



Nutrition Education



Look for Hidden Sugar and Sodium

Some processed foods may contain higher amounts of added sugar and sodium, so it's always helpful to check the Nutrition Facts Label.

Choose foods labeled no salt added, low-sodium or reduced-sodium to decrease the amount of salt you're consuming from processed food.

Source: EatRight.org

Created by: Heather Cuellar, RD

Presented by: Becky Bruno,
Spectrum Program Manager

April 2023

Processed Foods Explained

“Processed Food” is a broad term and in recent years has gotten a bad rap. While processed fast foods, chips, candy, and junk food are the types of processed foods to limit, there are processed foods which can be a part of a healthy diet and many have a place in your daily routine.












Processed foods come in many different levels of processing and can include foods that have been canned, frozen, pre-cooked, fortified, and even nutritionally altered.

Types of processing:

- **Unprocessed food** is as it would be found in nature such as unpeeled oranges, bananas, carrots and lettuce. These are generally higher in nutrients and fiber.
- **Minimally processed foods** are often simply prepared in advance for convenience. This can include bagged spinach, pre-cut vegetables and roasted nuts. Other foods with less processing include those processed at their peak to lock in nutritional quality and freshness like canned tomatoes, frozen fruits and vegetables, and canned tuna. This is a convenient way to access prepared foods and the type of processed foods that provide valuable nutrients.
- **Heavily processed food** may have a long list of ingredients, yet contains few nutrients and fiber. This includes microwavable dinners and pre-made frozen meals as well as ready-to-eat-foods such as chips, deli meats, cereals, and crackers. This is the type of processed food to limit.





Mon	Tue	Wed	Thu	Fri
3	4	5 	6	7
Egg Salad Sandwich on WW Bread with Lettuce, Tomato & Onion Chef's Choice Veg Soup Fruit+	Turkey Chili Tossed Vegetable Salad* Cornbread Fruit+ 	Vegetable Stir Fry+* House Salad Brown Rice Fruit	Chicken Gumbo w/Okra Red Beans Brown Rice Fruit+  California Poppy Day	Southwestern Baked Cod Southwestern Side Salad Carrots* Rice Pilaf Fruit+, Dessert
10	11	12	13	14 
HOLIDAY MEAL Baked Ham Sweet Potatoes*+ Broccoli/Red Bell Pepper+ Hawaiian Roll Fruit 	Ginger Beef Bowl Carrots* Brown Rice Fruit+	Chicken Salad w/Raisins over Romaine, Tomato & Cucumber Lemony Mushroom and Orzo Soup WW Crackers, Fruit+	Cod w/Coconut Curry Sauce Cilantro Lime Coleslaw Seasoned Cauliflower+ Rice Pilaf Fruit	WW Pasta w/Veggie Marinara Sauce* House Salad Garlic Breadstick Fruit+ 
17	18	19 	20	21
Imitation Crab & Egg Salad over Romaine* with Tomato Minestrone Soup WW Bread, Fruit+	Chicken Veggie Fajitas+ Black Beans Soft WW Tortillas Fruit Dessert	Pesto Tortellini Primavera+* Tomato Soup Garlic Breadstick Fruit 	Albondigas Soup+* with Beef Meatballs Tossed Vegetable Salad* Tortilla Chips Fruit	BBQ Chicken Sandwich on WW Bun with Lettuce, Tomato & Onion Broccoli Cranberry Salad+ Fruit
24	25 	26	27	28
Herb Baked Chicken Potato Cabbage Soup+ Peas & Carrots* WW Roll Fruit	Moroccan Chickpeas Baked Sweet Potatoes*+ House Salad Couscous Fruit	Meatball Sub w/Marinara Sauce on Sourdough Hoagie Italian Cut Green Beans Spinach Medley Salad* Fruit+	Garlic Ginger Glazed Pork Roasted Broccoli+ Carrot Coins* Brown Rice Fruit	Baked Cod with Melted Leeks Sauce* Roasted Cauliflower+ Brussel Sprouts+ Brown Rice, Fruit 
			1% Milk served each meal Menu subject to change without notice.	KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat  = Vegetarian Day

Spectrum thanks the following organizations for their financial support: Alameda County Area Agency on Aging, Cities of Hayward, San Leandro & Union City, Eden Health District, and Rotary Clubs of Hayward, Castro Valley and Oakland 3.

For reservations, contact sites directly. For other inquiries, call our Main kitchen (510) 785-1997 Program manager, Becky Bruno: BBruno@SpectrumCS.org