

Oswego County Opportunities, Inc. - Senior Services

* NEWS FIT TO PRINT *



Menu Change - 1% Milk

As we start a new year, what better time is there to make some healthy menu changes? Last year we were very successful in adding more heart-healthy foods to the menus, including more low fat and low sodium items. We will continue to do our best to provide you with meals that are both appealing and healthy.

As of this month, you will notice that we have switched from 2% to 1% milk. The reasons for this change are:

- ◆ Many clients receiving the home-delivered meals have requested low-fat milk instead of 2% milk, as recommended by their doctors.
- ◆ According to the current USDA Dietary Guidelines, low-fat milk is recommended for a heart-healthy diet. Our meal program is required to follow the current dietary guidelines.
- ◆ Nutritionally, the amount of protein, vitamins, and minerals is the same. For example, you get just as much calcium, vitamin D and protein from 1% milk as you get from 2% milk. The only difference is in the amount of fat, cholesterol, and calories.
- ◆ Providing 1% milk will simplify milk orders and meal delivery for the kitchen staff.

598-4712

January
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Many taste-testing studies have found that most people can easily adjust to the slight taste difference for 1% milk. It usually takes only a few days to get accustomed to this taste difference.

If you have any concerns or questions, please contact me at the Nutrition HELpline:
Patti Williams, RD

Phone: 598-4712 or 592-0766 or 1-800-359-1171, ext. 1806

Dining & Activity Center Phone Numbers

Fulton - 592-3408 (Mon—Fri.)

Oswego - 343-0232 (Tues & Thurs.)

Hannibal - 564-5471 (Mon, Wed & Fri.)

Sandy Creek - 298-5020 (Mon—Fri)

Mexico - 963-7757 (Wed & Fri)

Phoenix - 695-4841 (Mon, Wed. & Fri)

Parish - 625-4617 (Mon, Tues, & Thurs)

Constantia - 623-9803 (Tues, Wed, & Thurs)