

## J-SEI JUNE 2017

1285 66<sup>th</sup> Street, Emeryville, CA 94608 (510) 654-4000 Lunch served Monday-Thursday, 11:30 am at J-Sei Dining Site

. **Contact: (510) 654-4000, ext. 15 for VERA or email vera@j-sei.org, should your schedule change.**

DONATION: The suggested donation for individuals 60+ is \$4/lunch if receiving a meal more than once per week. The suggested donation for individuals 60+ is \$5/lunch if only receiving a lunch one time per week. Please donate what you can afford towards the cost of your meals. No senior is denied a meal for inability to contribute.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY HOME DELIVERY
<b>Menu Subject to Change</b> Funding support from Alameda County and Contra Costa County Area Agency on Aging	Vitamin +C source, Vitamin *A source, **>indicates+1000mg sodium Soy milk offered Mixed-grain rice served, unless indicated.	Celebrate June Birthday at J-Sei on June 12 <sup>th</sup> , Monday 	<b>1 SOBORO DONBURI</b> (Ground beef, egg, peas over rice) Soup Spinach & Romaine Salad*+ Fruit	<b>2 CHUKAMEN W/                      CHICKEN*</b> (chilled wheat noodles w/chicken, bean sprouts and wakame) Cabbage & Carrot Salad*+ Fruit+
<b>5 OYAKO DONBURI*</b> (chicken & egg with vegetables over rice) Soup Cucumber & Cabbage Salad *+Steamed Broccoli+ Fruit	<b>6 BEEF &amp; KABOCHA*</b> (beef and winter squash) Soup Cabbage & Carrot Salad* Fruit+	<b>7 CHICKEN NABEYAKI</b> (soup made with thick udon noodles, topped with vegetables) Cucumber & Carrot Tsukemono* Lettuce & Romaine Salad+ Fruit	<b>8 SABA MISO W/ LEMON</b> (mackerel in miso sauce) Soup Cabbage & Carrot Salad+ Baked Yams* Fruit+	<b>9 HIYASHI SOMEN*+                      (chilled wheat noodles w/egg, red                      peppers, assorted toppings and                      dipping sauce)</b> Tofu Salad*+ Fruit
<b>12 Birthday</b> <b>ASSORTED SUSHI</b> Soup Spinach Shira-ae*+ Edamame, CupCake or Fruit+	<b>13 CHICKEN, TOFU,                      SHITAKE (chicken breast,                      tofu and shiitake mushrooms)</b> Soup Hijiki Salad* Steamed Mustard Greens* Fruit +	<b>14 SALMON SHIOYAKI</b> (Grilled Salmon in lite soy sauce) Soup Spinach & Carrot Salad*+ Kabocha* Fruit+	<b>15 TSUKIMI UDON*+                      (Noodle Soup with poached egg,                      kamaboko, age, spinach )+                      Edamame                      Spring Mix Salad* +                      Fruit</b>	<b>16 CHILLED SOBA W/                      CHICKEN*</b> (buckwheat noodles w/ chicken, toppings and dipping sauce) Tofu Salad*+ Steamed Broccoli+ Fruit
<b>19 BEEF CABBAGE                      ROLLS+ (Ground beef                      in Cabbage &amp; Tomato                      Sauce)</b> Soup, fresh fruit Spring Mix Salad w. carrot, red bells & garbonzo beans	<b>20 BAKED SALMON</b> (Salmon with Lemon wedge) Soup Daikon & Carrot Sunomono+ Steamed Mustard Greens* Fruit	<b>21 UME ONIGIRI &amp;                      CHICKEN YAKITORI</b> (Rice ball with pickled plum, Grilled Chicken) Soup Tofu Salad Steamed Broccoli+ Fresh fruit	<b>22 TOFU &amp; EGGPLANT                      DENGAKU (Braised eggplant                      and Tofu)</b> Soup Spring Mix Salad+ Fruit	<b>23 ASSORTED SUSHI</b> Edamame Spinach Shira-ae*+ Soup Fruit+
<b>26 SPAGHETTI &amp;                      MEATBALLS*+(Japanese                      style spaghetti with assorted                      fresh vegetables )</b> Soup Spring Mix Salad+ Fruit	<b>27 BEEF, TOFU &amp;                      SHITAKE (Seasoned beef w/                      tofu and shiitake mushrooms)</b> Soup, fresh fruit+ Cucumber Wakame Sunomono Steamed Butternut Squash*	<b>28 SWEET &amp; SOUR                      SNAPPER (grilled fresh                      snapper in sweet &amp; sour sauce                      Loaded with vegetables)</b> Soup Spinach Spring Mix Salad+ Baked Kabocha* Fruit	<b>29 TOFU PATTY W/                      MUSHROOM GRAVY</b> Soup Spring Mix Salad with carrots, red peppers & tomatoes Steamed Bok Choy+ Fruit	<b>30 CHILLED MISO RAMEN                      W/ LEAN SLICED PORK</b> Spring Mix Salad with carrots, red bell peppers & tomatoes*+ Spinach Shira-ae+ Fruit

# Low Cholesterol Diet Plan: Do's and Don'ts!

The way we choose to eat some of our favorite meats can have a big role in the way these notorious high cholesterol foods may impact our health. Bad cholesterol levels can lead to an increased risk of heart attacks and strokes, according to The Mayo Clinic. Just how dreadful bad cholesterol levels get is influenced by many factors including family history, genetics, lifestyle and diet as well. When small servings of lean meat or skinless poultry are included in a low cholesterol diet plan, it is about 3-1/2 ounces, which is the size of a deck of cards.

Generally, eggs is a high cholesterol protein, however there is much controversy over eggs, since egg is considered the gold standard for high biological value protein food. One interesting study cited by Live Science that observed the diets of a group of Japanese people. Per person, the Japanese consume around 328 eggs each year on average, and eggs are well known to be high in cholesterol. However, surprisingly the study found that even though these high cholesterol foods were a part of the daily diet of Japanese people, they benefited from lower than average cholesterol levels. The study concluded that the tendency for the Japanese diet to be very low in saturated fats was likely the reason behind this result.

Instead of focusing on the elimination of certain foods, an overall positive dietary change will lead to not only greater health, but also a potentially dramatic decline in cholesterol levels. Here are some common sense tips to consider that will make a low cholesterol diet plan easy, fun and successful.

## 1. DO: Eat as Many Fresh and Whole Foods as Possible

Studies have shown, for instance, that [garlic](#) (which is readily available in supplements and extracts) is phenomenally powerful in its raw form, where the compounds thought to lower cholesterol are more concentrated, according to Discovery Health. And, raw spinach retains the majority of its nutrients when enjoyed raw in a salad, including those found in other [leafy green vegetables like lutein](#). Not only will picking fresh foods have a positive impact on cholesterol numbers, they also provide a wealth of beneficial nutrients for the whole body.

## 2. DO: Consider Natural and Herbal Remedies

[Ginger](#) for instance, a mainstay remedy for tummy aches and nausea, can also be a good addition to a low cholesterol diet plan. Not only does ginger have an effect on LDL levels, it also may help to stave off atherosclerosis and reduce LDL oxidation, triglyceride levels and very low density lipoprotein (VLDL) levels. For those who are not keen on munching on ginger but choose not to partake in supplements, another option exists for natural remedy choices. Many beneficial herbs can be used to make various types of cholesterol tea. The aforementioned [ginger](#), [turmeric](#), [cinnamon](#) and [green tea](#) are all excellent choices for making a cholesterol tea using these spices and herbs shown to help lower cholesterol levels for women and men.

## 3. DO: Combine Cholesterol Reducing Foods Together for Maximum Impact

Instead of focusing on low cholesterol recipes that are merely designed to lower fat intake, instead look to creative ways to combine foods that have been shown to lower cholesterol. [Pairing spinach with avocado or add cinnamon to homemade oatmeal](#) for even more positive LDL lowering results. Many low cholesterol recipes focus solely on what you do not eat, instead of emphasizing what you should eat instead.

## 4. DON'T: Forget to Exercise

Regular physical activity can supercharge dietary efforts and make the sacrificial dietary eliminations even more worthwhile. [WebMD explains](#) that regular exercise may reduce LDL levels by over ten percent, and can provide a boost to HDL (good cholesterol) levels by as much as twenty percent.

## 5. DON'T: Over Consume Sugars and Refined Simple Carbs

Studies are pointing to other sources of elevated LDL that may have nothing to do with animal products at all. WebMD explains that the [risk of decreased HDL levels can increase](#) three fold in people with high sugar diets. And, this risk is further compounded when high sugar and high carb diets lead to increased weight, another important precursor for high cholesterol. The bottom line? Make sensible, lean protein decisions and do not negate them with a sugar loaded soda or bagels. Basically, limit sugar consumption in your low cholesterol diet plan.

## 6. DON'T: Skip Good Fats Trying to Avoid Bad Fats

One of the biggest parts of a low cholesterol diet plan is avoiding fat, which can be challenging. An unfortunate consequence of this however, is that by avoiding all fat without considering the different types can lead to a lack of good fats that the body needs. Monounsaturated fats, such as those found in nuts, are very beneficial and may be overlooked if the total grams of fat are all that is accounted for as part of a cholesterol diet, according to the [Sun Sentinel](#). Consider avocados, both an excellent source of good fat and a natural choice for cholesterol reduction.