Nutrition Column

Vitamin B2 -Riboflavin

-- What do you need to know --

Vitamin B2, also known as riboflavin, is an essential nutrient for maintaining overall health, playing a vital role in energy metabolism and antioxidant functions.

How much Vitamin B2 do you need in a day? The recommended dietary allowance (RDA) for Vitamin B2 varies by age and gender:

•Adult males: 1.3 milligrams per day

Adult females: 1.1 milligrams per day
Pregnant females: 1.4 milligrams per day

•Breastfeeding females: 1.6 milligrams per day

Common Food Sources:

Dairy products: Milk, yogurt, cheese

Eggs

Lean meats: Chicken, turkey, lean beef Green leafy vegetables: Spinach, kale Nuts and seeds: Almonds, sunflower seeds Whole grains: Whole wheat bread, brown

rice

Recommendation

Supplementation of Vitamin B2 may be necessary for individuals with restricted diets or certain medical conditions, but for most people, obtaining riboflavin through a balanced diet suffices.

This article was written by Dietitian Sophia Ding. If you have any questions, please call 617-357-0226

Senior Centers/Meal Sites

Quincy Tower

5 Oak Street West, Boston, MA 02116 Tel: (617) 423-7560 Fax: (617) 423-0502

Breakfast & Lunch Dine-In Breakfast Time: 8:00am-10:00am Lunch Time: 11:15am-12:30pm Open for in-person activities: Taichi, Dance, ESL, Calligraphy, Smart Phone Workshops, Painting

Hong Lok House

25 Essex Street, Boston, MA 02111 Tel: (617) 936-3966 Fax: (617) 350-4621

Lunch Dine-In

Lunch Time: 11:30am-1:00pm

Open for in-person activities: Dance, ESL, Balance Exercise, Technology Workshops

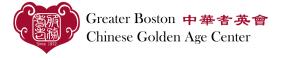
Brighton House

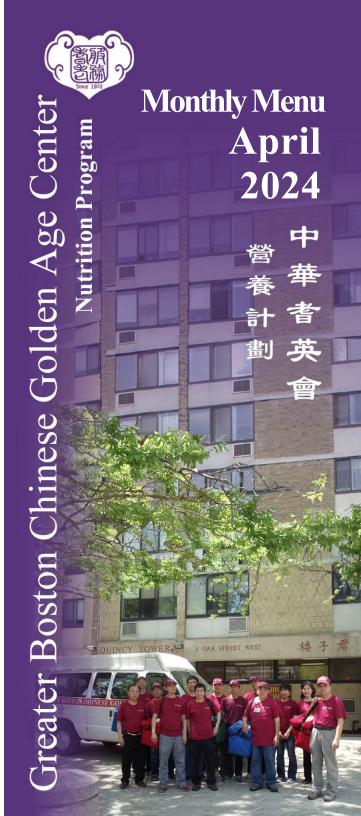
677 Cambridge St., Brighton, MA 02135 Tel: (617) 789-4289 Fax: (617) 789-5623

Lunch Dine-In Lunch Time: 11:30am-12:00pm Open for in-person activities: Taichi Soft Ball, Technology Workshops, ESL, Dance

Operation time: Monday to Friday from 9:00am to 2:00pm.

For detailed activity schedule, please check our website OR social media platforms.





Rice + 11mg + 10tal Sodium = 351mg Total Sodium = 296mg Total Sodium = 259mg Total Sodium = 493mg Total Sodium =	oning 613*mg 125mg 11mg
BBQ Pork Main Course + 215mg Milk + 125mg Rice + 11mg Total Sodium = 351mg Main Course + 160mg + 125mg Rice + 11mg Total Sodium = 296mg Main Course + 123mg + 125mg + 125mg + 11mg Total Sodium = 296mg Main Course + 123mg + 125mg + 125mg + 11mg + 11mg Total Sodium = 296mg Total Sodium = 259mg Main Course + 356mg + 125mg + 125mg + 11mg + 11mg Total Sodium = 493mg Total Sodium = 493mg Total Sodium = 493mg	oning 613*mg 125mg 11mg
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Calories: 651kcal Calories: 530kcal Calories: 571kcal Calories: 434kcal Calories:	700kcal
Satay-flavored Fish Balls Satay-flavored Shrimp with Salt and Pepper Satay-flavored Fish Fillet with Creamy Corn Braised Pork Ribs with Pumpkin Braised Pork Ribs with Soy Salt and Pepper	
Rice + 11mg + 10tal Sodium = 753mg Total Sodium = N/A Total Sodium = 567mg Total Sodium = 696mg Total Sodium =	125mg 11mg 372mg
Calories: 541kcal Monthly Special Calories: N/A Calories: 581kcal Calories: 741kcal Calories: 0	
Steamed Pork Dumpling Steamed Pork Mushroom Steamed Fish Fillet with Spicy Sauce Stir-fried Shrimp and Pepper over	
11mg 11mg	N/A 125mg
Patriots Day Total Sodium = 1093mg Total Sodium = 488mg Total Sodium = 562 Total Sodium =	N/A es: N/A
Tofu Stew with Mixed Vegetables Baked Egg Patty Baked Pork Ribs with Sugar and Vinegar Stir-fried Shrimp with Celery With Salt and F	-
Rice + 11mg + 11mg + 11mg + 11mg + + + + + + + + + + + + + + + + + + +	493mg 125mg 11mg
Total Sodium = 742mg Total Sodium = 476mg Total Sodium = 492mg Total Sodium = 933mg Total Sodium = Galories: 492kcal Calories: 658kcal Calories: 758kcal Calories: 513kcal Calories:	
O CU CU LOUI DE T.C. VII	OTACAI
Stir-fried Chicken, Shrimp, and fish ball Ground Pork * *	
Main Course + 1119*mg Milk + 125mg Rice + 11mg Main Course + 123mg + 125mg + 11mg Happy Easter!	W.
Total Sodium = 1255mg High Sodium Calories: 596kcal Calories: 571kcal	

April 2024 Monthly Menu

Meals are based on a No Added Salt (3-4 gm sodium diet) for healthy older adult. If you have a special concern regarding sodium, contact the Dietitian for guidance on managing your intake to meet your diet requirements. The nutrition information above does not include vegetables nor fruits. Vegetables - calorie 30 - 60 kcal, sodium 60 - 150 mg; Fruits - calorie 71 - 105 kcal, sodium 1 - 2 mg. Meals may contain allergens including milk, egg, fish, crustaceans, tree nuts, wheat, peanut, and soybeans; and, food ingredient that contain these proteins.

If you choose not to eat your lunch right away, please put it in the refrigerator immediately.

When you are ready to consume the lunch:

- 1.Slit the plastic cover open or peel it back
- 2.Re-heat in the microwave for 2-3 mainutes
- 3.Preheat oven to 350° then place container on cookie sheet and heat for 10 − 20 minutes. Do not heat over 30 minutes.

*Caution: containers should never be put into a toaster oven.

Note: Fruits and vegetables listed on the menu are subject to change due to seasonal availability. We reserve the right to modify an entrée for holidays or special occasions. Please watch out for small bones in your meal to avoid choking or discomfort while eating

