



Nutrition Education



A good breakfast includes:

Foods that are high in fiber, includes some protein, and healthy fats.

Foods to avoid at breakfast:

Foods high in added sugar, added fats, and highly processed meats.

Remember to hydrate in the morning by having a glass of water



Information obtained from:
The Academy of Nutrition & Dietetics

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Spectrum Program Manager

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Breakfast

As we age, it becomes increasingly more important to make sure we eat healthy, well balanced meals. This begins with breakfast. **Starting the day off with a nutritious breakfast is imperative to fuel the body and mind.**

What are the benefits of breakfast?

- Gives you energy, especially after a night of fasting
- May increase cognitive function, memory and concentration
- Can foster a healthy weight by preventing malnutrition or unintentional weight loss
- May decrease the risk of chronic diseases

Let's start the day off with these nutritious and healthy breakfast ideas:

- Oatmeal made with low fat milk and topped with walnuts and/or berries
- Scrambled eggs with whole wheat toast, and fruit
- Yogurt Parfaits (yogurt layered with granola and fruit)
- Whole grain pancakes with Greek yogurt and honey
- Peanut butter toast topped with bananas
- Avocado Toast served with hard boiled eggs and fruit
- High fiber and low in sugar cereal with low fat milk
- Cream of wheat with milk and almonds



Fuel your day with a healthy breakfast and you'll be off to a great start!



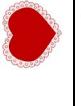
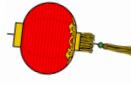
DOWNTOWN OAKLAND SENIOR CENTER
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FEBRUARY 2024

Lunch Pick Up 12-12:30PM, RSVP 72 hrs ahead

Indicate meal choice: Meet & Eat, Grab & Connect, Take-Away

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

Mon	Tue	Wed	Thu	Fri
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	FEBRUARY IS BLACK HISTORY MONTH	Blackened Fish with Creole Sauce+ Rosemary Red Potatoes Vegetable Blend+* Cornbread, Fruit	1  Ground Hog Day 2 Turkey Sloppy Joes+ on WW Bun Cowboy Caviar Vegetable Medley Salad+* Fruit
Turkey Soft Tacos+ w/Shredded Lettuce, Diced Tomatoes, and Diced Onions Pinto Beans WW Tortilla, Fruit	5 Herb Baked Chicken Potato Cabbage Soup+ Peas & Carrots* WW Roll Fruit	6 Beef Stew* Tossed Vegetable Salad* WW Roll Fruit+	7 Pasta w/Marinara Sauce House Salad Garlic Bread Fruit+	✓ 8  Lunar New Year 9 Coconut Curry Cod over Rice Pilaf Cauliflower+ Carrots* Fruit <i>Cookie (M&E only)</i>
Albondigas Soup+* (with beef meatballs) Southwest Side Salad Tortilla Chips Fruit	12 Baked Cod with Melted Leeks Sauce* over Couscous Turmeric Lentil Lemon Soup+ Fruit	13 Spinach/Ricotta Ravioli w/Creamy Mushrooms Baby Carrots* Italian Cut Green Beans Garlic Bread, Fruit+ <i>Dessert (M&E only)</i>	14 Chile Verde Chicken Casserole*+ <> Pinto Beans Corn Fruit	15  Valentine Meal 14 Turkey Chili Vegetable Medley Salad+ Cornbread Fruit+
HOLIDAY	19 	20 Pork Adobo Broccoli+ Carrots* Garlic Rice Fruit	21 Chicken Leek Pie* with a Biscuit Tossed Vegetable Salad* Fruit+	22 Greek Cod w/Potatoes, Scallions, Tomatoes+ Over Orzo Blend Cold Beet & Garlic Salad Fruit
Roast Chicken Roasted Potatoes Pesto Green Beans+ WW Roll Fruit	26 (Turkey) Cabbage Roll Entrée Soup*+ House Salad WW Roll Fruit	27 Cod Fish Tacos+ w/Mexican slaw Black Beans Azteca Soup+* Fruit	28  Leap Day 29 Veggie Chili over Baked Potato+ Broccoli+ Cornbread Fruit	23  Thai Chicken Broccoli Entrée Soup+ Sesame Ginger Noodle Salad+ Fruit

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