Nutrition Column

Vitamin B9 –

Folate -- What do you need to know --

also known as folate or folic acid, is a water-soluble vitamin essential for DNA synthesis, cell growth, and red blood cell formation. Key functions include:

Red blood cell production: Helps prevent anemia.

Supports fetal development: Reduces the risk of neural tube defects during pregnancy.

Aids in cell growth and repair.

Folate Deficiency

Deficiency can lead to symptoms like fatigue, weakness, headaches, and anemia. Pregnant women with folate deficiency may have an increased risk of birth defects.

Dietary Sources of Folate

Folate is found in green leafy vegetables (like spinach), beans, lentils, citrus fruits, and fortified grains. Supplements are often recommended for pregnant women.

Supplementation Advice

Adults typically need 400 mcg of folate daily, and pregnant women should take 400-600 mcg. Always consult a doctor before starting 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

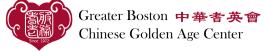
Operation time: Monday to Friday from 9:00am to 2:00pm. For detailed activity schedule, please check our website OR social media platforms.

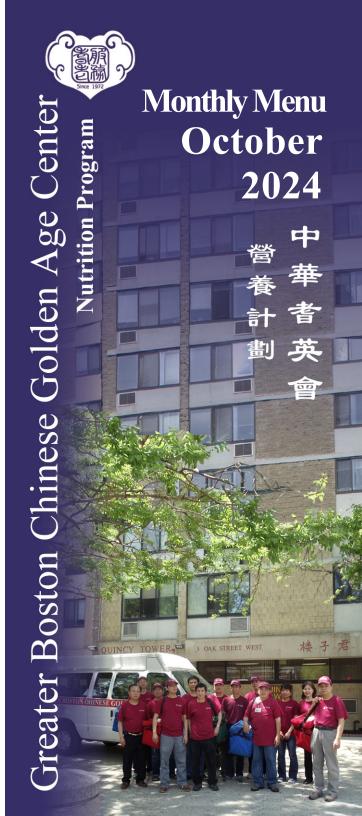












Food Safety Rules

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
***	Assorted Vegetarian Dishes	Shrimp in Tomato Sauce	Sweet and Sour Pork Ribs	Honey Barbecue Pork
	Main Course + 298mg + 125mg + 11mg	Main Course + 884*mg + 125mg + 11mg	Main Course + 356mg + 125mg + 11mg	Main Course + 460mg + 125mg + 11mg
***************************************	Total Sodium = 434mg Calories: 532kcal	Total Sodium = 1020mg Calories: 523kcal	Total Sodium = 492mg Calories: 758kcal	Total Sodium = 596mg Calories:864kcal
7 Stir-fried Trio	Flavored Cabbage with Sliced Meat	Italian Baked Fish Fillet	Braised Tofu	Soy Braised Chicken Wings
Main Course + 1121*mg Milk + 125mg Rice + 11mg	Main Course + N/A + 125mg + 11mg	Main Course + 613*mg + 125mg + 11mg	Main Course + 549*mg + 125mg + 11mg	Main Course + 235mg + 125mg + 11mg
Total Sodium = 1257mg	Total Sodium = N/A	Total Sodium = 749mg	Total Sodium = 686mg	Total Sodium = 372mg
High Sodium Calories: 596kcal	Calories: N/A	Calories: 700kcal	Calories: 671kcal	Calories: 620kcal
14	Steamed Dumplings	Buddha's Delight	Garlic Shrimp	Pumpkin Pork Ribs
Closed for the day	Main Course + 968*mg + 125mg	Main Course + 356mg 125mg	Main Course + 784*mg + 125mg	Main Course + 560*mg + 125mg
Columbus Day	+ 11mg Total Sodium = 1105mg	+ 11mg Total Sodium = 493mg	+ 11mg Total Sodium = 921mg	+ 11mg Total Sodium = 696mg
	Calories: 697kcal	Calories: 434kcal	Calories: 545kcal	Calories: 741kcal
Steamed Fish with Goji Berries and Black Fungus	Chinese Ham with Shiitake Mushroom	Sand Ginger Chicken Wings	Mapo Tofu	Fish Balls in Barbecue Sauce
Main Course + 317mg Milk + 125mg Rice + 11mg	Main Course + 632*mg + 125mg + 11mg	Main Course + 312mg + 125mg + 11mg	Main Course + 515*mg + 125mg + 11mg	Main Course + N/A → ↑ + 125mg ↑ + 11mg
Total Sodium = 454mg	Total Sodium = 768mg	Total Sodium = 448mg	Total Sodium = 651mg	Total Sodium = N/A
Calories: 500kcal	Calories: 486kcal	Calories: 670kcal	Calories: 927kcal	Monthly Special Calories: N/A
Fish Fillet with Creamy Corn	Tofu with Roasted Pork Belly	Eight Treasures Noodles	Yu-shiang Eggplant with Minced Pork	* * *
Main Course + 430mg Milk + 125mg Rice + 11mg	Main Course + 123mg + 125mg + 11mg	Main Course + N/A + 125mg	Main Course + 150mg + 125mg + 11mg	
Total Sodium = 567mg Calories: 581kcal	Total Sodium = 259mg Calories: 571kcal	Total Sodium = N/A Calories: N/A	Total Sodium = 296mg Calories: 530kcal	
Calolies. 36 IRCal	Calonies. 37 IKCal	Culoties. N/A	Calones, 550kcar	

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.

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

