## **Nutrition Column**

## Vitamin B6 –

Pyridoxine -- What do you need to know --

is a water-soluble vitamin belonging to the B-vitamin family. It plays numerous important roles in the body, participating in over 100 enzyme reactions and being crucial for maintaining health.

#### **Potential Deficiency Effects**

**Anemia**: Due to a lack of hemoglobin synthesis, potentially causing microcytic anemia.

**Nervous System Problems**: Such as neuritis, seizures, and depression.

**Skin Problems**: Including dermatitis and

dry skin.

**Decreased Immunity**: Increasing the risk of infections.

#### **Food Sources**

**Animal Foods**: Such as chicken, pork, fish (especially salmon and tuna), beef liver, and eggs.

**Plant Foods**: Such as whole grains, legumes, potatoes, bananas, and nuts.

Fortified Foods: Such as fortified cereals

and bread.

Generally, a balanced diet provides enough Vitamin B6, but supplementation might be necessary in certain situations, such as:

- Pregnant and Breastfeeding Women
- Elderly People
- Certain Diseases or Medications It is recommended to consult a doctor or nutritionist before taking supplements.

This article was provided by Dietitian Sophia Ding. If you have any questions, please call 617-357-0226

# **Senior Centers/Meal Sites**

## **Quincy Tower**

5 Oak Street West, Boston, MA 02116 Tel: (617) 423-7560 Fax: (617) 423-0502

Breakfast & Lunch Dine-In Breakfast Time: 8:00am-10:00am Lunch Time: 11:15am-12:30pm Open for in-person activities: Taichi, Dance, ESL, Calligraphy, Smart Phone Workshops, Painting

## **Hong Lok House**

25 Essex Street, Boston, MA 02111 Tel: (617) 936-3966 Fax: (617) 350-4621

Lunch Dine-In

Lunch Time: 11:30am-1:00pm

Open for in-person activities: Dance, ESL, Balance Exercise, Technology Workshops

### **Brighton House**

677 Cambridge St., Brighton, MA 02135 Tel: (617) 789-4289 Fax: (617) 789-5623

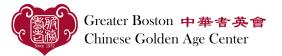
Lunch Dine-In Lunch Time:

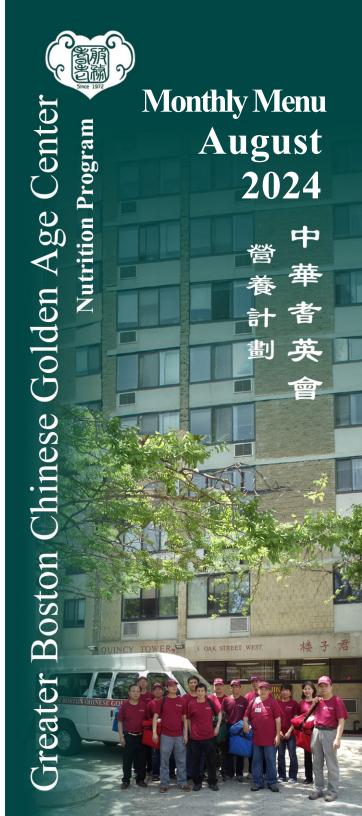
11:30am-12:00pm

Open for in-person activities: Taichi Soft Ball, Technology Workshops, ESL, Dance

Operation time: Monday to Friday from 9:00am to 2:00pm.

For detailed activity schedule, please check our website OR social media platforms.





## **Food Safety Rules**

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
+//0-			Shrimp and Egg Scramble	Sweet and Sour Tofu with Minced Pork	
	*HAPPY* MID AUTUMN FESTIVAL *中秋节*		Main Course + N/A + 125mg + 11mg Total Sodium = N/A	Main Course + 123mg + 125mg + 11mg Total Sodium = 259mg	
<b>+</b> \\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\	We are the second		Calories: N/A	Calories: 571kcal	
Fish Tofu and Mixed Vegetables	Baked Pork Ribs with Sugar and Vinegar	Minced Pork with Soybean Paste over Noodles	Tofu stew with Shrimp	Baked Ham and Shiitake Mushroom	
Main Course + 304mg Milk + 125mg Rice + 11mg Total Sodium = 441mg	Main Course + 356mg + 125mg + 11mg Total Sodium = 492mg	Main Course + 687*mg + 125mg Total Sodium = 824mg	Main Course + 606*mg + 125mg + 11mg Total Sodium = 742mg	Main Course + 632*mg + 125mg + 11mg Total Sodium = 768mg	
Calories: 484kcal	Calories: 758kcal	Calories: 1048kcal	Calories: 492kcal	Calories: 486kcal	
Yu-shiang Eggplant with Minced Pork	Stir-fried Shrimp with Mayo	Baked Fish Patty	Stir-fried Vegetarian Dish	Soy Braised Chicken Wings	
Main Course + 150mg Milk + 125mg Rice + 11mg Total Sodium = 296mg Calories: 530kcal	+ 125mg + 11mg	Main Course + 657*mg + 125mg + 11mg Total Sodium = 657mg Calories: 500kcal	Main Course + 235mg + 125mg + 11mg Total Sodium = 372mg Calories: 527kcal	Main Course + 235mg + 125mg + 11mg Total Sodium = 372mg Calories: 620kcal	
Baked Pork Ribs with Black Bean Sauce	Steamed Fish Fillet with Garlic		Stir-fried Shrimp an Pork over Noodles	Baked Chicken Wings with Salt and Pepper	
Main Course + 167mg Milk + 125mg Rice + 11mg Total Sodium = 303mg	Main Course + 829*mg + 125mg + 11mg Total Sodium = 966mg	Main Course + 111mg + 125mg + 11mg Total Sodium = 247mg	Main Course + N/A + 125mg  Total Sodium = N/A	Main Course + 493mg + 125mg + 11mg Total Sodium = 630mg	
Calories: 670kcal	Calories: 698kcal	Calories: 546kcal	Calories: N/A	Calories: 617kcal	
Baked Fish Fillet with Creamy Corn	Stir-fried Shrimp, Chicken, and Fish ball	Baked Chicken Thigh with Ginger and Scallion	Stir-fried Shrimp with Celery	Braised Beef Tendon with Steamed Rice Noodle	
Main Course + 430mg Milk + 125mg Rice + 11mg Total Sodium = 567mg	Main Course + 1121*mg + 125mg + 11mg Total Sodium = 1257mg	Main Course + 300mg + 125mg + 11mg Total Sodium = 437mg	Main Course + 1116*mg + 125mg + 11mg Total Sodium = 1252mg	Main Course + N/A  + 125mg + 11mg  Total Sodium = N/A	
Calories: 581kcal	High Sodium Calories:596kcal	Calories: 687kcal	High Sodium Calories: 483kcal	Monthly Special Calories: N/A	

Meals are based on a No Added Salt (3-4 gm sodium diet) for healthy older adult. If you have a special concern regarding sodium, contact the Dietitian for guidance on managing your intake to meet your diet requirements. The nutrition information above does not include vegetables nor fruits. Vegetables - calorie 30 - 60 kcal, sodium 60 - 150 mg; Fruits - calorie 71 - 105 kcal, sodium 1 - 2 mg. Meals may contain allergens including milk, egg, fish, crustaceans, tree nuts, wheat, peanut, and soybeans; and, food ingredient that contain these proteins.

If you choose not to eat your lunch right away, please put it in the refrigerator immediately.

When you are ready to consume the lunch:

- 1.Slit the plastic cover open or peel it back
- 2.Re-heat in the microwave for 2-3 mainutes
- 3.Preheat oven to 350° then place container on cookie sheet and heat for 10 20 minutes. Do not heat over 30 minutes.

\*Caution: containers should never be put into a toaster oven.

Note: Fruits and vegetables listed on the menu are subject to change due to seasonal availability. We reserve the right to modify an entrée for holidays or special occasions. Please watch out for small bones in your meal to avoid choking or discomfort while eating

