

Nutrition Column

- Vitamin B7 -

Biotin

-- What do you need to know --

Also known as biotin. Its main function is to help the body metabolize carbohydrates, fats and proteins into energy. In addition:

- Maintain healthy hair, skin and nails
- Supports normal functioning of the nervous system
- Healthy embryonic development during pregnancy

Biotin deficiency is less common. If it occurs it can cause thinning hair, brittle nails, rashes, depression, fatigue, and cognitive decline. Pregnant women and people with certain genetic diseases are more likely to develop deficiencies.

Vitamin B7 is found in a variety of foods, making it easy to meet daily requirements through diet. Foods rich in biotin include eggs, nuts (especially almonds), seeds, salmon, sweet potatoes, and spinach. For vegetarians, avocados and mushrooms are good sources of biotin.

While biotin supplements are popular on the market, especially among those looking to improve hair and nail health, most people can get enough biotin through a balanced diet. If you suspect you are deficient or need additional supplementation, a daily dose of 30-100 micrograms (mcg) is generally safe. Before starting any supplement, it is best to consult a doctor to ensure it is appropriate for individual health needs.

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.



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Chinese Golden Age Center



Greater Boston Chinese Golden Age Center

Nutrition Program


Monthly Menu September 2024

中華耆英會
營養計劃



September 2024 Monthly Menu * indicates higher sodium items > 500 mg

Food Safety Rules

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Closed for the day Labor Day	3 Steamed Dumplings Main Course + 968*mg + 125mg Total Sodium = 1093mg Calories: 477kcal	4 Stir-fried Shrimp with Salt and Pepper Main Course + 784*mg + 125mg + 11mg Total Sodium = 921mg Calories: 545kcal	5 Mapo Tofu with Minced Pork Main Course + 515*mg + 125mg + 11mg Total Sodium = 651mg Calories: 927kcal	6 Soy braised Chicken Thigh Main Course + 472mg + 125mg + 11mg Total Sodium = 609mg Calories: 1028kcal
9 Spicy Boiled Fish Fillet Main Course + 426mg Milk + 125mg Rice + 11mg Total Sodium = 562mg Calories: 506kcal	10 Baked Pork Ribs with Garlic Main Course + 164mg + 125mg + 11mg Total Sodium = 301mg Calories: 713kcal	11 Baked Chicken Wings with Garlic and Onion Main Course + 287mg + 125mg + 11mg Total Sodium = 630mg Calories: 617kcal	12 Buddhist Delight Main Course + 356mg + 125mg + 11mg Total Sodium = 493mg Calories: 434kcal	13 Curry Fish Ball over Noodles Main Course + 616*mg + 125mg + 11mg Total Sodium = 994mg Calories: 585kcal
16 Family-style Vegetarian Dish Main Course + 111mg Milk + 125mg Rice + 11mg Total Sodium = 247mg Calories: 546kcal	17 Baked Pork Patty with Shiitake Mushrooms Main Course + 352mg + 125mg + 11mg Total Sodium = 488mg Calories: 622kcal	18 Sweet and Sour Shrimp Main Course + 884*mg 125mg + 11mg Total Sodium = 1020mg Calories: 523kcal	19 Pork Ribs with Black Bean Sauce over Rice Noodles Main Course + 820*mg + 125mg Rice Noodles + N/A Total Sodium = N/A Monthly Special Calories: N/A	20 Baked Fish Fillet with Italian Seasoning Main Course + 613*mg + 125mg Noodles + 252mg Total Sodium = 749mg Calories: 700kcal
23 Tofu Stew with Shrimp Main Course + 741*mg Milk + 125mg Rice + 11mg Total Sodium = 878mg Calories: 854kcal	24 Baked Egg Patty Main Course + 340mg + 125mg + 11mg Total Sodium = 476mg Calories: 658kcal	25 Braised Pig Feet Main Course + N/A + 125mg + 11mg Total Sodium = N/A Calories: N/A	26 Minced Pork with Soybean Sauce over Noodles Main Course + 687*mg + 125mg Total Sodium = 812mg Calories: 828kcal	27 Baked Chicken Thigh with Ginger Powder Main Course + 312mg + 125mg + 11mg Total Sodium = 448mg Calories: 670kcal
30 Baked Fish Fillet with Garlic Main Course + 160mg Milk + 125mg Rice + 11mg Total Sodium = 296mg Calories: 472kcal	 <p>Welcome AUTUMN TIME</p>			

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.