



# Nutrition Education



## Brain Food

By incorporating the foods mentioned into your daily diet it is not only enjoyable to eat but you are taking part in supporting overall memory and brain health.

## Foods to Support Your Memory

Did you know that nutrition can impact overall brain health? In particular, there are foods that play important roles with cognitive functions and the ability to remember.

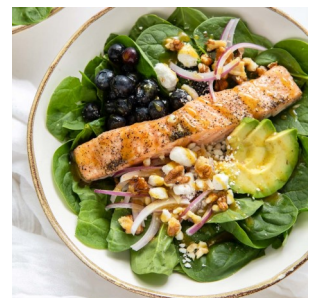
**Let's see what on the memory supporting menu below!**

**Fish:** Many types of fish contain a nutrient called DHA which is an omega-3 fatty acid. Long term intakes of adequate DHA have been linked to improved memory and reduced rates of cognitive decline. Oily fish contain DHA such as: salmon, sardines, trout, tuna, mackerel, and herring. ***When possible, aim to eat fish high in DHA two times per week.***

**Walnuts:** Walnuts are a plant-based omega-3 fatty acid that may improve cognitive function. ***Try adding walnuts to oatmeal, salad, or have a handful of raw walnuts for a healthy snack.***

**Dark Colored Berries:** Berries such as blueberries, cherries, and blackberries contain a flavonoid called anthocyanins and other flavonoids that may help support memory function. ***When fresh berries are not available or in season, frozen berries are a great substitute to keep on hand year-round.***

**Leafy Greens:** Studies have found that kale, spinach, swiss chard, and collard greens are a few dark leafy greens that may slow cognitive decline and may improve memory. ***Aim to include at least one cup of dark leafy greens to your diet every day. You can add greens to a soup, salad, or sautéing with garlic.***










Sources: EatRight.org

Created by: Heather Cuellar, RD

Presented by: Becky Bruno,  
Spectrum Program Manager

January 2023

| Mon   | Tue   | Wed  | Thu  | Fri   |
|---|---|--|--|---|
| <b>Closed for Holiday 2</b><br>   | <b>New Year Holiday Meal 3</b><br>Baked Chicken w/Lemon, Garlic & Rosemary<br>Collard Greens & Black-Eyed Pea Soup<br>Sweet Potatoes*, WW Roll<br>Fruit+, Dessert       | <b>NEW 4</b><br>Thai Chicken Broccoli Entrée Soup+<br>Sesame Ginger Noodles+<br>Fruit  | <b>5</b><br>Baked Cod with Melted Leeks Sauce* over Couscous<br>Turmeric Lentil Lemon Soup+<br>Fruit   | <b>6</b><br>Veggie Burrito Bowl+ over Brown Rice<br>Spinach Salad with Carrots & Red Onion+*<br>Fruit   |
| <b>9</b><br>Fish Tacos+ (WW Tortilla) with Mexican slaw<br>Black Beans<br>Azteca Soup+*<br>Fruit                  | <b>10</b><br>Beef Stroganoff over Egg Noodles<br>Italian Cut Green Beans<br>Diced Carrots*<br>Fruit+  | <b>11</b><br>Veggie Chili over Baked Potato+<br>Broccoli+<br>Cornbread<br>Fruit<br> | <b>NEW 12</b><br>Turkey Cabbage Roll Entrée Soup+*<br>House Salad<br>WW Roll<br>Fruit  | <b>13</b><br>Baked Lemon Chicken with Mushroom Sauce<br>Bean Soup with Kale+<br>Brown Rice<br>Fruit   |
| <b>Closed for Holiday 16</b><br> | <b>17</b><br>Veggie Burger on WW Bun with Leaf Lettuce, Tomato, & Onion<br>Carrot Chickpea Salad+*<br>Fruit   | <b>18</b><br>Cod with Sun-dried Tomato Sauce over Rice Pilaf<br>Hearty Vegetable Soup+*<br>Fruit   | <b>NEW 19</b><br>Chicken Parmesan with Marinara Sauce over WW Pasta<br>Cesar Salad<br>Carrots*, Fruit+   | <b>Chinese New Year 20</b><br>Beef Stir Fry w/veggies + Broccoli+<br>Brown Rice<br>Fruit<br>Fortune Cookie<br>           |
| <b>23</b><br>Turkey Chili<br>Tossed Vegetable Salad*<br>Cornbread<br>Fruit+                                       | <b>24</b><br>Baked Southwestern Cod over Cilantro Rice<br>Mexican Coleslaw+<br>Corn & Black Beans<br>Fruit  | <b>25</b><br>Chicken Cacciatore with WW Pasta+<br>Baby Carrots*<br>Fruit   | <b>26</b><br>Veggie Shawarma+<br>Ginger Sweet Potato Soup*<br>WW Pita<br>Fruit<br>Dessert<br> | <b>27</b><br>Apricot Glazed Pork<br>Tuscan Bean Soup<br>Green Beans<br>WW Roll<br>Fruit+  |
| <b>30</b><br>Baked Cod with Lemon-Caper Sauce over Rice Pilaf<br>Tomato Florentine Soup*<br>Green Beans, Fruit+   | <b>31</b><br>Italian Turkey Soup+<br>Large House Salad*<br>Garlic Bread<br>Fruit<br> |  | <b>1% Milk served each meal</b><br><br><i>Menu subject to change without notice.</i>   | <b>KEY</b><br>+ Vitamin C Source<br>* Vitamin A Source<br>< > High Sodium Day<br>WW = Whole Wheat<br> = Vegetarian Day |

Spectrum thanks the following organizations for their financial support: Alameda County Area Agency on Aging, Cities of Hayward, San Leandro & Union City, 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](mailto:BBruno@SpectrumCS.org)