

NUTRIGRAM

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Niagara County Office for the Aging 438-4020

111 Main Street Lockport NY 14094



Father's Day Special

The Father's Day special meal will be served on Wednesday, June 13th for Home Delivered Meals and for all sites that are open on Wednesdays. Remember that transportation is available to many sites if you cannot drive yourself. Call 438-4038 to ask Jennifer Schumacher about transportation. The following menu will be served:

Hot Roast Beef Sandwich on Kaiser Roll

Horseradish

2-Kind Potato Salad

Spinach Salad with Creamy Italian Dressing

Peanut Butter Delight

Coffee or Tea

Happy Father's Day!

For a list of dining site locations, call 438-4020.

The suggested contribution for a meal continues to be \$2.50 for individuals age 60 and over.

All About Selenium

Named after Selene, goddess of the Moon

What is it?

Selenium is an essential trace mineral required by the human body (has to be consumed as the body does not manufacture it)

What does it do?

- Important part of antioxidant enzymes that protect cells against the effects of free radicals that are produced during normal oxygen metabolism
- Essential for normal functioning of the immune system and thyroid gland
- Found in every cell in the body
- Has a synergistic relationship with vitamin E

- Necessary for cardiac function, pancreatic function, tissue elasticity

Recommendation

55 mcg for men and women over age 19

It is extremely important to obtain enough selenium in your diet, but most of us do get enough. Some vitamin/mineral supplements also contain selenium.

Upper Limit

There is a tolerable upper intake level of 400 mcg, to prevent the risk of toxicity, called selenosis

Sources of Selenium

Brazil Nuts	1 ounce (about 10)
840 mcg	
Tuna	3.5 ounces
78 mcg	
Noodles, enriched	1 cup
35 mcg	
Macaroni and Cheese	1 cup
32 mcg	
Macaroni, elbow, enriched	1 cup
30 mcg	
Spaghetti and Meat Sauce	1 cup
25 mcg	
Beef, chuck roast,	3 ounces
23 mcg	
Bread, enriched	2 slices
14 mcg	
Egg	1 egg
15 mcg	
Rice, enriched, long-grain	1 cup
14 mcg	

Also in oysters, wheat germ, flounder

*Information taken from the internet: Wholehealthmd.com and the National Institute of Health . **Web Site:** www.ods.od.nih.gov/fact sheets

There are no Holidays in the month of June.