

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.



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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
October
2024



中華耆英會
營養計劃



October 2024 Monthly Menu

* indicates higher sodium items > 500 mg

Food Safety Rules

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Assorted Vegetarian Dishes Main Course + 298mg + 125mg + 11mg Total Sodium = 434mg Calories: 532kcal	2 Shrimp in Tomato Sauce Main Course + 884*mg + 125mg + 11mg Total Sodium = 1020mg Calories: 523kcal	3 Sweet and Sour Pork Ribs Main Course + 356mg + 125mg + 11mg Total Sodium = 492mg Calories: 758kcal	4 Honey Barbecue Pork Main Course + 460mg + 125mg + 11mg Total Sodium = 596mg Calories: 864kcal
7 Stir-fried Trio Main Course + 1121*mg Milk + 125mg Rice + 11mg Total Sodium = 1257mg High Sodium Calories: 596kcal	8 Flavored Cabbage with Sliced Meat Main Course + N/A + 125mg + 11mg Total Sodium = N/A Calories: N/A	9 Italian Baked Fish Fillet Main Course + 613*mg + 125mg + 11mg Total Sodium = 749mg Calories: 700kcal	10 Braised Tofu Main Course + 549*mg + 125mg + 11mg Total Sodium = 686mg Calories: 671kcal	11 Soy Braised Chicken Wings Main Course + 235mg + 125mg + 11mg Total Sodium = 372mg Calories: 620kcal
14 Closed for the day Columbus Day	15 Steamed Dumplings Main Course + 968*mg + 125mg + 11mg Total Sodium = 1105mg Calories: 697kcal	16 Buddha's Delight Main Course + 356mg 125mg + 11mg Total Sodium = 493mg Calories: 434kcal	17 Garlic Shrimp Main Course + 784*mg + 125mg + 11mg Total Sodium = 921mg Calories: 545kcal	18 Pumpkin Pork Ribs Main Course + 560*mg + 125mg + 11mg Total Sodium = 696mg Calories: 741kcal
21 Steamed Fish with Goji Berries and Black Fungus Main Course + 317mg Milk + 125mg Rice + 11mg Total Sodium = 454mg Calories: 500kcal	22 Chinese Ham with Shiitake Mushroom Main Course + 632*mg + 125mg + 11mg Total Sodium = 768mg Calories: 486kcal	23 Sand Ginger Chicken Wings Main Course + 312mg + 125mg + 11mg Total Sodium = 448mg Calories: 670kcal	24 Mapo Tofu Main Course + 515*mg + 125mg + 11mg Total Sodium = 651mg Calories: 927kcal	25 Fish Balls in Barbecue Sauce Main Course + N/A + 125mg + 11mg Total Sodium = N/A Monthly Special Calories: N/A
28 Fish Fillet with Creamy Corn Main Course + 430mg Milk + 125mg Rice + 11mg Total Sodium = 567mg Calories: 581kcal	29 Tofu with Roasted Pork Belly Main Course + 123mg + 125mg + 11mg Total Sodium = 259mg Calories: 571kcal	30 Eight Treasures Noodles Main Course + N/A + 125mg Total Sodium = N/A Calories: N/A	31 Yu-shiang Eggplant with Minced Pork Main Course + 150mg + 125mg + 11mg Total Sodium = 296mg Calories: 530kcal	

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.

