

**NORTH OAKLAND SENIOR CENTER | (510) 597-5085**  
 To reserve lunch, please call Mon-Fri, 9:30am -2:30pm  
 or Email: [nosc@oaklandca.gov](mailto:nosc@oaklandca.gov) by 12noon, 72 hours in advance. Take away pick-up between 12 - 12:30pm.

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



# 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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September 2021

## 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.