



AWD HDM DELIVERY MENU: DECEMBER 2024

For Inquiries contact:
Miguel Hurtado at 415-655-1361

1-Dec
Yogurt Herb Chicken Breast
Barley, Asparagus & Broccoli

Italian-Style Tomato, Peppers & Mushroom Sauce
Milk Half Pints

Applesauce Cup

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2-Dec Beef Stew Brown Rice Milk Half Pints Orange	3-Dec Cumin-Spiced Chicken Thigh Quinoa & Brown Rice White Bean & Vegetable in Turmeric Yogurt Sauce Carrots and Applesauce Cup Milk Half Pints	4-Dec Smoky Chicken & Lentil Stew Brown Rice Garden Mixed Vegetables Milk Half Pints Fruit Cup	5-Dec Baked Cod Dijon Mustard Sauce Brown Rice Lentil, Tomato & Spinach Stew Milk Half Pints and Orange	6-Dec Rustic Turkey, Tomato & Pep Stew Creamy Polenta w/Cheese Broccoli Milk Half Pints Applesauce Cup	7-Dec Pork, White Bean & Artichoke Stew Brown Rice Carrots Milk Half Pints Orange	8-Dec Garlic & Herb Chicken Breast Mushroom Sage Gravy Quinoa, Edamame & Greens Cajun Corn, Peas & Lima Beans Milk Half Pints and Fruit Cup
9-Dec Beef, Tomato & Lentil Stew Whole Wheat Rotini Garden Mixed Vegetables Milk Half Pints Applesauce Cup	10-Dec Chicken Thigh Mild Green Sauce Brown Rice Roasted Sweet Potatoes Milk Half Pints and Fruit Cup	11-Dec Pork & White Bean Green Chili Quinoa, Edamame & Greens Roasted Root Veg Medley Milk Half Pints Applesauce Cup	12-Dec Baked Salmon Creamy White Cheese Sauce Whole Wheat Rotini Broccoli Milk Half Pints and Orange	13-Dec Turkey Meatloaf Eggplant Mushroom Sauce Herbed Bulgur Peas & Carrots Milk Half Pints	14-Dec Chicken & Tomato Herb Stew Creamy Polenta w/Cheese Garden Mixed Vegetables Milk Half Pints Orange	15-Dec Garlic & Herb Chicken Breast Creamy Basil Sauce Barley w/Mushrooms Capri Mixed Vegetables Milk Half Pints and Applesauce Cup
16-Dec Beef Stroganoff Whole Wheat Rotini Broccoli Milk Half Pints Orange	17-Dec Rosemary Chicken Thigh Quinoa, Edamame & Greens White Bean & Spinach Ragout Milk Half Pints Applesauce Cup	18-Dec Pork & Black Bean Mole Quinoa Broccoli Milk Half Pints Orange	19-Dec Baked Salmon Orange Tofu & Edamame Brown Rice Brussel Sprouts Milk Half Pints and Fruit Cup	20-Dec Turkey Tetrazzini Whole Wheat Rotini Broccoli Milk Half Pints Orange	21-Dec Chicken Fajita Stew Brown Rice Carrots Milk Half Pints Applesauce Cup	22-Dec Garlic & Herb Chicken Breast Paprikash Sauce Quinoa Brown Rice Brussel Sprouts Milk Half Pints and Orange
23-Dec Beef & Barley Stew Roasted Sweet Potatoes Milk Half Pints Orange	24-Dec Mustard Glazed Chicken Thigh Brown Rice Veggie Ragout Milk Half Pints Applesauce Cup	25-Dec Chicken, Broccoli & Cheddar Whole Wheat Rotini Milk Half Pints Orange	26-Dec Cod Filet Macanese Curry Quinoa Brown Rice Milk Half Pints Fruit Cup	27-Dec Chipolte Beef & Turkey Meatloaf Red Mole Sauce Quinoa Brown Rice Garden Mixed Vegetables Milk Half Pints and Orange	28-Dec Pork & Barley Stew Roasted Sweet Potatoes Milk Half Pints Applesauce Cup	29-Dec Balsamic Chicken Breast Broccoli Pesto Whole Wheat Rotini Root Vegetables Milk Half Pints and Orange
30-Dec Beef Birria Brown Rice Carrots Milk Half Pints Orange	31-Dec Roasted Chicken Thigh Brown Rice Chipotle Chili Gravy Succotash Milk Half Pints and Applesauce Cup	<p>Please Note: Our menu meets 1/3 DRI for all target nutrients except Vitamin D. The Project Open Hand Dietitian will provide nutrition education about how to ensure you are meeting your daily Vitamin D needs.</p>				



PROJECT OPEN HAND

Lunch Menu

December 2024

Nutrition for Managing Diabetes: A Balanced Approach

Tina Guadan Fogall, Dietetic Intern at Project Open Hand

Managing diabetes is complex, but understanding nutrition can be a powerful tool to make it more manageable. When balanced and mindful, your diet can help you maintain stable blood sugar levels, boost your energy, and reduce the risk of diabetes-related complications. Here are some key principles that can empower you to manage diabetes through nutrition.

1. Balanced Meals

A balanced diet rich in whole foods is your friend in maintaining steady blood sugar levels. It's not about what you can't eat but about the variety of foods you can enjoy. Whole grains, vegetables, fruits, legumes/pulses, and nuts are excellent choices. Aim to fill half your plate with non-starchy vegetables, a quarter with whole grains or starchy vegetables, and the remaining quarter with lean protein.

2. Carbohydrate sources

Carbohydrate-containing foods can significantly impact blood sugar. Whole foods such as whole-wheat bread, brown rice, quinoa, and sweet potatoes release glucose slowly, providing a steady energy source. Foods like white bread, white rice, and freshly cooked potatoes can raise blood sugar quickly. However, cooking white rice and potatoes then cooling them can alter their structure, turning them into what is called a resistant starch. Resistant starch resists absorption providing the benefit of minimizing your body's blood sugar response. An example would be potato salad.

3. Consider Portion Sizes

Portion control is crucial for managing diabetes. Even healthy foods can lead to elevated blood sugar levels if consumed in excess. A simple guide is to use your hand: a closed fist for carbs such as pasta or rice, a palm-sized portion for protein such as chicken or fish, and a thumb-sized amount for fats such as salad dressing or mayonnaise.

4. Limit Added Sugars and Processed Foods

Reducing added sugars and highly processed foods can help stabilize blood sugar levels. Try to choose food and drinks with minimally added sugar or those that are sugar-free. Water is always the best choice for hydration!

*Want to learn more about
managing your diabetes? Visit
<https://diabetes.org/>*



Project Open Hand
meals with love