Nutrition Education





Did you know?

No matter your calorie needs for the day, the DASH diet recommends no more than 2,300 mg of sodium per day, although additional benefits may be seen in reducing blood pressure for those who limit sodium to 1,500 mg.

For reference,

2,300 mg is equivalent to 1 teaspoon of table salt.



Sources: Eatright.org & nhlbi.nih.gov

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DASH Your Way Healthy

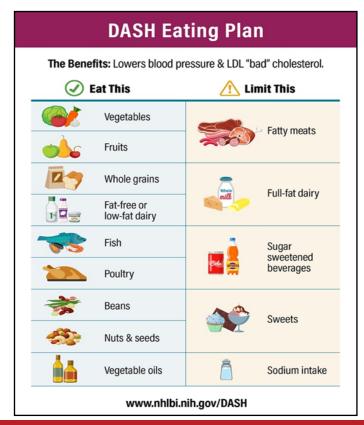
Have you heard of the DASH eating plan? The Dietary Approaches to Stop Hypertension (DASH) is an eating plan to help lower blood pressure. In addition, it has other health benefits such as reducing cardiovascular risk factors. While the DASH diet was originally developed for people with hypertension (high blood pressure), anyone can follow it!

Food encouraged on the DASH Diet:

Vegetables, fruits, whole grains, beans, nuts, seeds, fish, poultry, fat free or low fat dairy, and vegetable oils.

Foods to avoid or limit:

Sugar sweetened beverages, foods high in saturated fats, fatty meats, full-fat dairy, tropical oils such as coconut oil and palm oils, and sweets.





DOWNTOWN OAKLAND SENIOR CENTER

(510) 238-3284 | <u>DOSC@oaklandca.gov</u>

Lunch Pick Up 12-12:30PM, RSVP 72 hrs ahead

Senior Rate: \$3.75 donation per mealAny additional contribution is greatly appreciated

No registered senior will be refused a meal due to lack of funds. Guests under 60: \$10 flat fee

Mon	Tue	Wed	Thu	Fri
1% Milk served each meal Menu subject to change without notice.	 KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat ✓ = Vegetarian Day 	Thai Chicken Broccoli Entrée Soup+ Sesame Ginger WW Noodles+ Fruit	Dr. Seuss's Birthday 2 Greek Cod w/Potatoes, Scallions, Tomatoes+ Cold Beet & Garlic Salad WW Roll Fruit, Dessert	Veggie Burrito Bowl+ over Brown Rice Spinach Salad with Carrots & Red Onion+* Fruit
Turkey Cabbage Roll Entrée Soup*+ House Salad WW Roll Fruit	Cod Fish Tacos+ w/WW tortilla & Mexican Slaw Aztec Soup+* Black Beans, Fruit	Beef Stroganoff over Egg Noodles woman's day Italian Cut Green Beans Diced Carrots* Fruit+	Veggie Chili over Baked Potato+ Broccoli+ Cornbread Fruit	Baked Lemon Chicken with Mushroom Sauce Bean Soup with Kale+ Brown Rice Fruit
Veggie Shawarma+ Ginger Sweet Potato Soup* WW Pita Fruit	Chicken Stew* Vegetable Medley Salad* WW Roll Fruit+	Baked Southwestern Cod over Cilantro Rice Mexican Coleslaw+ Corn & Black Beans Fruit	Turkey & Veggie Sauté Roasted Cauliflower+ Brown Rice Fruit	St. Patrick's Day 17 Corned Beef < > Roasted Potatoes Cabbage & Carrots* WW Roll Fruit, Dessert
First day of Spring Turkey Chili Tossed Vegetable Salad* Cornbread Fruit+	Apricot Glazed Pork Tuscan Bean Soup Green Beans WW Roll Fruit+	Chicken Cacciatore+ with WW Pasta Baby Carrots* Fruit	Baked Cod w/Sun-dried Tomato Sauce over Rice Pilaf Hearty Vegetable Soup+* Fruit	Veggie Burger on WW Bun w/Lettuce, Tomato & Onion Chickpea Carrot Salad*+ Fruit
Baked Cod w/Lemon-Caper Sauce over Rice Pilaf Tomato Florentine Soup* Green Beans Fruit+	Chef Entrée Salad+* WW Roll Fruit	Turkey Cranberry Sandwich on WW Bread w/Lettuce, Tomato & Onion Broccoli Raisin Salad+ Fruit	Teriyaki Chicken Ginger Sweet Potato Soup* Vegetable Blend+* Pineapple Vegetable Rice Fruit	HOLIDAY 31 RESPECTING & HONORING CESAR CHAVEZ