ae (mashed tofu)*+ Fruit	6 HERB ROASTED PORK Steamed Cauliflower+ Cabbage & Carrot Salad* Fruit	7 JAPANESE-STYLE SPAGHETTI & MEATBALLS w VEGETABLES*+ Spring Mix Salad w Carrot & Garbanzo Fruit (Miso soup – dine in only)	8 BAKED SALMON w LEMON & STEAMED BROCCOLI+ Hijiki & Edamame Salad Fruit
11 SIMMERED DAIKON & KABOCHA W TOFU +* Cabbage & Carrot Salad* Fruit	12 BEEF & BROCCOLI+ Kinpira Gobo (braised burdock root & carrot salad) Fruit	13 NIMONO (simmered vegetables) w CHICKEN & EGG+ Cucumber Wakame Sunomono (in vinegar) Fruit	14 ODEN w EGG & VEGETABLES* (winter hot pot w egg, daikon, konjac, fish cakes in a soy-based broth) Edamame Fruit+ (Miso soup – dine in only)	15 HARVEST LUNCH ROAST TURKEY w GRAVY Cranberry Sauce Mashed Potatoes+ & Stuffing Spring Mix Salad w/carrot and garbanzo beans, Fruit Dessert
18 YASAI NABE +* (tofu & vegetable in broth) Edamame Cucumber Wakame Sunomono (in vinegar) Fruit	19 YOSENABE w CLEAR NOODLES*+ (Japanese Hot Pot w Vegetables, Chicken, Fish, & Tofu) Cabbage & Carrot Salad* Fruit	20 GOMOKU MESHIM* (Five- Ingredient Mixed Rice with Chicken and Veggies) w STEAMED CAULIFLOWER + Spring Mix Salad w Carrot & Garbanzo Fruit	21 CHIRASHI (sushi rice w scattered toppings) Edamame Spinach Shira-ae (mashed tofu)*+ Fruit (Miso soup – dine in only)	22 TORI DANGO NABE* (tofu & ground chicken w napa cabbage) Spring Mix Salad w Garbanzo & Cucumbers Fruit +
25 CHICKEN, TOFU, & SHIITAKE MUSHROOM Butternut Squash* Cucumber Wakame Sunomono (in vinegar) Fruit+	26 VEGETABLE CURRY UDON +* w TOFU Hijiki & Edamame Salad Fruit	27 SOBORO DONBURI (beef, egg, & peas over rice) w STEAMED BROCCOLI+ Cabbage & Carrot Salad* Fruit	28 J-SEI CLOSED	29 J-SEI CLOSED



Reducing Added Sugar Intake

Most American's are consuming too much added sugar which can lead to weight gain, increase health risks, and even tooth decay. Foods and beverages that contain added sugar often lack important nutrients. Reducing added sugar in our diets is important to achieving overall health and lowering risks of chronic diseases.

What Are Added Sugars?

While sugars naturally occur in foods like fruits, vegetables, and milk, added sugars are those incorporated during processing or preparation.

Common Sources of Added Sugars:

- **Sugar-sweetened beverages:** Sodas, juices, sports drinks, and sweetened coffees and teas
- **Desserts and sweets:** Cakes, cookies, candies, pastries, doughnuts, brownies, ice cream, pies, and more
- **Sweeteners:** Honey, syrup, corn syrup, and table sugar
- **Processed foods:** Frozen meals, sauces (like BBQ, ketchup, and salad dressings), breakfast cereals, and packaged baked goods.

Recommendations for Added Sugar

The Dietary Guidelines for Americans recommends that added sugars should comprise no more than 10% of total daily calories. For example, a 2,000-calorie diet, translates to limit 200 calories from added sugars—roughly the amount found in **one** standard can of cola.

Tips to Reduce Added Sugar:

1. **Read nutrition labels:** Look for the “Added Sugars” section on nutrition facts labels. Compare products and choose those with lower added sugar content.
2. **Limit sugary beverages:** Replace sodas and sweetened drinks with water, herbal teas, or naturally flavored waters.
3. **Satisfy your sweet tooth with fruit:** Reach for naturally sweet fruits that are both delicious and nutritious.
4. **Be mindful of portion sizes:** It's okay to indulge occasionally in a sweet treat. A small portion can satisfy your cravings without going overboard.
5. **Explore alternatives:** Use spices like cinnamon, vanilla, or nutmeg for flavor. Incorporate mashed bananas to sweeten baked goods or oatmeal.

By taking these steps, you can reduce your added sugar intake and promote better health.



Information obtained from: Academy of Nutrition and Dietetics
And DietaryGuidelines.Gov
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