

Sipping Smart

THE BUZZ ON COFFEE CONSUMPTION

Coffee, enjoyed hot or cold and brewed from roasted beans, offers more than just great flavor. It contains several key components:

- **Caffeine:** 80–100 mg per 1 cup (8 fl oz) boosts alertness.
- **Antioxidants:** protect cells from damage and reduce inflammation.
- **Key Nutrients:** offer small amounts of potassium, niacin, and magnesium.
- **Water:** contributes to daily fluid needs.

Potential Health Perks

- Moderate coffee intake has been associated with a lower risk of cardiovascular disease, Type 2 diabetes, and Parkinson's disease.
- May enhance focus, alertness, and coordination.
- Can support physical performance, both aerobic endurance and muscular power

Smart Coffee Habits

- **Limit intake** to 3–4 cups per day (~400 mg caffeine).
 - Remember to account for other caffeine sources like tea, soda, and energy drinks.
- **Avoid coffee 6–8 hours before bedtime** to not interfere with sleep quality.



What's in your Cup?

- Choose nonfat, 1% milk, or unsweetened plant-based milk over full fat dairy.
- Skip whipped cream and top with cinnamon or other spices instead.
- Reduce added sugar by choosing unsweetened coffee or opting for half the flavored syrup.
- Watch specialty drinks (mochas, flavored lattes, blended coffees), they can contain meal-level calories with limited nutrition.



Know Your Limit

Coffee can cause unwanted symptoms in some individuals, often when there is too much caffeine consumed.

- Gastrointestinal issues
- Shaking, irritability, increased heart rate or blood pressure
- Headaches, fatigue, or low mood
- Difficulty falling or staying asleep

CENLA AAA HOT MENU

JULY 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>TRIO Community Meals</p> <p>Nourishment through compassionate care.</p>	<p>Each Meal is Served with 1/2 Pint of 2% Milk</p>	<p>1</p> <p>Pizza Casserole Broccoli Parslied Carrots Wheat Bread Shortbread Cookies Margarine</p>	<p>2</p> <p>Chicken & Sausage Gumbo with Rice Mashed Spiced Yams Okra & Tomatoes Saltine Crackers Fresh Fruit Margarine</p>	<p>3</p> <p>CLOSED</p>
		<p>6</p> <p>Chicken & Sausage Jambalaya Cabbage Carrots Wheat Bread Strawberry Craisins Margarine</p>	<p>7</p> <p>Salisbury Patty Brown Gravy Garlic Potatoes Green Beans Wheat Bread Chocolate Pudding Margarine</p>	<p>8 SPECIAL</p> <p>Hot Dog w/Chili Chuckwagon Corn Hot Dog Bun Peach Cobbler Cranberry Juice</p>
<p>13</p> <p>Baked Chicken Breast Creamy Dijon Sauce Ranch Potatoes Peas & Carrots Wheat Bread Star Crunch Margarine</p>	<p>14</p> <p>Sloppy Joe or BBQ Chicken Breast Baked Beans Mixed Vegetables Wheat Hamburger Bun Fresh Fruit</p>	<p>15</p> <p>Swedish Meatballs Rice Broccoli & Cauliflower Wheat Bread Birthday Cake Ice Cream Apple Juice Margarine</p>	<p>16</p> <p>Ham & Pinto Beans Brown Rice Mixed Greens Cornbread Raisin Creme Cookie Cranberry Juice Margarine</p>	<p>17</p> <p>Apple Glazed Pork Roast Garlic Potatoes Chuckwagon Corn Wheat Bread Oatmeal Raisin Cookie Margarine</p>
<p>20</p> <p>Mongolian Chicken Fried Rice Ginger Carrots Wheat Bread Fudge Round Cranberry Juice Margarine</p>	<p>21</p> <p>Red Beans & Sausage Brown Rice Cabbage Cucumber/Onion Salad Cornbread Oatmeal Crème Cookie Margarine</p>	<p>22</p> <p>Chicken & Sausage Gumbo & Rice Yams Okra & Tomato Saltine Crackers Fruit Juice Blend Margarine</p>	<p>23</p> <p>Hamburger Lettuce/Tomato/Onion Baked Beans Wheat Hamburger Bun Fruited Gelatin Milk Mustard Ketchup</p>	<p>24</p> <p>Chicken Salad or Ham/Cheese Lettuce & Tomato Coleslaw Wheat Bread (2) Chocolate Chip Cookie Mayonnaise Mustard</p>
<p>27</p> <p>BBQ Sausage Link Crispy Cubed Potatoes Broccoli & Cauliflower Hot Dog Bun Strawberry Craisins</p>	<p>28</p> <p>Meatballs or Pork Riblet Brown Gravy Whipped Potatoes Mixed Vegetables Wheat Bread Fig Bar Margarine</p>	<p>29</p> <p>Spaghetti/Meat Sauce Green Beans Tossed Salad Wheat Bread Pineapple Cobbler Ranch Dressing Margarine</p>	<p>30</p> <p>Ham & White Beans Brown Rice Turnip Greens Cucumber/Onion Salad Cornbread Fruit & Grain Bar Margarine</p>	<p>31</p> <p>Baked Bone-in Chicken Brown Gravy Yams Black-eyed Peas Wheat Bread Fresh Fruit Margarine</p>