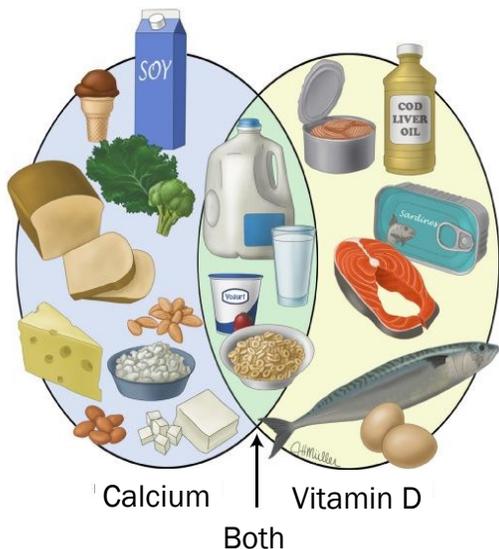




# Nutrition Education

## Calcium and Vitamin D



**Getting adequate calcium and vitamin D is essential for bone health.** Calcium is often highlighted the most when it comes to maintaining strong bones. However, vitamin D also plays an important role by helping the body to absorb calcium and by bringing calcium to the bones and teeth. If you are not getting enough calcium and vitamin D, your bones may suffer and become weak.

### What are food sources of calcium and vitamin D?

**Calcium:** Most common in dairy products such as milk, cheese, and yogurt. There are also calcium fortified foods found in certain juices, cereals, and tofu. Nondairy calcium sources include almonds, broccoli, bok choy, and collard greens.



### Fun Fact:

Did you know that doing weight bearing activities daily can help stimulate bones and makes them stronger?



**Vitamin D:** Known as the “sunshine” vitamin because your body can convert sunlight into vitamin D. Vitamin D is not as common in everyday foods, but you can find it in salmon (and other fatty fish), egg yolks, beef liver, some mushrooms, and vitamin D fortified foods such as orange juice.



### Tips to increasing your intake of calcium and vitamin D:

1. Spend 5-10 minutes in the sun, 2-3 times per week (to get your vitamin D) while enjoying a cup of warm milk (to get your calcium). Remember to use sun protection to avoid over exposure.
2. When grocery shopping, remember to read food labels and look for foods that have calcium or vitamin D or have been “fortified” with calcium or vitamin D.
3. Consume 8 ounces of milk or a calcium fortified milk alternative with a meal.
4. Try eating more fatty fish such as salmon, mackerel, herring and sardines.
5. Include a side of calcium rich greens to your meals.

#### Sources:

Eatright.org and  
Understanding Nutrition by Whitney Roles

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December 2021

Please sign up or call site directly for reservations 24 hours in advance.

**DOWNTOWN OAKLAND SENIOR CENTER**  
 (510) 238-3284 | DOSC@oaklandca.gov

**Suggested donation: \$3.75**

Guests under 60 may purchase a meal for \$10.00

Any additional contribution is greatly appreciated.

No registered senior over 60 will be refused a meal due to lack of funds.

Mon	Tue	Wed	Thu	Fri
<b>1% Milk served each meal</b>  <b>Menu subject to change without notice.</b>	<b>KEY</b> + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat	<b>1</b> Albondigas Entrée Soup+* Tossed Vegetable Salad* WW Crackers Fruit 	<b>2</b> Beef Ragu over WW Penne Pasta Spinach Salad with Fruit & Nuts+* Fruit	<b>3</b> Tuna Salad Sandwich on WW Bread Cheddar Potato Soup+* Vegetable Medley Salad* Fruit
<b>6</b> Turkey Sloppy Joe+ on WW Bun Garden Salad* Fruit	<b>7</b> Beef Stir-Fry w/Broccoli & Cauliflower+ Green Beans Brown Rice Fruit	<b>8</b> Cod w/Sun-dried Tomato Sauce on bed of Spinach+* Carrot Soup * WW Roll Fruit	<b>9</b> Apricot Glazed Chicken Minestrone Soup Carrots* Brown Rice Fruit + 	<b>10</b> Spinach Lasagna+ Tossed Vegetable Salad* WW Roll Fruit
<b>13</b> Sweet & Sour Pork Broccoli+ Carrots* Brown Rice Fruit 	<b>14</b> Moroccan Chicken Sweet Potatoes+* Carrot & Chickpea Salad* WW Pita Bread Fruit	<b>15</b> Turkey Chili Vegetable Medley Salad* Cornbread Fruit+	<b>16</b> Cod w/ Lemon Caper Sauce Tomato Florentine Soup* Brussel Sprouts+ Rice Pilaf Fruit	<b>Holiday Meal 17</b> Glazed Meatloaf Mashed Potatoes & Gravy Carrots* WW Roll, Fruit+ <i>Holiday Dessert: Pudding</i> 
<b>20</b> Vegetable Burrito Bowl+ over Brown Rice Spinach Salad w/Red Onions & Carrots* Fruit	<b>21</b> Open Face Hot Turkey Sandwich with Gravy Mashed Potatoes Lemon Seasoned Broccoli+ Fruit	<b>22</b> Baked Jerk Chicken with Cucumber Sauce Seasoned Cauliflower+ Cucumber Salad Coconut Brown Rice Fruit	<b>HOLIDAY 23</b> <b>HOLIDAY 24</b> 	
<b>27</b> Chicken Salad with Golden Raisins over Romaine Lettuce with Tomato and Cucumber Hearty Vegetable Soup+* WW Roll, Fruit	<b>28</b> Baked Cod Melted Leeks in Cream Sauce* Cesar Salad+ WW Roll Fruit 	<b>29</b> Hearty Beef Stew* Vegetable Medley Salad* Biscuit Fruit+	<b>Holiday Meal 30</b> Ham <> Collard Greens Sweet Potatoes+* Cornbread Fruit <i>Holiday Dessert: Brownie</i> 	<b>HOLIDAY 31</b> 