Nutrition Column

Vitamin C -

-- What do you need to know --

is a water-soluble vitamin crucial for the immune system, collagen production, and antioxidant defense. Its main functions include:

Boosts Immune Function: Promotes white blood cell production, helping to fight infections. Antioxidant Power: Neutralizes free radicals,

reducing the risk of chronic diseases.

Collagen Production: Maintains skin elasticity

and aids in wound healing.

Iron Absorption: Enhances the absorption of non-heme iron from plant-based foods,

preventing anemia.

Deficiency Symptoms

Vitamin C deficiency can lead to fatigue, swollen gums, joint pain, and in severe cases, may result in scurvy.

Daily Recommended Intake:

Adults: 75-90 mg

Smokers: Additional 35 mg

Pregnant/Breastfeeding Women: 85-120 mg

Dietary Sources and Content:

Orange (1 medium): 70 mg

Strawberries (1 cup): 85 mg

Red Pepper (1/2 cup): 95 mg

Kiwi (1 medium): 70 mg

Spinach (1 cup, cooked): 18 mg

Supplementation Advice

While Vitamin C supplements can boost intake and enhance immune function, food sources provide additional beneficial nutrients for overall health. It is advisable to prioritize Vitamin C through a balanced diet.

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

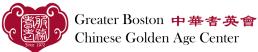
Operation time: Monday to Friday from 9:00am to 2:00pm. For detailed activity schedule, please check our website OR social media platforms.

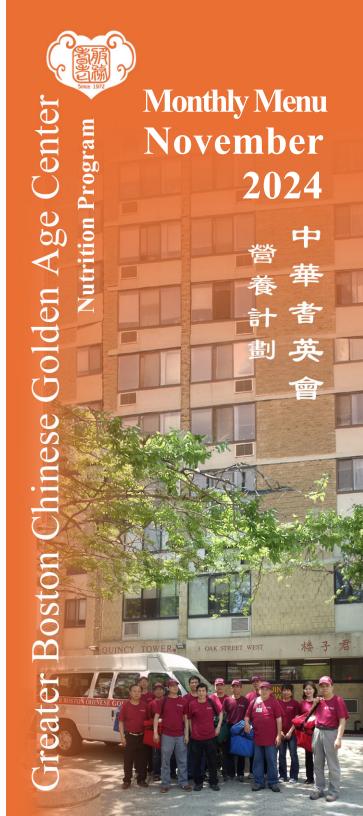












Calories: 530kcal

Food Safety Rules



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.

Calories: 564kcal

Calories: 786kcal

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.

