



# J-SEI OCTOBER 2018 MENU



**Suggested Donation**  
Aged 60+: \$5 | Under 60: \$8



Mon-Th Onsite Lunch Begins at 11:30 and Must Be Requested in Advance

Monday	Tuesday	Wednesday	Thursday	Friday (Delivery Only)
<b>1 NIKU DANGO</b> (Beef Meatballs) Cabbage & Carrot Salad+* Baked Yam* Soup & Fruit+	<b>2 BAKED SALMON w LEMON</b> Cucumber Wakame Sunomono (in Vinegar) Steamed Broccoli+ Soup & Fruit 	<b>3 ODEN w EGG &amp; VEGETABLES*+</b> (Winter Hot Pot w Egg, Daikon, Konjac, Fish Cakes in a Soy-Based Broth) Cabbage & Carrot Salad *+ Soup & Fruit	<b>4 CHICKEN YAKISOBA</b> (Stir-Fried Noodles, Chicken, & Veggies) Cabbage and Daikon Salad+ Steamed Bok Choy*+ Soup & Fruit	<b>5 SOBORO DONBURI</b> (Beef, Egg, & Peas over Rice) Spinach & Romaine Salad with black beans, carrots, tomatoes* Steamed Broccoli+ Soup & Fruit 
<b>8 COLUMBUS DAY</b> <b>INDIGENOUS PEOPLE'S DAY</b>  <b>J-SEI WILL BE CLOSED</b> 	<b>9 SANSAI (Mountain Vegetables) UDON w EGG*</b> Cucumber & Wakame Sunomono (in Vinegar) Spring Salad Fruit +	<b>10 OYAKO DONBURI</b> (Chicken & Egg w Vegetables over Rice) Cucumber & Cabbage Salad+ Steamed Broccoli+ Soup & Fruit	<b>11 BEEF CABBAGE ROLL w TOMATO SAUCE+</b> Spring Mix Salad w. Carrot, Bell Pepper & Garbanzo*+ Soup & Fruit	<b>12 SABA SHIOYAKI</b> (Salt-Grilled Mackerel) Spinach & Carrot Salad*+ Kabocha (Winter Squash)* Soup & Fruit+
<b>15 GYUNIKU TO YASAI*+</b> (Simmered Beef and Vegetables in Broth) Spinach Shira-ae (Mashed Tofu)*+ Soup & Fruit	<b>16 BUTA DOFU*+</b> (Japanese Pork & Tofu) Steamed Bok Choy+ Spring Mix Salad with Tomatoes and Cucumber+ Soup & Fruit	<b>17 BEEF &amp; KABOCHA</b> (Winter Squash)* Broccoli Goma-ae (w Sesame Seeds)+ Soup & Fruit+	<b>18 UNAGI (Eel) &amp; TOFU DONBURI (Over Rice)</b> Daikon and Carrot Sunomono (in Vinegar)*+ Steamed Broccoli+ Soup & Fruit	<b>19 CHICKEN, TOFU, &amp; SHIITAKE MUSHROOM</b> Hijiki (Asian Sea Vegetable) Butternut Squash* Soup & Fruit+
<b>22 GOMOKU MESHI*+</b> (Five-Ingredient Mixed Rice with Chicken and Veggies) Tofu Salad + * Steamed Bok Choy+ Soup & Fruit	<b>23 BAKED SALMON W/DILL CREAM SAUCE</b> Spring Salad with cucumbers & tomatoes+ Baked Yams* Soup & Fruit	<b>24 ASSORTED SUSHI</b> Edamame Spinach Shira-ae (Mashed Tofu)*+ Soup & Fruit+  <i>Birthday Celebration</i> 	<b>25 GINGER BEEF W/TOFU, GREEN ONIONS &amp; SHIITAKE</b> Cabbage & Carrot Salad *+ Yams* Soup & Fruit+	<b>26 TSUKIMI UDON (Udon Noodles w Egg, Kamaboko [Fish Cake], Fried [Age] Tofu, Spinach)</b> Edamame Spring Mix Salad*+ Fruit
<b>29 CHICKEN NABEYAKI UDON</b> (Udon Noodles, Chicken, Egg, Agé, Kamaboko, and Spinach)*+ Lettuce & Romaine Salad with garbanzos*+ Soup & Fruit 	<b>30 TOFU &amp; EGGPLANT DENGAKU (Miso Glaze)</b> Hijiki* w Edamame Spring Mix Salad with Garbanzo & Cucumbers +* Soup & Fruit+	<b>31 SWEET &amp; SOUR SNAPPER w VEGGIES*+</b> Baked Kabocha (Winter Squash)* Soup & Fruit 	Vitamin +C source, Vitamin *A source, **>indicates+1000mg sodium Soy milk offered Mondays  <i>Menu Subject to Change</i>	Miso-Based soup is served Monday through Thursday  Mixed-grain rice served unless indicated. 

# REDUCING SUGAR INTAKE

## TARA MARINO, RD



### HOW IS YOUR HEALTH IMPACTED BY TOO MUCH SUGAR?

Sugar alone is not going to negatively impact your health, but the amount of sugar you consume will. **The average person in America consumes nearly 20 teaspoons of sugar per day, which adds up to 66 pounds of sugar per year.** This amount of sugar contributes to various health issues and diseases common in our country including diabetes, obesity, heart disease and cancer. There's also research to indicate that the more sugar we eat, the more we crave it.

### HOW CAN YOU LOWER YOUR SUGAR INTAKE?

- **Read labels:** Look at the nutrition facts of added sugar and in the ingredients. The American Heart Association recommends no more than 9 teaspoons of sugar per day for men and 6 teaspoons per day (1 teaspoon = 4 grams of sugar). There are no recommendations of added sugars. When looking at ingredients, if sugar is in the first 3 ingredients, it's likely to be a food item high in added sugars.
- **Avoid sugary beverages:** Skip the sodas, juices, and sugary coffee beverages and stick to water and calorie free drinks. Don't waste calories on drinks that typically add the greatest amount of added sugars to your daily intake.
- **Limit intake of fat-free products:** Sauces, condiments, salad dressings and more that are advertised as fat-free are also typically higher in sugar than the full fat options. When the fat is removed, that flavor and bulk of product, get replaced with higher amounts of sugar per serving.

