



Nutrition Education

“A” is for Aging Healthfully!



Did you know?

Spectrum meals provide 1/3 of your dietary recommended intake for Vitamin A, at least 3 times per week.

Look for the * symbol on Spectrum’s menu to identify our vitamin A sources.

What is Vitamin A?

Vitamin A is a fat-soluble vitamin. This important nutrient can help your body stay healthy as you age by doing the following:

- **Protects your eyesight:** Helps you to see at night and preserve vision
- **Immune system supporter:** Helps support your immune system and helps fight infections
- **Glowing skin:** Maintains healthy skin

What are good sources of Vitamin A?

When trying to incorporate Vitamin A in your diet look for bright colored fruits and vegetables such as:

Orange & Yellow: Carrots, cantaloupe, sweet potatoes, apricots, and pumpkin.

Red: Red bell peppers

Dark green: Kale & collard greens

You can also find it in: eggs, liver, and fortified Vitamin A milk.



As we age it is important to have a balanced diet which includes vitamin A sources. **Here are some ways you can add vitamin A sources to your diet:**

- ⇒ Swap regular potatoes for sweet potatoes
- ⇒ Add spinach in omelets, soups, salads, pasta, and rice
- ⇒ Add carrots or spinach to your smoothie
- ⇒ Snack on carrots, red bell peppers & dried apricots
- ⇒ Add canned pumpkin to pancake mix or whenever baking

Source:
The Academy of Nutrition and Dietetics &
Understanding Nutrition by Whitney/Rolfes















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

December 2024



DECEMBER 2024



Mon	Tue	Wed	Thu	Fri	
2 Chicken Leek Pie* with a Biscuit Tossed Vegetable Salad* Fruit+	3 Pork Adobo Steamed Spinach* Carrots* Garlic Rice Fruit+ 	NEW  4 Black Bean & Quinoa Bowl+ Spinach Salad w/Carrots & Cherry Tomatoes+* Fruit	5 Greek Cod w/Potatoes, Scallions, Tomatoes+ Cold Beet & Garlic Salad WW Roll Fruit	6 Thai Chicken Broccoli Entrée Soup+ Sesame Ginger Noodle Salad+ Fruit, Dessert (M&E only) 	
9  Veggie Stir Fry+* Broccoli+ Brown Rice Fruit 	NEW 10 Beefy Chili Mac with WW Pasta Vegetable Blend+* Baby Carrots* Fruit	11 Cod Fish Tacos+ w/Mexican slaw Black Beans+ Azteca Soup+* Fruit 	12 Turkey Cabbage Roll Entrée Soup*+ Tossed Vegetable Salad* WW Roll Fruit	NEW 13 Open Faced Chicken Sandwich on WW Bread Mashed Potatoes w/Gravy Lemon Pepper Broccoli+ Fruit	
16 Baked Cod w/ Sundried Tomato Sauce Rice Pilaf Hearty Vegetable Soup+* Fruit	17 Chicken Stew* Spinach Medley Salad+ WW Roll Fruit 	18 Turkey & Veggie Sauté Roasted Cauliflower+ Brown Rice Fruit	19 Chicken Parmesan w/Marinara Sauce over WW Pasta Caesar Salad Carrots* Fruit+ 	NEW  20 Moroccan Chickpeas Lentil Salad Roasted Sweet Potatoes*+ Couscous Fruit	
Holiday Meal 23 Pot Roast w/Gravy < > Mashed Potatoes Southern Style Collard Greens WW Roll, Fruit+ Dessert (M&E only) 	24 25 		26 Turkey Sloppy Joe+ on WW Bun Cowboy Caviar+ Vegetable Medley Salad* Fruit	27 Southwestern Baked Cod over Cilantro Rice Mexican Coleslaw+ Chef's Choice Soup Fruit 	
30  Veggie Chili House Salad* Broccoli+ Cornbread Fruit 	NEW 31 Lemon Dill Cod Tomato Florentine Soup*+ Rice Pilaf Green Beans 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, Subaru Share the Love, Cities of Hayward, San Leandro & Union City, Eden Health District, AWS InCommunities Hayward Fund, and Hayward Rotary Club.

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