

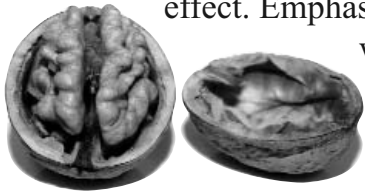
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>NWSDS CLATSOP & TILLAMOOK COUNTIES NOVEMBER 2019</p>	 <p>TURN CLOCKS BACK, NOV. 3</p>	<p>A suggested donation of \$3.00 is requested from seniors 60 and older. Seniors under 60 must pay \$6.75</p> <p>1% Milk Served with All Meals</p>	 <p>ELECTION DAY, NOV. 5</p>	<p>Homestyle Turkey Patty w/Mushroom Gravy Whipped Potatoes Green Peas & Carrots Whole Wheat Roll Fresh Orange 1</p>
<p>Beef Patty w/Peppers & Onions Whipped Potatoes Mixed Vegetables Whole Wheat Roll Lime Pear Gelatin 4</p>	<p>Teriyaki Chicken Sandwich on a Bun Oriental Blend Vegetables Pineapple Slaw Chocolate Pudding 5</p>	<p>Homestyle Pork Patty w/Gravy Parslied Potatoes Italian Blend Vegetables Whole Wheat Roll Lemon Blondie Bar 6</p>	<p>Garden Chicken Mini Salad over Spinach Romaine Cream of Broccoli Soup Whole Wheat Roll Tropical Mixed Fruit 7</p>	<p>Chicken Pot Pie w/Biscuit Broccoli Country Coleslaw Blushing Pears 8</p>
<p>Closed for the Holiday</p>  11	<p>Turkey Salad over Spinach Romaine Cream of Tomato Soup Herb Roll Ice Cream Cup 12</p>	<p>Salisbury Patty w/Gravy Whipped Potatoes Oregon Bean Medley Herb Roll Pineapple 13</p>	<p>BBQ Pulled Pork Sandwich on a Bun Baked Beans Creamy Coleslaw Poke'n Pour Cake 14</p>	<p>White Bean Chicken Chili Green Peas Spinach Romaine Salad Cornbread Rocky Road Pudding w/Whip Topping 15</p>
<p>Pork Choppie w/Gravy Whipped Sweet Potatoes Capri Blend Vegetables Whole Wheat Roll Peach Crisp 18</p>	<p>Egg Salad Sandwich on Wheat Bread Chicken Noodle Soup Marinated Zucchini Salad Lemon Pudding 19</p>	<p>Swiss Style Patty w/Sauce Whipped Potatoes Capri Blend Vegetables Garlic Roll Applesc Gingerbread Cake 20</p>	<p>Turkey Pasta Salad over Spinach Romaine Vegetarian Vegetable Soup Whole Wheat Roll Chocolate Chip Bar 21</p>	<p>Macaroni & Cheese Marinated Broccoli Salad Carrots Cracked Wheat Roll Golden Fruit Cup 22</p>
<p>Lemon Herb Chicken Rice Pilaf Green Beans w/Peppers Pickled Beets Spiced Peaches 25</p>	<p>BBQ Chicken Sandwich on a Bun Tater Tots Chuckwagon Corn Zucchini Brownie 26</p>	<p>Slc Rstd Turkey w/Gravy Whipped Potatoes Mixed Vegetables Bread Dressing Cranberry Sauce Pmpkn Custard/Whip Top 27</p>	 <p>THANKSGIVING CLOSED FOR THE HOLIDAY</p> <p style="text-align: right;">28 29</p>	

Battle Inflammation with Food

Although inflammation is the body’s helpful response to protect or recover from injury or illness, chronic inflammation is a lingering state caused by disease, stress, diet, smoking, etc. Managing chronic inflammation may reduce symptoms of pain and swelling, and potentially decrease the risk of developing other major diseases such as cancer, heart disease, arthritis, Alzheimer’s or depression.

Foods that can Reduce Inflammation

Researchers are still learning about the link between inflammation and diet, but a balanced, healthful diet may have an anti-inflammatory effect. Emphasize a daily variety of fruits and vegetables, which contain phytochemicals that can protect against inflammation. Add a few servings each week of healthy fats (omega-3’s), from sources such as salmon, walnuts or chia seeds. Be sure to choose whole grains more often. Brown rice is widely available, but you can also experiment with alternative whole grains such as quinoa, farro or bulgur for variety.



Alternatives for Foods that Promote Inflammation

On the other hand, certain foods can increase inflammation. Reduce or eliminate many saturated fats, trans fats and processed foods easily:

- Choose fish or vegetarian meals over red meat (try hummus instead of ham on a sandwich, or grilled fish on a whole wheat bun instead of a hamburger)
- Replace mayonnaise with sliced avocado
- Snack on air-popped popcorn instead of chips
- Try fruit or a small piece of dark chocolate for dessert
- Trade soda for unsweetened sparkling water
- Bake or grill foods instead of frying



Adapted from <https://www.eatright.org/health/wellness/preventing-illness/what-is-an-anti-inflammatory-diet>; <https://www.health.harvard.edu/staying-healthy/foods-that-fight-inflammation>
Photos courtesy of pixabay.com; misc.

Clatsop & Tillamook Counties Dining Site Schedules

SENIOR HELPLINE

(800) 584-9712

CLATSOP COUNTY

Seaside

Bob Chisholm
Community Center
Monday - Friday
(503) 738-9323

Svensen

Wickiup Grange Hall
Wednesday & Thursday
(503) 458-6888

TILLAMOOK COUNTY

Nehalem

United Methodist Church
10th & “A” Street
Tuesday & Thursday
(503) 368-3622

Pacific City

Kiawanda
Community Center
34600 Cape Kiwanda Drive
Monday - Friday
(503) 965-7900

Tillamook

Tillamook Senior Center
316 Stillwell
Monday - Friday
(503) 842-9660

Our menus include a variety of foods to provide you with well-balanced meals, which are lower in fat and sodium and offer the choice of a diabetic friendly dessert.