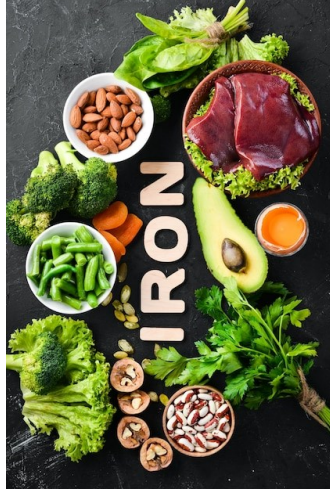




Nutrition Education



The Recommended Dietary Allowance (RDA) for Iron is:

Adult Male and Females over 50 years old = 8 mg

Most individuals can get the iron their bodies need from eating a healthy, balanced diet which contains iron rich foods.

Information obtained from:
The Academy of Nutrition & Dietetics

Provided by: Heather Cuellar, RD
Presented by: Becky Bruno,
Senior Services Project Coordinator

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Iron

What is Iron?

Iron is a mineral that plays a crucial role within the body to support overall health and well-being. One of iron's main functions is to transport oxygen in the blood throughout the body.

What happens when Iron levels are low?

If the body doesn't absorb the recommended amount of iron it needs, the body can become iron deficient. This could also progress to iron deficiency anemia, which is a very common nutrient deficiency in the United States.

Symptoms may include:

Fatigue, headaches, weakness, difficulty maintaining body temperature, pale skin and nails.

Iron sources are found in both animal and plant sources. However, the body absorbs iron more efficiently from animal sources.

Iron food sources include, but not limited to:

Animal Based

- Lean Meats: beef, poultry, turkey, lamb, and pork
- Seafood: Fish and shellfish

Plant Based

- Beans and Legumes: lentils, beans, peas, barley and more
- Leafy Greens: spinach, swiss chard, kale, and collard greens
- Fortified food products: Many cereals, pastas, and grains may be iron fortified















Helpful tip: Plant based iron sources are best absorbed when paired with a Vitamin C source.

For example, squeezing fresh lemon juice over a spinach salad will help the body increase the absorption of plant based iron.



Senior Rate: \$4 contribution per meal
 Any additional contribution is greatly appreciated.
 No registered senior will be denied a meal due to inability to give. **Guests under 60: \$14 flat fee**

Mon	Tue	Wed	Thu	Fri
HOLIDAY 1 	Easter Holiday Meal 2 Baked Ham Sweet Potatoes+* Broccoli & Red Bell Pepper+ Hawaiian Roll Applesauce Fruit Cup+ <i>Dessert (M&E only)</i> 	<i>NEW</i> 3 Cod w/White Wine Sauce* Roasted Broccoli+ Carrot Coins* Brown Rice Fruit	<i>NEW</i> 4 Grilled Turkey & Cheese on WW Bread w/Lettuce, Tomato, & Onion Broccoli Raisin Salad+ Fruit	<i>NEW</i> 5 Glazed Meatloaf Mashed Potatoes w/Gravy Peas & Carrots* WW Roll Fruit+
8 Egg Salad Sandwich* on WW Bread w/Lettuce, Tomato, & Onion Tomato Soup, Fruit+	<i>NEW</i> 9 Chili Dijon Pork Tenderloin+ Carrots* Roasted Potatoes Cornbread Fruit	 10 Lentil Vegetable Curry+* Roasted Broccoli+ Brown Rice Fruit	11 Coconut Curry Cod Cilantro Lime Coleslaw Seasoned Cauliflower+ Rice Pilaf Fruit	12 Chicken Gumbo w/Okra+ Red Beans Brown Rice Fruit 
15 Apricot Glazed Chicken Vegetable Blend+* Spinach Medley Salad Rice Pilaf Fruit	16 Ginger Beef Bowl Carrots* Brown Rice Fruit+ 	17 Chicken Salad w/Raisins over Romaine, Tomato, & Cucumber Lemony Mushroom and Orzo Soup WW Crackers, Fruit+	 18 Pesto Tortellini Primavera+* Roasted Cauliflower+ Garlic bread Fruit 	19 Baked Cod w/Melted Leeks sauce* Carrots* Brussels Sprouts+ Rice Pilaf Fruit
22 Imitation Crab & Egg Salad over Romaine w/Tomato Wedge Minestrone Soup WW Bread, Fruit+	23 BBQ Chicken Sandwich on WW Bun w/Lettuce, Tomato, & Onion Broccoli Cranberry Salad+ Fruit	24 Pork Adobo Asian Blend Vegetables Baby Carrots* Garlic Rice Fruit+	<i>NEW</i> 25 Chicken Tacos (2) w/Cilantro & Diced Onions Tossed Vegetable Salad* Pinto Beans+ Corn Tortillas, Fruit	<i>NEW</i> < >  26 Spinach Mushroom Lasagna+*  House Salad* Garlic Bread Fruit
29 Garlic Ginger Glazed Pork Roasted Broccoli+ Carrot Coins* Brown Rice Fruit	 30 Veggie Chili Roasted Brussels Sprouts+ Cornbread Fruit 		1% Milk served each meal <i>Menu subject to change without notice.</i>	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, Subaru Share the Love, StopWaste, Cities of Hayward, San Leandro & Union City, Eden Health District, and Rotary Clubs of Niles Fremont, Hayward, and Castro Valley.

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