



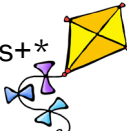




DOWNTOWN OAKLAND SENIOR CENTER
To reserve your take-out meal, please call (510) 238-3284 - 72 hours in advance. Leave a voicemail indicating the days of your choice.

Mon	Tue	Wed	Thu	Fri
3	4	Cold Salad Meal 5	6	7
French Toast Turkey Sausage Breakfast Potatoes Applesauce Fruit Juice w/C+	Meat Loaf with Gravy Mashed Potatoes Broccoli+ WW Roll Fresh Fruit	Southwest Chicken Salad on Romaine+ Pasta & Veggie Salad Pineapple Tidbits  LS V8+	Creole Baked Fish over Rice Pilaf California Veggie Blend+* Peas and Onions Banana	Salisbury Steak Mashed Potatoes Brussels Sprouts+ Wheat Bread Fresh Fruit 
10	11	Cold Salad Meal 12	13	14
Vegetarian Chili Mixed Vegetables Green Beans Corn Muffin Fresh Fruit 	Breaded Catfish over Herbed Orzo Broccoli+ Corn w/Red Peppers* Seasonal Fresh Fruit	Chicken Ranch Salad on Romaine+ 3-Bean Salad Marinated Tomatoes+ Graham Cracker, LS V8+	Chicken Pot Pie with Biscuit Topping Herbed Cauliflower+ Spiced Peaches	Beef Stew Mashed Potatoes Spinach* WW Roll Seasonal Fresh Fruit+
17	18	Cold Salad Meal 19	20	21
Vegetarian Quiche Cauliflower Broccoli+ WW Roll Seasonal Fresh Fruit	Swedish Meatballs over WW Noodles Peas Broccoli+  Fresh Fruit	Egg Salad on Romaine+ Pineapple Coleslaw+ Fruit Cocktail Wheat Crackers LS V8+	Chicken Cordon Bleu over Rice Pilaf Spinach* Peas and Onions Fresh Fruit+	Beef Tacos with WW Flour Tortilla Pinto Beans Vegetable Blend* Fruit Cup+
24	25	Cold Salad Meal 26	27	28
Spaghetti with Mushroom Balls Brussels Sprouts+ Cinnamon Apples	Pulled Pork Steamed Cabbage+ Capri Vegetables+ WW Bun Fresh Fruit	Orange, Brown Rice, and Chicken Salad Marinated Tomatoes+ Peaches Wheat Crackers, LS V8+	Turkey Tetrazzini Green Beans Mixed Vegetables+*  Fresh Fruit	Chicken Parmesan over WW Penne Pasta Cauliflower+ Broccoli+ Fresh Fruit
HOLIDAY No Lunch Served 	31	1% Milk served each meal Menu subject to change without notice.	KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat LS = Low Sodium	 OLDER AMERICANS MONTH COMMUNITIES OF STRENGTH: MAY 2021

Spectrum thanks the following organizations for their financial support: Alameda County Area Agency on Aging, Fremont Bank Foundation, San Francisco Foundation, Meals on Wheels America, Cities of Hayward & San Leandro.
 For reservations call sites directly. Program Manager, Becky Bruno email: BBruno@SpectrumCS.org



Nutrition Education



**Virtual event on May 4th,
9am-2pm.**

Join the Area Agency on Aging and the California Senior Legislature as they discuss **Advancing the Master Plan for Aging**. The Senior Rally is virtual this year with an anticipated record number of attendees from across the state.

Pre-registration is required.

Register online at:

<http://www.4csl.org/senior-rally-day>

Sources:

<https://my.clevelandclinic.org/health/articles/15166-sugar-substitutes--non-nutritive-sweeteners>

Created by JC Alhambra, Dietetic Intern

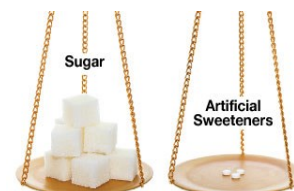
Reviewed by Tara Marino, RDN,
Program Director SOS Meals on Wheels

Presented by: Becky Bruno,
Spectrum Program Manager

May 2021

ARTIFICIAL SWEETENERS

Non-nutritive sweeteners, also called sugar substitutes or artificial sweeteners, are substances used instead of sugars to sweeten foods, beverages, and other products such as oral care products and certain medications. They contain few or no calories or nutrients. They have a greater intensity of sweetness compared with sugar, so **smaller quantities are needed for flavoring foods and beverages**.



8 Non-nutritive sweeteners are approved by the Food and Drug Administration (FDA)

1. Aspartame (Equal & NutraSweet)
2. Acesulfame Potassium (Sunett & Sweet One)
3. Stevia (Stevia in the Raw & SweetLeaf)
4. Neotame
5. Advantame
6. Sucralose (Splenda)
7. Saccharin (Sweet 'N Low & SweetTwin)
8. Luo Han Guo or Monk Fruit Extract (Monk Fruit in the Raw)



Benefits

- ◆ Weight control
- ◆ Diabetes control
- ◆ Prevention of tooth decay
- ◆ Pleasant taste

Drawbacks

- ◆ Inadequate calorie intake
- ◆ Nutrition issues: It may replace nutritious beverages like low-fat milk
- ◆ Stability issues
- ◆ Provides NO nutritional advantage

Are They Safe?

- ◆ Considered GRAS (Generally Recognized As Safe)
- ◆ Check FDA website for acceptable daily intake
- ◆ Those diagnosed with PKU (Phenylketonuria) should avoid aspartame (Equal and NutraSweet)

The American Heart Association, suggests: "For those who consume sugar-sweetened beverages regularly, a low-calorie or non-nutritive-sweetened beverage may serve as a short-term replacement strategy, but overall, people are encouraged to decrease both sweetened and non-nutritive-sweetened beverages and use other alternatives, with an emphasis on water intake."