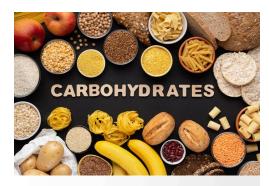




Nutrition Education



Choose Wisely

- When reading labels, look for whole grains listed as the first ingredients when choosing grain or pasta products.
- Balance your plate with half of your food coming from fruits and vegetables, ½ whole grains and ½ protein.



Sources: The Academy of Nutrition and Dietetics

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Presented by Becky Bruno, Senior Services Project Coordinator

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Carbohydrates Choices

Despite the bad rap carbohydrates have received in the past, carbohydrates are essential for a healthy diet. Carbohydrates are needed by the body because they contain glucose which is a primary energy source. As we age, making healthy food choices becomes very important and here is how you can choose the healthiest carbs for you!

What foods contain carbohydrates?

Carbohydrates can be found in whole grains, fruits, vegetables, legumes, pastas, rice, dairy, candy, table sugar, cereals, breads, tortillas, honey, syrup, and many more.

How to make wise carbohydrate choices?

When trying to choose healthy carbohydrates the goal is to choose the most nutrient dense ones. This means they contain vitamins, fiber, minerals, and they are low in added sugar, salt, and unhealthy fats.

Fiber is commonly found in most carbohydrate foods. Fibers provides digestive health, promotes a healthy weight, offers heart protective factors, and helps with blood sugar control. It is important to prioritize fiber when making carbohydrate choices.

Eat more Complex Carbs: Legumes, barley, whole grain pasta, rolled oats, brown rice, whole grain bread, fresh vegetables, fresh fruits, low fat dairy, unsweetened yogurt, whole grain crackers.



Avoid or Limit Simple Carbs: Soda, candy, white breads, pastries such as cookies, cakes, and doughnuts, juices, and sweetened cereals.

Fun Fact! Did you know that carbohydrates are the number one energy source for the brain and body?



DOWNTOWN OAKLAND SENIOR CENTER

(510) 238-3284 | DOSC@oaklandca.gov

Lunch Pick Up 12-12:30PM, RSVP 72 hrs ahead Indicate meal choice: Meet & Eat, or 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 fee

Mon	Tue	Wed	Thu	Fri
Baked Cod w/Bell Pepper Relish Brussels Sprouts+ Peas and Carrots* Brown Rice Fruit	Asian Chicken Salad+ Ginger Sweet Potato Soup* WW Roll Fruit	Holiday Meal <> 3 Beef Burger on WW Bun w/Lettuce, Tomato, Onion and Pickle Potato Salad Fruit+ Dessert (Meet & Eat only)	HOLIDAY 4 .celebrate. ndependence Day ATHOFJULY	Garlic Rosemary Lemon Chicken Rosemary Red Potatoes Carrots* WW Roll Fruit+
Chicken Tacos Bell Peppers & Onions+ Pinto Beans Corn Tortillas Fruit	Pasta w/Marinara Sauce* House Salad* Garlic Bread Fruit+	BBQ Chicken Sandwich on WW Bun with Lettuce, Tomato, & Onion Broccoli Cranberry Salad+ Fruit	Baked Cod w/Sun-dried Tomato Sauce Carrot Coins* Green Beans Rice Pilaf, Fruit+	Albondigas Soup+* Tossed Vegetable Salad* Tortilla Chips Fruit
Tuna Salad Sandwich on WW Bread w/Lettuce, Tomato, & Onion Hearty Vegetable Soup*+ Fruit	Teriyaki Chicken Asian Vegetable Blend Brussels Sprouts+ Pineapple Veg Rice Fruit	Turkey & Veggie Sauté Broccoli+ Brown Rice Fruit	Chef Entrée Salad+* WW Roll Fruit Dessert (Meet & Eat only)	Sweet & Sour Pork Seasoned Cauliflower+ Steamed Spinach* Brown Rice Fruit
Tofu Tikka Masala Roasted Cauliflower+ Steamed Spinach* Brown Rice Fruit	Baked Cod w/White Wine Sauce* Roasted Broccoli+ Carrot Coins* Rice Pilaf, Fruit	Southwestern Chicken Salad+* Lentil and Bean Soup+ Tortilla Chips Fruit	Glazed Meatloaf Mashed Potatoes w/Gravy Peas & Carrots* WW Roll Fruit+	Turkey Chili Tossed Vegetable Salad* Cornbread Fruit+
Chili Dijon Pork+ Carrots* Spinach Salad w/Fruit & Nuts*+ WW Roll, Fruit	Egg Salad Sandwich* on WW Bread w/Lettuce & Tomato Tomato Soup Fruit+	Lentil Veggie Curry+* House Salad 2* Brown Rice 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