

## 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.



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Greater Boston 中華耆英會  
Chinese Golden Age Center



Greater Boston Chinese Golden Age Center

Nutrition Program

## Monthly Menu November 2024

中華耆英會  
營養計劃



# November 2024 Monthly Menu

\* indicates higher sodium items > 500 mg

## Food Safety Rules

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> Baked Pork Ribs with Black Bean Sauce Main Course + 164mg + 125mg + 11mg Total Sodium = 301mg Calories: 713kcal
<b>4</b> Fish balls with Satay Sauce Main Course + 616*mg Milk + 125mg Rice + 11mg Total Sodium = 753mg Calories: 541kcal	<b>5</b> Buddha's Delight Main Course + 356mg + 125mg + 11mg Total Sodium = 493mg Calories: 434kcal	<b>6</b> Spicy Boiled Fish Fillet Main Course + 426mg + 125mg + 11mg Total Sodium = 562mg Calories: 506kcal	<b>7</b> Noodle with Minced Pork Main Course + 687*mg + 125mg Total Sodium = 812mg Calories: 828kcal	<b>8</b> Braised Chicken Thigh with Soy Sauce Main Course + 235mg + 125mg + 11mg Total Sodium = 372mg Calories: 620kcal
<b>11</b> Closed for the day Veterans Day	<b>12</b> Steamed Dumplings Main Course + 968*mg Milk + 125mg Total Sodium = 1105mg Calories: 697kcal	<b>13</b> Steamed Egg Patty Main Course + 340mg + 125mg + 11mg Total Sodium = 476mg Calories: 658kcal	<b>14</b> Soy Braised Tofu with Minced Pork Main Course + 549*mg + 125mg + 11mg Total Sodium = 686mg Calories: 671kcal	<b>15</b> Noodles with Seafood Main Course + N/A + 125mg Total Sodium = N/A Monthly Special Calories: N/A
<b>18</b> Stir-fried Shrimp with Mayo Main Course + N/A Milk + 125mg Rice + 11mg Total Sodium = N/A Calories: N/A	<b>19</b> Braised Chicken with Chestnut Main Course + 165mg + 125mg + 11mg Total Sodium = 301mg Calories: 670kcal	<b>20</b> Baked Chicken Wings with Salt and Pepper Main Course + 493mg + 125mg + 11mg Total Sodium = 630mg Calories: 617kcal	<b>21</b> Family Style Vegetarian Dish Main Course + 111mg + 125mg + 11mg Total Sodium = 247mg Calories: 546kcal	<b>22</b> Baked Fish Fillet with Garlic Main Course + 829*mg + 125mg + 11mg Total Sodium = 966mg Calories: 698kcal
<b>25</b> Yu-Shiang Eggplant and Minced Pork Main Course + 160mg Milk + 125mg Rice + 11mg Total Sodium = 296mg Calories: 530kcal	<b>26</b> Fish Tofu with Sacha Sauce Main Course + 680*mg + 125mg + 11mg Total Sodium = 817mg Calories: 564kcal	<b>27</b> Baked Turkey with Pumpkin Main Course + 630*mg + 125mg + 11mg Total Sodium = 766mg Calories: 786kcal	<b>28</b> Closed for two days Thanksgiving 	

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.