



Spectrum is working in collaboration with SOS Meals on Wheels to deliver chilled, portioned meal for takeout.

September 2021 



**DOWNTOWN OAKLAND SENIOR CENTER**  
 To reserve your take-out meal,  
 please call (510) 238-3284 or email [DOSC@oaklandca.gov](mailto:DOSC@oaklandca.gov)  
 72 hours in advance indicating the days of your choice.

Mon	Tue	Wed	Thu	Fri
<p><b>Suggested donation: \$3.75</b></p> <p>Any additional contribution is greatly appreciated.</p> <p>No registered senior over 60 will be refused a meal due to lack of funds.</p>	<p>1% Milk served each meal</p> <p><b>Menu subject to change without notice.</b></p>	<p><b>Cold Salad Meal</b> 1</p> <p>Tuna Salad over Greens                      Carrot Raisin Salad*                      Pineapple Tidbits+                      Wheat Roll                      LS V8+</p>	<p>2</p> <p>Turkey Tetrazzini                      Green Beans                      Mixed Vegetables+*                       Fresh Fruit</p>	<p>3</p> <p>Stuffed Chicken with Broccoli over Brown Rice                      Peas and Carrots                      Brussels Sprouts+                      Fresh Fruit</p>
<p><b>HOLIDAY</b> 6  <i>No Lunch Served</i></p> 	<p>7</p> <p>Meat Loaf with Gravy                      Mashed Potatoes                      Broccoli+                      Whole Wheat Roll                      Fresh Fruit</p>	<p>8</p> <p>Salmon Burger                      Fiesta Corn                      Roasted Potatoes                      Whole Wheat Bun                      Fresh Fruit+</p>	<p><b>HOLIDAY</b> 9  <i>No Lunch Served</i></p> <p>CALIFORNIA ADMISSION DAY </p>	<p>10</p> <p>Pepper Steak                      Mashed Potatoes                      Peas &amp; Pearl Onions                      Whole Wheat Bread                      Fresh Fruit+</p>
<p>13</p> <p>Vegetable and Black Bean Fajitas                      Fiesta Corn                      Wheat Tortilla                      Seasonal Fresh Fruit</p>	<p>14</p> <p>Creole Baked Fish over Rice Pilaf                      California Veggie Blend+*                      Brussels Sprouts+                      Banana</p>	<p><b>Cold Salad Meal</b> 15</p> <p>Chicken Ranch Salad on Romaine+                      3-Bean Salad                      Beets                      Bran Muffin, LS V8+</p>	<p>16</p> <p>Turkey Chili                      Brown Rice                      Capri Vegetables*                      Seasonal Fresh Fruit+</p>	<p>17</p> <p>Pasta, Beef, and Tomato Casserole                      Cauliflower+                       Carrot Coins*                      Seasonal Fresh Fruit</p>
<p>20</p> <p>French Toast                      Veggie Sausage                      Breakfast Potatoes                      Warm Applesauce                      Fruit Juice w/C+</p>	<p>21</p> <p>Swedish Meatballs over WW Noodles                      Mixed Vegetables                      Broccoli+                       Fresh Fruit</p>	<p><b>Cold Salad Meal</b> 22</p> <p>Asian Chicken Salad                      Noodles*+                      Edamame                      Mandarin Oranges                      Wheat Crackers, LS V8+</p>	<p>23</p> <p>Chicken Pot Pie with Biscuit Topping                      Spinach                      Spiced Peaches</p>	<p>24</p> <p>Beef Tacos with WW Tortilla                      Pinto Beans                      Vegetable Blend*                      Fruit Cup+</p>
<p>27</p> <p>Whole Wheat Spaghetti with Mushroom Balls                      Brussels Sprouts+                      Cinnamon Apples</p>	<p>28</p> <p>Pulled Pork                      Steamed Cabbage+                      Capri Vegetables+                      Whole Wheat Bun                      Fresh Fruit</p>	<p>29</p> <p>Potato Crusted Fish over Brown Rice                      Green Beans                       Stewed Tomatoes                      Fresh Fruit</p>	<p>30</p> <p>Chicken Parmesan over WW Penne Pasta                      Cauliflower+                      Broccoli+                      Fresh Fruit</p>	<p><b>KEY</b>                      + Vitamin C Source                      * Vitamin A Source                      &lt; &gt; High Sodium Day                      WW = Whole Wheat</p>

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: [BBruno@SpectrumCS.org](mailto:BBruno@SpectrumCS.org)



# Nutrition Education



## How Much Per Day?

People with diabetes should aim to get about half their calories from carbohydrates. If you eat about 1800 calories per day that would be 900 calories from carbs. At 4 calories per gram, that's 225 grams of carbs per day.

Here's a sample meal with grams of carbs:

- 6 oz. baked chicken breast (0g)
- 1 cup brown rice (45g)
- 1 cup steamed broccoli (12g)
- 2 TBS margarine (0g)
- Total carbs: 57 grams

Sources:

<https://www.diabetes.org/nutrition/understanding-carbs>

<https://www.cdc.gov/diabetes/managing/eat-well/diabetes-and-carbohydrates.html>

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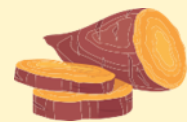
## FITTING CARBOHYDRATES IN A DIABETIC DIET

Carbohydrates in food come in the form of starch, fiber, and sugar. The most important thing to remember when it comes to eating carbohydrates is to choose nutrient-dense carbohydrates. Let's look at the differences in carbohydrates and which ones you should eat more of and less of.

**MOSTLY THESE:** Whole unprocessed non-starchy vegetables: These are a great source of fiber and low on the other carbohydrates. Vegetables such as tomatoes, broccoli, dark green leafy lettuce, green beans.



**A LITTLE OF THESE:** Minimally processed starchy vegetables and whole grains: These are still nutrient-dense but slightly higher in starch and sugar. Foods such as whole wheat bread, brown rice, apples, blueberries, beans, sweet potatoes, and oatmeal.



**LIMIT THESE:** Refined, highly processed carbohydrates such as white bread, white rice, sodas, cookies, cakes and other foods that have added sugars. Check out the nutrition facts label for the total grams of added sugars.