

January 2019 Senior Nutrition Component Table

Calories Carbs Protein Vitamin C Vitamin A Fiber Calcium Sodium

Date	<u>Kcal</u> >550	<u>CHO</u> 70 g	<u>Protein</u> 2 oz daily	<u>C</u> 25 mg/d	<u>A</u> 233ug x 3 d/wk	<u>Fiber</u> 7 g ave weekly	<u>Calcium</u> 400 mg ave wk	<u>Na</u> <1000 mg
1/1/2019	HOLIDAY							
1/2/2019	636	71	3 F	32	247	8	401	793
1/3/2019	622	67	3 M	27	396	6	403	824
1/4/2019	586	73	2 CHX/V	25	179	8	544	538
Average		70			274	7	449	
1/7/2019	575	79	3 V	104	185	6	688	490
1/8/2019	570	66	3 M	50	195	7	376	525
1/9/2019	627	79	3 CHX	67	258	6	528	1002
1/10/2019	569	64	3 F	60	242	7	390	504
1/11/2019	613	74	3 M	43	295	10	428	993
Average		72			235	7	482	
1/14/2019	600	70	3 M	38	190	6	388	807
1/15/2019	625	73	2M/1V	25	238	12	537	1217
1/16/2019	595	75	3 P/V	56	456	18	714	778
1/17/2019	619	78	3 CHX	90	914	13	341	625
1/18/2019	872	70	2 V	96	288	6	479	768
Average		73			417	11	492	
1/21/2019	HOLIDAY							
1/22/2019	669	65	3 CHX	25	290	5	600	903
1/23/2019	616	76	2V/2P	26	429	16	588	1489
1/24/2019	550	66	3 M	59	1121	9	449	598
1/25/2019	552	62	3 T	73	191	6	406	791
Average		67			508	9	511	
1/28/2019	626	69	3 M	49	317	7	461	959
1/29/2019	608	73	3 CHX	45	294	10	465	642
1/30/2019	596	78	3 F	77	196	6	376	792
1/31/2019	619	77	3 P	54	189	9	471	849
Average		74			249	8	443	

Abbreviations:

B = Beans	V = Vegetarian	CHX = Chicken
M = Beef	F = Fish	P = Pork
T = Turkey	C = Cheese	B = Beans