

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.

Love Soda? Try Sparkling Water

It's well-known that soda and other sugar-sweetened beverages can be damaging to your health, but you can stay hydrated and refreshed with sparkling water instead. Sparkling water is a healthier alternative to soda and can help meet your daily fluid requirements.

What is Sparkling Water?

Sparkling water, also known as seltzer, is simply water that is carbonated with added carbon dioxide. Unflavored seltzer has been shown to be as hydrating as plain water. You can also look for naturally flavored varieties. However, watch out for other sparkling beverages or “soda alternatives” that are either sugar or artificially sweetened.

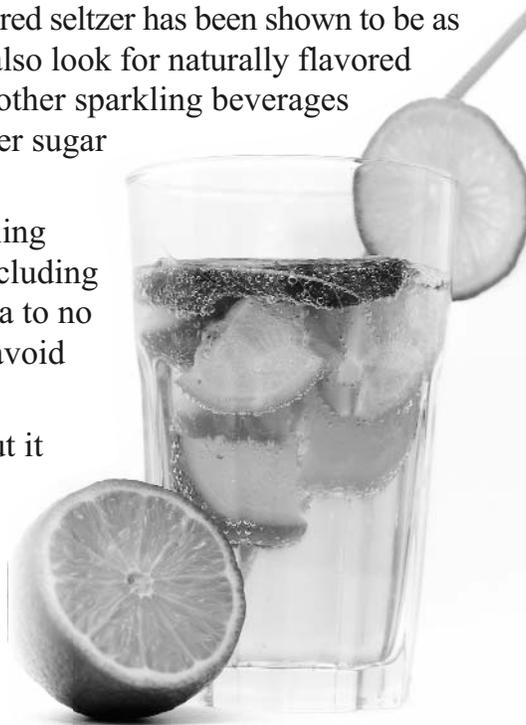
Club soda is also a type of sparkling water, but with added minerals, including sodium. You should limit club soda to no more than one serving per day to avoid consuming too much sodium.

Tonic water is another variety, but it is sweetened and also contains quinine, which can interact with some medications.

Ways to Enjoy

You may prefer it plain, but for other healthy ways to enjoy sparkling water, try:

- ✓ Muddle fresh fruit and herbs in the glass before adding sparkling water for more natural flavor and sweetness.
- ✓ Add frozen fresh fruit (such as berries) on a hot day.
- ✓ Add a small splash of fruit juice if you're used to soda – it's still lower in sugar without cutting the taste out completely.



Dining Centers & Days of Service Call for Lunch Reservations

LINN COUNTY

Albany Senior Center

Monday - Friday (541) 967-7647

Brownsville Christian Church

Tues. & Thurs. (541) 466-5015

Lebanon Senior Center

Monday - Friday (541) 451-1139

Mill City, First Presbyterian

Tues. & Thurs. (503) 897-2204

Sweet Home Community Center

Mon., Tues., Fri (541) 367-8843

BENTON COUNTY

Corvallis Senior Center

Monday - Friday (541) 753-1022

LINCOLN COUNTY

Lincoln City Community Center

Mon., Wed., Fri. (541) 994-7731

Newport Senior Center

Mon., Wed., Fri. (541) 574-0669

Siletz, Tribal Community Center

Mon. & Wed. (541) 270-7416

Toledo, Trinity United Methodist

Friday (541) 270-7416

Waldport, South County Sr. Center

Mon., Wed., Fri (541) 563-8796