



Nutrition Education



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!

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, $\frac{1}{4}$ whole grains and $\frac{1}{4}$ protein.



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. Fiber 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?

Sources:
The Academy of Nutrition and Dietetics








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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
1	2	Holiday Meal <> 3	HOLIDAY 4	5
Baked Cod w/Bell Pepper Relish Brussels Sprouts+ Peas and Carrots* Brown Rice Fruit	Asian Chicken Salad+ Ginger Sweet Potato Soup* WW Roll Fruit	Beef Burger on WW Bun w/Lettuce, Tomato, Onion and Pickle Potato Salad Fruit+ <i>Dessert (Meet & Eat only)</i>		Garlic Rosemary Lemon Chicken Rosemary Red Potatoes Carrots* WW Roll Fruit+
8	9	10	11	12
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
15	16	17	18	19
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 <i>Dessert (Meet & Eat only)</i> 	Sweet & Sour Pork Seasoned Cauliflower+ Steamed Spinach* Brown Rice Fruit
22	23	24	25	26
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+ 
29	30	31	1% Milk served each meal	KEY
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	Menu subject to change without notice.	+ 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, Duke Hwang: DHwang@SpectrumCS.org