

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.



Greater Boston 中華耆英會
Chinese Golden Age Center



Greater Boston Chinese Golden Age Center

Nutrition Program

Monthly Menu
April
2024


中華耆英會
營養計劃



April 2024 Monthly Menu

* indicates higher sodium items > 500 mg

Food Safety Rules

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Baked Chinese BBQ Pork Main Course + 215mg Milk + 125mg Rice + 11mg Total Sodium = 351mg Calories: 651kcal	2 Stir-fried Eggplant with Ground Pork Main Course + 160mg + 125mg + 11mg Total Sodium = 296mg Calories: 530kcal	3 Tofu Stew with BBQ Pork Belly Main Course + 123mg + 125mg + 11mg Total Sodium = 259mg Calories: 571kcal	4 Budduist Delight Main Course + 356mg + 125mg + 11mg Total Sodium = 493mg Calories: 434kcal	5 Baked Fish Fillet with Italian Seasoning Main Course + 613*mg + 125mg + 11mg Total Sodium = 749mg Calories: 700kcal
8 Satay-flavored Fish Balls Main Course + 616*mg Milk + 125mg Rice + 11mg Total Sodium = 753mg Calories: 541kcal	9 Stir-fried Shrimp with Salt and Pepper Main Course + N/A + 125mg + 11mg Total Sodium = N/A Monthly Special Calories: N/A	10 Baked Fish Fillet with Creamy Corn Main Course + 430mg + 125mg + 11mg Total Sodium = 567mg Calories: 581kcal	11 Braised Pork Ribs with Pumpkin Main Course + 560*mg + 125mg + 11mg Total Sodium = 696mg Calories: 741kcal	12 Braised Chicken Thigh with Soy Sauce Main Course + 235mg + 125mg + 11mg Total Sodium = 372mg Calories: 620kcal
15 Closed for the day Patriots' Day	16 Steamed Pork Dumpling Main Course + 968*mg + 125mg Total Sodium = 1093mg Calories: 477kcal	17 Baked Pork Patty with Mushroom Main Course + 352mg + 125mg + 11mg Total Sodium = 488mg Calories: 622kcal	18 Steamed Fish Fillet with Spicy Sauce Main Course + 426mg + 125mg + 11mg Total Sodium = 562 Calories: 506kcal	19 Stir-fried Shrimp with Salt and Pepper over Noodles Main Course + N/A + 125mg Total Sodium = N/A Calories: N/A
22 Tofu Stew with Mixed Vegetables Main Course + 606*mg Milk + 125mg Rice + 11mg Total Sodium = 742mg Calories: 492kcal	23 Baked Egg Patty Main Course + 340mg + 125mg + 11mg Total Sodium = 476mg Calories: 658kcal	24 Baked Pork Ribs with Sugar and Vinegar Main Course + 356mg + 125mg + 11mg Total Sodium = 492mg Calories: 758kcal	25 Stir-fried Shrimp with Celery Main Course + 796*mg + 125mg + 11mg Total Sodium = 933mg Calories: 513kcal	26 Baked Chicken Wings with Salt and Pepper Main Course + 493mg + 125mg + 11mg Total Sodium = 630mg Calories: 617kcal
29 Stir-fried Chicken, Shrimp, and fish ball Main Course + 1119*mg Milk + 125mg Rice + 11mg Total Sodium = 1255mg High Sodium Calories: 596kcal	30 Tofu Stew with Ground Pork Main Course + 123mg + 125mg + 11mg Total Sodium = 259mg Calories: 571kcal			

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 minutes
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



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.