



**BREAKFAST “MUFFINS”**

Warm, eggy bites baked with veggies, [Breakfast Turkey Sausage Patty](#) and [Turkey Bacon](#).

**THE DIETITIAN'S TABLE TIPS**

*“Turkey sausage brings delicious savory flavor to an egg bake with less fat.”*

**SERVING UP FACTS**

According to a Tastewise report, demand for portion flexibility among baby boomers has increased by 20%.



**SET THE TABLE FOR**  
*Nutritious Comfort*



**With Leslie Bonci, MPH, RDN, CSSD**

There’s no taste like home—or at least familiar dishes. According to Dietitian Leslie Bonci, food carries memories and tradition, is a great mood elevator and can provide soothing relief. These benefits are especially important in senior living and healthcare settings, where nutrition is still a priority. Leslie defines “nutritious comfort food” as high-quality meals in formats that are easy to ingest, and that include all macronutrients. Grab a fork and dig into service tips and recipes straight from the dietitian’s notebook.



**TURKEY BREAST PICCATA**

Pillow-soft gnocchi with nutrient-dense extra-virgin olive oil, veggies and [Sliced Turkey Tenderloin Medallions](#).

**THE DIETITIAN'S TABLE TIPS**

*“Doing a pasta dish with ½ pasta and ½ zucchini noodles increases the vegetables but preserves the familiarity.”*

**SERVING UP FACTS**

Comfort foods (58%) and health-forward ingredients (23%) are the most appealing menu trends for ages 65+.



**SEE MORE**

## TURKEY BOLOGNESE

With Ground Turkey, a smart swap for beef, and all the cozy flavor of a traditional ragu, including herbs and bold spices.

### THE DIETITIAN'S TABLE TIPS

*“Offer various herbs, spices and condiments with dishes so that one can season to one’s palate.”*

### SERVING UP FACTS

42% of senior living residents say the most appealing menu trends include comfort/indulgent foods.



## CARBONARA WITH TURKEY BACON

A better-for-you version of the classic dish, with the same, cheesy, savory and herby comfort of the original.

### THE DIETITIAN'S TABLE TIPS

*“As we age, we want familiarity and deserve enjoyment from the foods we choose.”*

### SERVING UP FACTS

21% of residents said their community didn't offer enough healthy options.

