




JOSEPHINE & JACKSON COUNTY SENIOR NUTRITION SERVICES • JULY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>KIELBASA w/SAURKRAUT on a Bun Whole Kernel Corn Carrot Mandarin Salad Zucchini Brownie 3</p>	<p>CLOSED FOR HOLIDAY INDEPENDENCE DAY </p>	<p>ROAST TURKEY w/GRAVY Whip Potatoes w/Gravy Succotash Rye Bread Cinnamon Pear Crisp 5</p>	<p>BREADED BAKED FISH w/TARTAR SAUCE Roasted Red Potatoes Steamed Spinach Seven Grain Bread Peaches 6</p>	<p>SPAGHETTI w/ MEAT SAUCE Italian Blend Vegetables Spinach Romaine Salad Oat Bran Roll Molasses Cookie 7</p>
<p>BEEF CABBAGE BAKE Parslied Potatoes Scandinavian Blend Vegt Whole Wheat Bread Fresh Cantaloupe 10</p>	<p>MACARONI & CHEESE Escalloped Tomatoes Cut Green Beans Cornmeal Roll Bread Pudding w/Raisins 11</p>	<p>MEATLOAF w/GRAVY Garlic Whipped Potatoes Country Trio Vegetables Bran Rye Bread Angel Food B-day Cake 12</p>	<p>BROCCOLI CHEESE STRATA Capri Blend Vegetables Spinach Romaine Salad Dill Wheat Roll Joy's Applesc Cookie13</p>	<p>HAM w/PINEAPPLE SC Scalloped Potatoes Italian Blend Vegetables Squash Bread Lemon Square 14</p>
<p>CHICKEN POT PIE Spinach Whole Kernel Corn Buttermilk Biscuit Golden Fruit Cup 17</p>	<p>TERIYAKI MEATBALLS Steamed Brown Rice Capri Blend Vegetables Green Peas Almond Poppysed Cake 18</p>	<p>CHICKEN & PENNE PASTA Broccoli Cuts Steamed Carrots Bran Wheat Roll Snickerdoodle Cookie19</p>	<p>ROAST PORK w/GRAVY Sr Cream/Chive Potatoes Green Peas Cracked Wheat Bread Apple Crisp 20</p>	<p>TURKEY DIVAN BAKE Oregon Bean Medley Harvard Beets Seven Grain Roll Fresh Watermelon 21</p>
<p>SCALLOPED POTATOES & HAM Mixed Vegetables Steamed Spinach Herb Bread Grace's Choc Cookie24</p>	<p>BEEF LASAGNA Country Trio Vegetables Garden Vegetable Salad Garlic Roll Butterscotch Bar 25</p>	<p>TUNA SALAD SANDWICH on Whole Wheat Bread Potato Salad Carrot Pineapple Salad Strawberry Shortcake 26</p>	<p>CHICKEN RICE BAKE Cut Green Beans Whole Kernel Corn Multigrain Bread Birthday Cake 27</p>	<p>MEATLOAF w/CREOLE SAUCE O'Brien Potatoes Scandinavian Blend Vegt Onion Bread Tapioca Pudding 28</p>
<p>TURKEY PATTY w/GRAVY Sr Cream/Chive Potatoes Country Trio Vegetables Cracked Wheat Bread Peach Cobbler 31</p>	<p align="center"> TUESDAY, JULY 4</p>		<p>A suggested minimum donation is requested from seniors 60 and older.</p> <p>Non-seniors must pay the full cost of the meal.</p> <p>1% milk served with all meals.</p>	<p align="center"></p>

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SENIOR NUTRITION SERVICES

July 2017

Probiotics are Good for the Gut

Trillions of bacteria, both harmful and helpful, live in your gut. Probiotics are the “good” bacteria that help ferment, decompose and digest the foods we eat. Researchers have found that these probiotic bacteria may help you maintain a healthy immune system by keeping the “bad” bacteria in check. Over time, other factors, like diet, disease, antibiotics, and stress can change the number and kinds of bacteria living in your digestive system. Eating foods that contain beneficial probiotic bacteria may help restore the balance of microbes in your gut.

Probiotics can be found in some foods, beverages, and supplements. Yogurt is one of the most well-known and accessible foods that contains probiotics. In addition, it provides nutrients such as protein, calcium, and vitamin D. It is also easily digested by people who are lactose intolerant. Look for yogurts that have at least two probiotic bacterial strains, such as *Lactobacillus bulgaricus* and *Streptococcus thermophiles*.

Other foods that contain probiotic bacteria include yogurt-like beverages known as kefir. Kefirs are a fermented dairy product that may contain as many as 10 strains of probiotic bacteria. Acidophilus milk is fermented with *Lactobacillus acidophilus* and may be easier for some to digest than regular milk.

Probiotics can also be found in naturally fermented foods such as unpasteurized sauerkraut, kimchi, kombucha teas, and fermented soybean products such as tempeh, miso, and natto. There are also some probiotic supplements in pill form, such as Culturelle, Digestive, and Align, as well as other brands. While probiotic foods and supplements are thought to be safe for most people, some people with immune system problems or other serious health conditions shouldn't take them. Talk to your doctor first to make sure they are okay for you.



Jackson County
dining centers are located in:

Ashland
Central Point
Eagle Point
Jacksonville
Medford
Rogue River
Shady Cove
Talent

Home delivered meals are also available in Gold Hill and White City.

For More Information,
Please call Food & Friends
at (541) 734-9505.

Josephine County
dining centers are located in:

Grants Pass
Merlin
Wolf Creek
Wilderville
Cave Junction

Home delivered meals are also available in Williams.

For More Information,
Please call Food & Friends
at (541) 955-8839