

## Nutrition Column

### - Vitamin D -

-- What do you need to know --

is essential for strong bones, immune health, and muscle function. It can be obtained from sunlight and certain foods.

- Bone Health:** Helps absorb calcium and phosphorus for strong bones and teeth.
- Immune Support:** Strengthens immunity against infections and chronic disease.
- Muscle Function:** Aids in muscle strength, reducing fall risk for seniors.

#### Deficiency Symptoms

Fatigue, muscle weakness, and bone pain, with severe cases leading to higher fracture risk.

#### Recommended Daily Intake

Adults: 600-800 IU

65+ Adults: 800-1000 IU

#### Top Sources

- Salmon (3.5 oz): ~360 IU
- Fortified Milk (1 cup): ~120 IU
- Cod Liver Oil (1 tbsp): ~1300 IU
- Egg Yolk (1 yolk): ~40 IU
- Mushrooms (100 g, sun-exposed): ~400 IU

#### Supplementation Advice

Vitamin D supplements can help increase intake, especially for individuals with limited sun exposure. It's recommended to consult a healthcare provider to determine the appropriate dosage to avoid excessive intake.

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 December 2024

中華耆英會  
營養計劃



# December 2024 Monthly Menu

\* indicates higher sodium items > 500 mg

## Food Safety Rules

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Steamed Dumplings Main Course + 968*mg Milk + 125mg Total Sodium = 1093mg Calories: 477kcal	<b>3</b> Stir-fried Shrimp with Salt and Pepper Main Course + 736*mg Milk + 125mg Rice + 11mg Total Sodium = 872mg Calories: 433kcal	<b>4</b> Baked Pork Slices with Tomato Main Course + 171mg + 125mg + 11mg Total Sodium = 308mg Calories: 616kcal	<b>5</b> Family-style Vegetarian Dish Main Course + 111mg + 125mg + 11mg Total Sodium = 247mg Calories: 546kcal	<b>6</b> Baked Chicken Wings with Salt and Pepper Main Course + 493mg + 125mg + 11mg Total Sodium = 630mg Calories: 617kcal
<b>9</b> Baked Pork Ribs with Sugar and Vinegar Sauce Main Course + 356mg Milk + 125mg Rice + 11mg Total Sodium = 492mg Calories: 758kcal	<b>10</b> Baked Fish Fillet with Italian Seasoning Main Course + 613*mg + 125mg + 11mg Total Sodium = 749mg Calories: 700kcal	<b>11</b> Baked Pork Slices with Tomato Main Course + 515*mg + 125mg + 11mg Total Sodium = 651mg Calories: 927kcal	<b>12</b> Noodle with Minced Pork Main Course + 687*mg + 125mg Total Sodium = 812mg Calories: 828kcal	<b>13</b> Soy braised Chicken Thigh Main Course + 235mg + 125mg + 11mg Total Sodium = 372mg Calories: 620kcal
<b>16</b> Assorted Seafood Stir-fry Main Course + 601*mg Milk + 125mg Rice + 11mg Total Sodium = 737mg Calories: 411kcal	<b>17</b> Steamed Pork Patty with Shiitake Mushroom Main Course + 352mg + 125mg + 11mg Total Sodium = 488mg Calories: 622kcal	<b>18</b> Buddha's Delight Main Course + 356mg 125mg + 11mg Total Sodium = 493mg Calories: 434kcal	<b>19</b> Baked Pork Ribs with Pumpkin Main Course + 560*mg + 125mg + 11mg Total Sodium = 696mg Calories: 741kcal	<b>20</b> Noodles with Curry Fish Ball Main Course + N/A + 125mg Total Sodium = N/A Calories: N/A
<b>23</b> Baked Ham with Shiitake Mushroom Main Course + 632*mg Milk + 125mg Rice + 11mg Total Sodium = 768mg Calories: 486kcal	<b>24</b> Tofu, dried bean curd and Pork Stew Main Course + N/A + 125mg + 11mg Total Sodium = N/A Calories: N/A	<b>25</b>  Closed for the day Christmas	<b>26</b> Steamed Dumplings Main Course + 968*mg + 125mg + 11mg Total Sodium = 1093mg Calories: 477kcal	<b>27</b> Braised Beef Tendon with Rice Noodles Main Course + N/A + 125mg + 11mg Total Sodium = N/A Monthly Special Calories: N/A
<b>30</b> Baked Fish Fillet with Black Bean Sauce Main Course + 349mg Milk + 125mg Rice + 11mg Total Sodium = 486mg Calories: 534kcal	<b>31</b> Baked Chicken Thigh with Scallion and Ginger Main Course + 456mg + 125mg + 11mg Total Sodium = 593mg High Sodium Calories: 781kcal	 <p>We wish you a merry  <b>CHRISTMAS</b></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, soybeans and sesame; and, food ingredient that contain these proteins.