



# Nutrition Education



## Did You Know?

For some of us as we age our tastebuds can change and some foods may not taste as well as they use to? However, don't let that stop you from enjoying your favorite foods. Try using different herbs and spices (without adding salt) for more flavor packed food!

Sources:  
Understanding Nutrition by Whitney and Rolfes, and Today's Dietitian

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**August 2023**

## Herbs and Spices

Herbs and spices not only add delicious flavor to our meals but offer numerous nutrition benefits. While we tend to use herbs and spices in small amounts, they sure pack powerful flavor profiles.

### What are herbs and spices?

Herbs and spices come from plants and plant parts such as leaves, seeds, bark, roots and more.

### Herb and Spices Health Benefits:

- Antioxidant Properties: can help protect cells from damage caused by free radicals
- Anti- Inflammatory: helps reduce inflammation in the body
- Aids in digestion and may reduce nausea

**Popular Herbs and Spices:** Turmeric, Cinnamon, Ginger, Garlic, Basil, Rosemary, Black pepper






### Ways to Use Herbs and Spices:

- Sprinkle Cinnamon on your oatmeal or in your coffee
- Replace salt with herbs and spices to boost flavor
- Mix herbs and spices into butter or cream cheese for added flavor
- Make herb infused water such as adding mint to water
- Add dill, cilantro, or basil to salads, pastas or soups
- Roast vegetables with rosemary, pepper, thyme, or turmeric

**AUGUST 2023**



Lunch Pick Up 12-12:30PM, RSVP 72 hrs ahead  
Indicate meal choice: **Meet & Eat, Grab & Connect, Take-Away**

Mon	Tue	Wed	Thu	Fri
<p><b>1% Milk served each meal</b> <i>Menu subject to change without notice.</i></p> <p><b>Meet &amp; Eat:</b> Dine at site <b>Grab &amp; Connect:</b> To-go with participation in Zoom activity <b>Take-Away:</b> To-go, no Zoom</p>	<p>1</p> <p>Baked Cod w/Melted Leeks Sauce* Roasted Cauliflower+ Brussel Sprouts+ Rice Pilaf Fruit</p>	<p>2</p> <p>Ginger Beef Bowl Carrots* Brown Rice Fruit+</p>	<p>3</p> <p>Pasta w/Marinara Sauce* House Salad* Garlic Bread Fruit+</p> 	<p>4</p> <p>Chicken Salad w/Raisins over Romaine, Tomato &amp; Cucumber Lemony Mushroom and Orzo Soup WW Crackers, Fruit+</p>
<p>7</p> <p>Albondigas Soup+* (includes beef meatballs) Tossed Vegetable Salad* Tortilla Chips Fruit</p>	<p>8</p> <p>Chicken Fajitas+ Black Beans Soft WW Tortillas Fruit</p>	<p>9</p> <p>Pesto Tortellini Primavera+* Tomato Soup Garlic bread Fruit</p> 	<p>10</p> <p>BBQ Chicken Sandwich on WW Bun with Lettuce, Tomato, &amp; Onion Broccoli Cranberry Salad+ Fruit</p>	<p>11</p> <p>Imitation Crab &amp; Egg Salad over Romaine* with Tomato Minestrone Soup+ WW Bread, Fruit+</p>
<p>14</p> <p>Coconut Curry Cod Cilantro Lime Coleslaw Seasoned Cauliflower+ Rice Pilaf Fruit</p>	<p>15</p> <p>Moroccan Chickpeas Baked Sweet Potatoes*+ House Salad* Couscous Fruit</p>  <p><i>Dessert (Meet &amp; Eat only)</i></p>	<p>16</p> <p>Herb Baked Chicken Potato Cabbage Soup+ Peas &amp; Carrots* WW Roll Fruit</p>	<p>17</p> <p>Meatball Sub w/Marinara Sauce on Sourdough Hoagie Italian Cut Green Beans Spinach Medley Salad* Fruit+</p>	<p>18</p> <p>Garlic Ginger Glazed Pork Roasted Broccoli+ Carrot Coins* Brown Rice Fruit</p>
<p>21</p> <p>Veggie Burger on WW Bun with Lettuce, Tomato, &amp; Onion Chickpea Carrot Salad* Fruit+</p>	<p>22</p> <p>Asian Chicken Salad+ Ginger Sweet Potato Soup* WW Roll Fruit</p>	<p>23</p> <p>Turkey Soft Tacos+ w/Shredded Lettuce, Diced Tomatoes &amp; Onions Pinto Beans WW Tortilla, Fruit</p>	<p>24</p> <p>Baked Cod w/Lemon Yogurt Sauce Brussels Sprouts+ Peas and Carrots* Orzo, Fruit</p>	<p>25</p> <p>Veggie Chili over Baked Potato+ Roasted Broccoli+ Cornbread Fruit</p> 
<p>28</p> <p>Turkey &amp; Veggie Sauté Roasted Cauliflower+ Brown Rice Fruit</p> 	<p>29</p> <p>Beef Cabbage Roll Soup*+ Vegetable Medley Salad* Biscuit Fruit</p>	<p>30</p> <p>Cod with Sun-dried Tomato Sauce Carrot Coins* Green Beans Brown Rice Pilaf, Fruit+</p>	<p>31</p> <p>Veggie Burrito Bowl+ over Brown Rice Tossed Vegetable Salad* Fruit</p> <p><i>Dessert (Meet &amp; Eat only)</i></p>	<p><b>KEY</b> + Vitamin C Source * Vitamin A Source &lt; &gt; High Sodium Day WW = Whole Wheat 🌱 = Vegetarian Day</p>

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, Becky Bruno: [BBruno@SpectrumCS.org](mailto:BBruno@SpectrumCS.org)