

“Survey Says”

Nutrition Notes by Natalie

I don't know how you feel about game shows, but my entire life I have only really liked a few. No matter how many come and go with the reality TV craze, I have my favorites. The original Price Is Right, Wheel of Fortune, and the current Family Feud with Steve Harvey. My favorite is definitely the latter. Maybe it's that catchy phrase, “Survey Says”, or just the hilarious host.

Surveys are interesting aren't they? Some surveys ask pointed questions so the results are guided by a set of choices. Others ask open ended questions, like that of Family Feud, which can lend itself to just about any response the participant thinks up. Here at Senior Nutrition, we conduct a meal survey every year where we ask participants, like yourselves, to provide feedback and suggestions about things that relate to our program. While processing our survey results from 2020 we identified a common theme. Many of you were wanting more information about the nutritional content of our meals.

Did you know that we actually are required by the State to meet one-third of the Recommended Daily Intake (RDI) for vitamins and minerals for our target population? More specifically, we must offer information on set caloric, Vitamin C, Calcium, Vitamin A, Fiber, and protein content of each and every meal. We even have to report the amount of sodium, and if it exceeds 1000 mg we must alert the participant by placing a picture of a salt shaker on the menu for that specific meal. Some people get confused about this and assume that the salt shaker means that we added salt. On the contrary, most of our meals are made from scratch and we use little to no added salt. There are some meals that naturally contain high amounts of salt, like pulled pork or seafood, but our aim is to keep those higher salt meals to no more than one per week.

Truth is, some people watch their salt intake a little closer than others. For those who need to know *exactly* how much sodium each meal contains, we do our best to provide that information for you. Every meal is analyzed by a nutrient analysis software program that compares like menu items. Although it is just an estimate, and not based on the exact recipe per se, the fact that we use little to no added salt in our meal preparation and that we pre-screen every pre-prepared food item we use for sodium content, we feel confident that we get pretty close.

That said, this information and the specific required nutritional facts for each meal you consume here at Senior Nutrition is just a click or a call away. We even estimate the total carbohydrate content for our diabetic population. The goal is to provide a delicious well-balanced, nutrient dense meal for everyone. Although some of you may not be concerned with these specifics our “Survey Says” a lot of you are.

For those “inquiring minds that want to know,” you have access to this information. Starting this month, we will be providing the nutrition information in the form of a Component Table on the back of the monthly menu.

The monthly menu, nutrition article and component table will still be available to view online at:
<https://www.edcgo.gov/Government/HumanServices/senior%20services/pages/seniornutritionservices.aspx>.

I get really excited when people take an interest in the foods they eat and nutrition in general, so please continue to send us your nutrition questions and concerns. For those friends who share my fondest for The Family Feud, I believe it still airs on CW31 which is a local CBS channel. 😊