



Nutrition Education



Vitamin A

What is Vitamin A?

Vitamin A is a fat-soluble vitamin that is most known for playing a key role in healthy vision. Vitamin A can come from both animal and plant sources. It can also be made from compounds in plant foods called, carotenoids. Many brightly colored orange, yellow, red and dark green fruits and vegetables contain carotenoids.

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 our menu to identify our vitamin A sources.

What are the benefits of Vitamin A?

- Helps you to see at night and preserve vision
- Fights infections
- Maintains healthy skin and bones
- Regulates cell growth and division
- A key structural component in the development and maintenance of the heart, lungs, kidneys, and other organs

What are good sources of Vitamin A?

Red bell peppers, carrots, cantaloupe, kale, sweet potatoes, eggs, liver, apricots, Fortified Vitamin A milk, pumpkin, eel and more.



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
- Snack on carrots, red bell peppers & dried apricots
- Add canned pumpkin to pancake mix or whenever baking

Source:








The Academy of Nutrition and Dietetics
and
Understanding Nutrition
by Whitney and Rolfes

Created by: Heather Cuellar, RD

Presented by: Becky Bruno,
Spectrum Program Manager

May 2023

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Mon	Tue	Wed	Thu	Fri
<p>✓ 1</p> <p>Veggie Burger on WW Bun with Lettuce, Tomato & Onion Chickpea Carrot Salad* Fruit+</p>  <p>May Day</p>	<p>2</p> <p>Asian Chicken Salad+ Ginger Sweet Potato Soup* WW Roll Fruit</p>	<p>3</p> <p>Turkey Soft Tacos+ w/Shredded Lettuce, Diced Tomatoes & Onions Pinto Beans WW Tortilla Fruit</p>	<p>4</p> <p>Cod w/Lemon Yogurt Sauce Brussels Sprouts+ Peas & Carrots* Orzo Fruit</p> 	<p>Cinco de Mayo 5</p> <p>Taco Soup Black Beans Cilantro Lime Rice Fruit+ Dessert</p> 
<p>8</p> <p>Turkey & Veggie Saute Roasted Cauliflower+ Brown Rice Fruit</p>	<p>9</p> <p>Cabbage Roll Soup*+ Vegetable Medley Salad* WW Roll Fruit</p>	<p>10</p> <p>Cod w/Sun-dried Tomato Sauce Carrot Coins* Green Beans Rice Pilaf Fruit+</p> 	<p>✓ 11</p> <p>Veggie Burrito Bowl+ over Brown Rice Tossed Vegetable Salad* Fruit</p>	<p>12</p> <p>Garlic Rosemary Lemon Chicken Rosemary Red Potatoes Carrots* Brown Rice Fruit+</p>
<p>15</p> <p>Teriyaki Chicken Brussels Sprouts+ Asian Vegetable Blend+* Pineapple Veg Rice Fruit</p>	<p>✓ 16</p> <p>Large Chef Entrée Salad* WW Roll Fruit+ Dessert</p> 	<p>17</p> <p>Apricot Glazed Chicken Vegetable Blend+* Spinach Medley Salad* Rice Pilaf Fruit+</p>	<p>18</p> <p>Tuna Sandwich on WW Bread with Lettuce, Tomato & Onion Hearty Vegetable Soup+* Fruit</p>	<p>< > 19</p> <p>Carnitas Pulled Pork on WW Bun with Mexican Coleslaw+ Pinto Beans Roasted Corn, Fruit+</p>
<p>22</p> <p>Baked Cod w/ Lemon-Caper Sauce Tomato Florentine Soup* Green Beans Brown Rice, Fruit+</p>	<p>23</p> <p>Turkey Cranberry Sandwich on WW Bread with Lettuce, Tomato & Onion Broccoli Raisin Salad+ Fruit</p>	<p>✓ 24</p> <p>Vegetable Stir Fry+* House Salad* Brown Rice Fruit</p>	<p>25</p> <p>Southwestern Chicken Salad+* Black Bean & Lentil Soup+ Chips, Fruit</p> 	<p>26</p> <p>Salisbury Steak w/Mushrooms & Onions Mashed Potatoes Peas & Carrots* WW Roll, Fruit+</p>
<p>HOLIDAY 29</p> 	<p>30</p> <p>Egg Salad Sandwich on WW Bread with Lettuce, Tomato & Onion Chef's Choice Veg Soup Fruit+</p>	<p>31</p> <p>Turkey Chili Tossed Vegetable Salad* Cornbread Fruit+</p>	<p>1% Milk served each meal</p> <p>Menu subject to change without notice</p>	<p>KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat ✓ = Vegetarian Day</p>

Spectrum thanks the following organizations for their financial support: Alameda County Area Agency on Aging, Cities of Hayward, San Leandro & Union City, Eden Health District, 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