

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.



Greater Boston 中華耆英會
Chinese Golden Age Center



Monthly Menu August 2024

中華耆英會
營養計劃

Nutrition Program


Greater Boston Chinese Golden Age Center



August 2024 Monthly Menu

* indicates higher sodium items > 500 mg

Food Safety Rules

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>*HAPPY MID AUTUMN FESTIVAL* *中秋节*</p>				
5 Fish Tofu and Mixed Vegetables Main Course + 304mg Milk + 125mg Rice + 11mg Total Sodium = 441mg Calories: 484kcal	6 Baked Pork Ribs with Sugar and Vinegar Main Course + 356mg + 125mg + 11mg Total Sodium = 492mg Calories: 758kcal	7 Minced Pork with Soybean Paste over Noodles Main Course + 687*mg + 125mg Total Sodium = 824mg Calories: 1048kcal	1 Shrimp and Egg Scramble Main Course + N/A + 125mg + 11mg Total Sodium = N/A Calories: N/A	2 Sweet and Sour Tofu with Minced Pork Main Course + 123mg + 125mg + 11mg Total Sodium = 259mg Calories: 571kcal
12 Yu-shiang Eggplant with Minced Pork Main Course + 150mg Milk + 125mg Rice + 11mg Total Sodium = 296mg Calories: 530kcal	13 Stir-fried Shrimp with Mayo Main Course + N/A + 125mg + 11mg Total Sodium = N/A Calories: N/A	14 Baked Fish Patty Main Course + 657*mg + 125mg + 11mg Total Sodium = 657mg Calories: 500kcal	8 Tofu stew with Shrimp Main Course + 606*mg + 125mg + 11mg Total Sodium = 742mg Calories: 492kcal	9 Baked Ham and Shiitake Mushroom Main Course + 632*mg + 125mg + 11mg Total Sodium = 768mg Calories: 486kcal
19 Baked Pork Ribs with Black Bean Sauce Main Course + 167mg Milk + 125mg Rice + 11mg Total Sodium = 303mg Calories: 670kcal	20 Steamed Fish Fillet with Garlic Main Course + 829*mg + 125mg + 11mg Total Sodium = 966mg Calories: 698kcal	21 Family-Style Vegetarian Dish Main Course + 111mg + 125mg + 11mg Total Sodium = 247mg Calories: 546kcal	15 Stir-fried Vegetarian Dish Main Course + 235mg + 125mg + 11mg Total Sodium = 372mg Calories: 527kcal	16 Soy Braised Chicken Wings Main Course + 235mg + 125mg + 11mg Total Sodium = 372mg Calories: 620kcal
26 Baked Fish Fillet with Creamy Corn Main Course + 430mg Milk + 125mg Rice + 11mg Total Sodium = 567mg Calories: 581kcal	27 Stir-fried Shrimp, Chicken, and Fish ball Main Course + 1121*mg + 125mg + 11mg Total Sodium = 1257mg High Sodium Calories: 596kcal	28 Baked Chicken Thigh with Ginger and Scallion Main Course + 300mg + 125mg + 11mg Total Sodium = 437mg Calories: 687kcal	22 Stir-fried Shrimp and Pork over Noodles Main Course + N/A + 125mg Total Sodium = N/A Calories: N/A	23 Baked Chicken Wings with Salt and Pepper Main Course + 493mg + 125mg + 11mg Total Sodium = 630mg Calories: 617kcal
			29 Stir-fried Shrimp with Celery Main Course + 1116*mg + 125mg + 11mg Total Sodium = 1252mg High Sodium Calories: 483kcal	30 Braised Beef Tendon with Steamed Rice Noodle Main Course + N/A + 125mg + 11mg Total Sodium = N/A Monthly Special Calories: N/A

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 minutes
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



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.