

# Redefining Senior Dining

The Newsletter of Golden Cuisine Direct Senior Foods

FALL 2010

## A Message from Your CareGiver



Meal time is about more than just food on the table.

It is a ritual, a comfortable habit – even a chance to celebrate.

At Senior Bridge Family we understand that enjoying a great meal is the basis for both physical and emotional well-being.

This is why we've partnered with **Golden Cuisine Direct** to offer their extensive menu of ready-to-eat, frozen entrées and shelf-stable meals specifically for you and your loved ones.

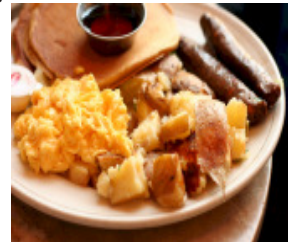
It's a full line of specially-crafted, chef designed meals that deliver the nutrition, ease of preparation and affordable price that you need, all while nourishing the sense of independence and peace-of-mind you deserve.

**Your CareGiver Professional**

## SENIOR NUTRITION WHY IS IT DIFFERENT?

Golden Cuisine Direct<sup>™</sup> is a food delivery program that brings complete specially designed FRESH frozen breakfasts, lunches and dinners to the homes of seniors and their family caregivers, for balanced senior-approved diets.

Golden Cuisine Direct<sup>™</sup> is designed for the needs and particular tastes of older adults. Important in our



meal design process is the recognition that taste buds decline with age and older adults may take medication that actually effect taste further. In the absence of a carefully designed meal program, it becomes difficult to avoid the resultant pitfalls of eating the “wrong” food. Comfort food is often craved but counter-productive to maintaining a

healthy blood pressure, cholesterol level, and hydration.

Golden Cuisine Direct<sup>™</sup> is delicious and satisfying and brings the joy of a good meal to even the most discriminating taste buds.

Isn't any frozen food selection from the supermarket freezer the same as Golden Cuisine Direct<sup>™</sup>?

Just read the labels. For most seniors even the highest quality frozen foods have life threatening levels of sodium and calories directly from fat. These and other standard ingredients in frozen meals are directly related to reoccurring hospital visits, falls due to lowered blood pressure, stroke from high blood pressure, diabetes from sugars and weight loss and weight gain from non

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nutrient-rich eating. Besides Golden Cuisine Direct™ tastes better, and we offer nutritional support for seniors that no off the shelf company offers.

### What is the nutritional benefit to the older adult of a Golden Cuisine Meal?

Golden Cuisine Direct™ is the only meal company that offers meals specifically for older adults, that provide complete nutritional labeling on the package, as required by the government for food sold to consumers. This means that sodium, cholesterol, and other contents that could be contrary to good OLDER-ADULT health are evident on the package. Golden Cuisine recipes and bundles are always designed with Senior health as a priority. This not just bragging.....you'll find it right on the package!!

Simply put, our meals have no hidden agenda and we keep no secrets. We only have one "secret".....with Golden Cuisine meals, "The Secret Ingredient is Respect."

### What are the main benefits of Golden Cuisine Direct™ for the Caregiver?

Whether you are a family caregiver or a professional caregiver, meal time can be a hard time. Golden Cuisine Direct™ makes preparation a pleasure. Thanks to state-of-the-art food manufacturing techniques and packaging, your meals are microwavable or conventional oven-ready. The instructions and nutritional information on the package are clear and in big print. We also fully understand the challenges faced with managing a food program for someone else. We provide free tutorials on how to re-plate food to make it attractive and conducive to shared meal-time. We offer nutritional guidance and coaching through online webinars and materials for all of our customers.

For seniors living independently who cook for themselves, we offer simple microwave tutorials, and discounted access to an oven alert service for those who want to oven-heat our meals, but are concerned with using conventional ovens in the home.

In short we increase the likelihood that seniors will be able to:

- Age in place
- Stay nutritionally healthy
- Share stories and recipes with friends and caregivers
- Enjoy a delicious meal

**Low Cholesterol  
Low Sodium  
Diabetic  
Appropriate Meals  
Now  
Available**

**Balanced**

**Nutritious**

**Delicious**

*The Secret  
Ingredient is  
Respect*

*Visit Us at*  
[www.goldencuisine.com](http://www.goldencuisine.com)



# Diabetes

## When Food Matters Most

If you have diabetes you know that your diet is a big factor in your present and future health. But can the right foods actually control diabetes? To find out, Golden Cuisine interviewed its



New York representative, a diabetic himself, on how he controls his condition with the proper nutrition.

**Q. How did you first suspect that you were diabetic?**

**A. I was experiencing frequent urination and thirst. I checked on WebMD and the first twelve entries referred to diabetes. I went to the doctor immediately and got the positive test results.**

**Q. What were your stats when you were first diagnosed?**

**A. My blood sugar was 365, normal being around 100.**

**My weight was 300 pounds when I was diagnosed.**

**Q. It's two years later. Where do you stand today?**

**A. My blood sugar is 95-100. I weigh 232 pounds, a loss of nearly 70 pounds, and still losing.**

**Q. I know you take medication, but what is the most important nutritional steps you took in getting these results?**

**A. I totally eliminated all processed sugar. If I need a sweetener I use Sweet and Low or Equal. I am also looking at Stevia.**

**Q. How do you get natural sugar?**

**A. I eat fresh fruits, but not very often. I take a multivitamin, calcium and acia berry to get vitamins.**

**Q. Are there differences in sugars?**

**A. Yes, because there are three types of sugars: "regular" sugar, sugar fiber and sugar alcohol, the amount of carbs in food needs to be adjusted by netting out the sugar fiber and the sugar alcohol,**

**because they have no impact on blood sugar. That is the meaning of net carbs.**

**Q. How did you lose the weight?**

**A. Actually that was by going on a very low carb diet. I think I am a carb addict so I**

**keep it 15-20 grams per day, although most people lose with 23 grams a day.**

**Q. What else did you do to sustain the good numbers and the weight loses?**

**A. I never go hungry. I eat three meals and four snacks a day. I also drink a lot of water.**

### Golden Cuisine's Diabetic Appropriate\* Meals

Roasted Chicken	Salisbury Steak & Gravy
Chicken Broccoli Alfredo	Chili with Beef & Beans
Chicken Chow Mein	Beef Stew
Chicken Teriyaki	Macaroni & Beef
Sweet & Sour Chicken	Cream Chip Beef
Fiesta Chicken with Rice	Cheesy Scrambled Eggs
	Monterey Jack Omelet

\*Carbohydrate content must be close to 30g/meal after factoring fiber into total carbohydrate content. Avg g cho/meal=30.875.

# Why Won't Mama Eat? Aging and the Senses

Experts agree that appetite can begin to malfunction as people age, though the exact reasons are not known. Many factors affect your yen for food. People who take various medications may have loss of appetite as a side effect. Ongoing health problems like upper-respiratory disease and diabetes can steal your appetite for food in some cases.

An age-related decline in your ability to taste and smell may also contribute to lowered appetite, says Susan Schiffman, Ph.D., professor of medical psychology at Duke University Medical School in Durham, North Carolina, because those senses trigger the first responses of the gastrointestinal system in preparation for digestion.

They set up the whole appetite response, so if you don't have taste and smell, you're not motivated. There's a whole complexity of changes going on, says Barbara Rolls, Ph.D., professor of nutrition at Pennsylvania State University in University Park.

For some people, it's a lack of ability to feed themselves, a lack of social interaction, poverty. For others, there are genuine changes in the mechanisms for making them hungry.

If your appetite has waned, there are actual strategies you can adopt to recapture your yearning for food.

Here are some strategies that doctors recommend for recovering good digestion, appetite, and health.

## Try This First

Go ahead, be bitter. Some naturopathic doctors suggest eating bitter herbs to stimulate the

production of gastric juices that provoke appetite response.

## Other Wise Ways

**Toast your way to a better appetite.** A glass of red wine with dinner may improve your appetite by aiding digestion. The tannins in the wine help the digestive tract to secrete digestive enzymes, according to Dr. Kruzel. In addition to helping jump-start the digestive process, it helps you to absorb more nutrients, which could be very important if you're eating less.

**Try a vinegar cocktail.** This alternative health remedy may not sound like the most appetizing cocktail, but a teaspoon of apple cider vinegar in a glass of water taken before a meal may help acidify your digestive system, which also aids in digestion. This is particularly important for older people, Dr. Kruzel says, because their stomach acidity naturally declines.

**Eat when you're hungry.** This requires a little detective work on your part, says Karen Chapman-Novakofski, R.D., Ph.D., professor of nutrition with the College of Agriculture and College of Medicine at the University of Illinois in Urbana. You need to pay attention to when you are even the smallest bit hungry any time of the day,? And then you really need to capitalize on that. Have your main meal whenever you have a good appetite even if it's 10:30 in the morning, she says.

**Nibble like a bird all day.** Some people may not be interested enough in food to eat the way we traditionally do three large meals a day. Eating five or six smaller meals throughout the day may

be more manageable and will give your body the energy you need, says Dr. Chapman-Novakofski.

**Add some fiber to your diet.** Constipation will cause loss of appetite because you feel full, Adding a piece of fruit to each meal is a good way to increase fiber in your diet naturally.

If you add bran or other fibrous cereals, do it gradually and make sure that you drink enough water with it, she advises. Additional bran fiber takes some getting used to—and you might have to deal with gas at first. If you're getting your fiber with **fruits and vegetables**, you don't need to drink more fluids.

**Ease off the caffeine.** Dr. Chapman-Novakofski finds that retirees who are not very active can spend a lot of the day drinking coffee or tea. But, unfortunately, the caffeine in those **beverages** works as an appetite suppressant. She recommends switching to decaffeinated coffee or tea at mid-morning. Also, watch the volume you're drinking (two to three cups is a moderate amount), because this could make you feel full and eat less.

**Keep 30 percent of your diet from fat.** Older people

are often very **health conscious**, says Dr. Rolls. They'll stuff their refrigerators and pack their pantries with low-fat foods.

**Take a vitamin.** If you fear that your poor appetite is not allowing you to consume all the **nutrients** you need, take a multivitamin every day, says Sherry Briskey, naturopathic physician and staff physician at Southwest Naturopathic Medical Center in Tempe, Arizona.

**Thirst for hydration.** Sometimes, people older than 60 forget to keep hydrated, because they usually aren't as active as they used to be and they don't sweat as much. Be sure that you drink six to eight glasses of fluids a day, Dr. Kruzel says. He recommends drinking a lot early in the day so if you have bladder-control problems you won't have to get up and go to the bathroom throughout the night. Good choices are filtered water and fresh fruit and **vegetable juices**. When replenishing fluids, you want to stay away from drinks that are diuretic or promote urination, such as coffee, beer, alcohol, and caffeine-containing sodas.

**This article appeared in [MotherNature.com](http://MotherNature.com)**

## Check Mom's Meds

Some medications commonly used by older people have appetite loss as a side effect. Talk with your doctor about an alternative medication if your appetite seems to diminish from your drugs,.

Some examples are:

- ◆ Prescription hypertension drugs such as spironolactone (Aldactone) and hydrochlorothiazide (HydroDIURIL)
- ◆ Prescription gold-salt compounds used for rheumatoid arthritis, such as auranofin (Ridaura) and gold-sodium thiomalate
- ◆ Prescription psychiatric drugs such as lithium (Lithonate) or fluoxetine (Prozac)
- ◆ Estrogens (Premarin)
- ◆ Some prescription heart medications such as nifedipine (Procardia), captopril (Capoten), losartan (Cozaar), propranolol (Inderal), and topical nitroglycerin patches

# Culinary Life Review

## Fun With Food and Memories

*In reminiscence my experiences do not  
Fade, they grow more vivid.*

—Marcel Proust

You may already have engaged in a formal life review with an older loved one, or done one for yourself. Or you may simply have chatted with an older loved about their life experiences and memories. If you have never done either with the intent of gaining insight and wisdom for yourself, and creating a safe space for them to review their past, you are both in for a treat.

Life review sorts out the story of your life in a most meaningful way. The purpose may be just sweet reminiscence, leaving a legacy of understanding for your family, or the reconciliation and coming to terms with incidents and people in your life

Life Review and Life Bio are not exactly the same. Life Bio is used to denote stories and facts about your life, a journal or chronicle of the past. Life Review is more psychological. Icons in the field of gerontology like Pulitzer Prize winner, Dr. Robert Butler considered life review a natural process for human growth, while developmental psychologist Eric Erickson saw it as a life stage that comes only with age.

For caregivers and us elders, it can be a process of sharing, a way to spend vigilant hours at a bed side, or a way to make family dialogues productive and dear. But one thing that most often happens when you engage in life review with someone you care about is that you both have a deeper understanding of each other, and you have FUN!

It can be hard to get started or to initiate a life review, or life bio, with an older adult unused to sharing details of their past with others. Or if you are on your own, you may feel uninspired. To get started, explore their “life in food.”

Think how often a recipe, a table setting, a way you arranged flowers, or a great restaurant or barbeque sits gently on your mind. What did you eat on your first date, what did you cook at your daughter’s communion, what sold best at the bake sale, what is the family’s favorite recipe? These and hundreds of questions come up naturally when you engage in culinary life review. Ask that of yourself and your older loved one.

If you are handy with a video camera, you can tape Mom or Dad actually making a recipe and cooking. Or get a tape recorder and make an audio tape of the conversation, and include all recipes.

### Nutritional Information

Created for seniors by our board-certified nutritionist, all Golden Cuisine meals meet the following senior requirements when used in your menu cycle:

**3 oz of protein**

**Significant contributions to 1/3 RDA of vitamins and minerals**

**2 half-cup servings of fruit or vegetables**

**Less than 30% of calories from fat**

**1 serving of starch**

**More than 1/3 of RDA protein**

# Think Out of the Plate

First we eat with our eyes. That is why millions are spent on making food look beautiful in ads and on menus.

You too can make the food in the adult designed three compartment microwave/conventional oven plate in which Golden Cuisine meals are packaged look great. All you have to do is **Think Out of the Plate!**

Here are ideas for making your meals look wonderful, appetizing and anticipated.

### Replate for Color

Golden Cuisine is meant to be eaten directly out of the plate in which it arrives. But, if you want to have some fun in less than a minute, the easiest way to get started is to show your decorating talent with a slice of red pepper, a sprig of parsley and or some blueberries or strawberries. Or for fancier service remove each serving of main dish, vegetables and starch and place on a regular plate, and then add one of the above colorful garnishes.

Golden Cuisine is already a balanced meal, so the color is for show. Just make sure that if it might be eaten what you choose will agree with the diner.

As you get familiar with Golden Cuisine meals, you will notice the food colors, macaroni mostly yellow, chilli fiesta dinners mostly reds. You can have the appropriate colored garnish handy, or choose a fruit

side dish of your own or happy colored bread and jelly to complete the designer look.

For example, Golden Cuisine Macaroni and Cheese, from our Comfort Meal Series, already has some colorful red peppers in the sides, so sprigs of parsley or basil makes for added “jewelry.”

Our herbed chicken has lots of greens, so the red pepper or carrot slivers could be the perfect garnish.

If you do not want to add any food at all elect a plate color that contrasts with the food and every thing looks wonderful

### The Composed Dish

Restaurants charge more for dishes that are *not* divided into three components, but are “composed” with components stacked on top or near each other.

This takes more care and a little know how. Here are the three rules:

1. Start with a layer of mashed or easy to spread sides. For example, Golden Cuisine has a generous adult appropriate portion of low sodium mashed potatoes, corn or other soft starch in many of the meals. Place these on the plate first.

(Continued on next page.)

## Replate Like a Food Network Star

### Replating Can Turn

**This**



**Into**

**This**



Replating...Cont. from previous page.

2. **Top the first layer off with the main dish, chicken or beef, eggs over grits, vegetable patty.**
3. **Add the final side, in the case of Golden Cuisine usually colorful vegetables that have been flash frozen to keep in the flavor. These can be placed on the plate or you might get creative and “build” them into the dish between the first layer and the main protein.**

**Add a spring of parsley, sage or basil and you have a gourmet dinner.**

### **Think Out of the Plate**

**To make food visually appealing, you need not replate at all. You can furnish the table with a single bud vase or colorful napkin.**

**Remember the glasses. One thing that my Mom loved was a cup that we got at a fair where her picture was taken with my daughter and imprinted on the cup. We keep the cup to this day, as a memory, but for Mom it was a fun way to drink a hot beverage and made the whole meal “taste” better...**

**Creativity is king, especially when people are in the hospital or rehab, and there is no way to make the food more appetizing. Pop corn boxes, animal cracker boxes, a favorite knick knack or napkin ring can all anchor the diner to the day they will come back home.**

### **Tableware that Creates Independence**

**The three compartment containers that Golden Cuisine uses may be perfect for the diner that has a slight tremor or cognitive difficulty in distinguishing foods. The slightly raised sides of the compartments may help in keeping food in the dish. And there are wonderful products that keep dignity and calm during meal time.**

**For example, large sloping knives sometimes called Alzheimer’s knives prevent danger but allow for self feeding . Forks that are attached to their own bracelet and worn around the wrist allow those with tremors to use cutlery effectively. Compartmentalized place mats allow the cognitively challenges to remember where cutlery is placed, with printed outlines on the mat. One of the most significant table wear for the loved one that might spill food is a raised rim in which you can set Mom or Dad’s own plate.**

**At Golden Cuisine we believe that all people are entitled to “dine”, not just eat. Of course taste comes first. But first we taste with our eyes.**

# How to Order Golden Cuisine Direct

**Golden Cuisine Meals are  
Delivered to Your Door, Fresh  
Frozen and Ready to Heat & Eat**

**Each Golden Cuisine Meal is  
Individually Packaged with its  
own Nutrition Label and  
Heating Instructions, All in  
Large, Easy to Read Print**

