

# CITY FRESH • SUPPER MENU

A confidential, voluntary donation of \$2 per meal is suggested.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

3

4

5

8

9

10

11

12

15

16

17

18

19

22

23

24

25

26

29

30

31

NO MEALS TODAY  
IN OBSERVANCE  
OF MEMORIAL  
DAY



() indicates sodium in milligrams  
\* indicates a higher-sodium item  
(V) indicates a vegetarian item



Note: To cancel your meal,  
please call our Mystic Valley  
Nutrition Department at  
least one day in advance  
before 11:30 AM at  
781-388-2303.







## ABOUT YOUR HOME-DELIVERED MEAL

Every meal provides an average of 700-800 calories and a minimum of 1/3 of the Dietary Reference Intake of significant vitamins and minerals.

Your meal has no salt added and most have less than 1,200 mg of sodium per meal. Most meals come with bread or a roll, dessert, 8 oz. of milk.

Food safety is important. If you do not eat your meal when it is delivered, please refrigerate it immediately.



## Give added sugars the boot

The latest Dietary Guidelines for Americans recommend that we work to limit the amount of added sugars in our eating pattern. Decreasing added and refined sugars may reduce the risk of heart disease, obesity, diabetes, and certain types of cancer.

The most common foods that contain added sugars are cakes, cookies, pies, candy, soda, sweetened tea and coffee, pastries, doughnuts, fruited yogurt, sauces, and salad dressings.

Reading food labels is key. Fortunately, we can now find on the label exactly how much sugar has been added during processing. Each food label lists **Total Sugars** which include natural sugars (milk and fruit sugars) and added sugars. Also listed on the label is **Includes Added Sugars** which are the sugars we don't want.

Take a look at the foods that you eat which contain added sugars and make some healthy changes for a healthier you. Here's how to get started:

- Limit or cut out candy, baked goods, and dairy desserts.
- Skip sugary drinks and choose water instead.
- Cut out processed foods that are often high in added sugar, fat, and sodium.
- Compare food labels and choose products with the lowest amount of added sugars.
- Add fruit rather than sugar to cereal and oatmeal.

