



# Nutrition Education



## Tips

- To increase your calcium or vitamin D intake try adding calcium or vitamin D fortified soymilk, fat free or low-fat milk to your coffee or tea.
- Be mindful of how much you sweeten your beverage.
- Try adding fresh mint leaves or lemon to your tea for a refreshing taste!

## Sit Back and Relax.

## Let's Talk About Coffee & Tea!

It is such a nice treat to enjoy a cup of coffee or tea in the morning while sitting in the sun or perhaps with a delicious meal such as with the one you are about to enjoy. But, have you ever wondered what the nutritional benefits are from drinking coffee and tea?

Drinking coffee and tea can be part of a healthful diet and is a preferred choice when compared to other beverages such as sodas and other sugar sweetened beverages. It is important to be aware of caffeine overload which occurs when one consumes too much caffeine. This can lead to certain health issues such as restlessness, GI issues and dizziness. It is advised to drink no more than 3-5 eight-ounce cups of coffee or tea (or 400 mg of caffeine) in a day.



### Tea Benefits:

- Some teas are high in antioxidants which may reduce inflammation, cancer and cardiovascular disease.
- Teas such as green and black may reduce the risk of heart disease.

### Coffee Benefits:

- May reduce the risk of cardiovascular disease, type 2 diabetes and Parkinson's disease
- Contains anti-inflammatory effects

### Coffee and Tea:









- Provides small amounts of vitamins and minerals
- Comes in both caffeinated and decaffeinated forms

Information obtained from:  
The Academy of Nutrition and Dietetics

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Mon	Tue	Wed	Thu	Fri
<b>3</b> Baked Cod w/ Lemon-Caper Sauce Tomato Florentine Soup* Green Beans Brown Rice Fruit+ 	<b>4</b> Jerk Chicken with Cucumber Sauce Seasoned Cauliflower+ Red Beans Coconut Brown Rice Fruit	<b>NEW 5</b> Italian Turkey Soup+ Large Tossed Veg Salad* Garlic Bread Fruit Dessert	<b>6</b> Veggie Stir Fry+* House Salad Brown Rice Fruit 	<b>7</b> Salisbury Steak w/Mushrooms & Onions Mashed Potatoes Peas & Carrots* WW Roll Fruit+
<b>10</b> Roast Chicken Breast Pesto Potatoes & Green Beans+ WW Roll Fruit+	<b>NEW 11</b> Turkey Squash Frittata* Veg Medley Salad* WW Roll Fruit+	<b>12</b> Pesto Tortellini Primavera+* Tomato Soup Garlic bread Fruit 	<b>13</b> Chicken Gumbo w/Okra+ Red Beans Carrots* Brown Rice Fruit+	<b>14</b> Baked Southwestern Cod Mexican Coleslaw+ Corn & Black Beans Rice Pilaf Fruit
<b>17</b> Turkey & Veggie Sauté Roasted Cauliflower+ Brown Rice Fruit	<b>18</b> Pasta w/Marinara Sauce House Salad Brussels Sprouts+ Garlic Bread Fruit 	<b>19</b> Cod w/Coconut Curry Sauce Seasoned Cauliflower+ Carrots* Rice Pilaf Fruit	<b>20</b> Herb Baked Chicken Potato Cabbage Soup+ Peas & Carrots* WW Roll Fruit	<b>21</b> Albondigas Soup+* Tossed Vegetable Salad* Tortilla Chips Fruit
<b>NEW 24</b> Veggie Shawarma+ Ginger Sweet Potato Soup* Vegetable Blend+* WW Pita Fruit 	<b>NEW 25</b> Greek Cod w/Potatoes, Scallions, & Tomatoes+ Cold Beet & Garlic Salad Brown Rice Fruit	<b>26</b> Beef Stroganoff over Egg Noodles Italian Cut Green Beans Diced Carrots* Fruit+	<b>27</b> Turkey Chili Tossed Veg Salad* Cornbread Fruit+	<b>28</b> Chili Verde Chicken Enchilada Casserole** Pinto Beans Steamed Corn Fruit 
<b>Halloween Meal 31</b> Drippy Bones (Chicken Drumsticks drizzled with Marinara & Pesto Sauce) Pumpkin Soup Peas & Carrots* Fruit+, Sweet Treat 			1% Milk served each meal  <b>Menu subject to change without notice.</b>	<b>KEY</b> + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat  = Vegetarian Day

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**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)**