

## October 2018 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
10/01/2018	552	71	3 F	73	196	8	380	621
10/02/2018	550	73	3 M	111	595	8	444	879
10/03/2018	582	75	3 CHX	58	185	6	374	500
10/04/2018	578	79	3 V	55	425	9	410	739
10/05/2018	656	63	3 P	51	400	6	462	1110
<b>AVERAGE</b>		<b>72</b>			<b>360</b>	<b>7</b>	<b>414</b>	
10/08/2018	625	74	3 M	58	204	10	436	728
10/09/2018	595	71	1C&2P	53	244	8	652	1559
10/10/2018	859	79	2 M	65	435	11	531	720
10/11/2018	623	69	3 CHX	36	763	8	377	524
10/12/2018	568	81	2 F	25	233	6	471	1054
<b>AVERAGE</b>		<b>75</b>			<b>376</b>	<b>9</b>	<b>493</b>	
10/15/2018	634	76	3 M	25	164	11	410	644
10/16/2018	552	60	3 V	28	2171	19	437	550
10/17/2018	630	84	3 M	25	189	8	396	697
10/18/2018	604	76	3 C	73	360	20	707	978
10/19/2018	815	71	3 CHX	45	465	8	601	890
<b>AVERAGE</b>		<b>73</b>			<b>670</b>	<b>13</b>	<b>510</b>	
10/22/2018	590	71	3 P	30	185	6	411	925
10/23/2018	557	69	2 V	81	374	10	416	545
10/24/2018	845	73	3 M	25	497	9	578	1298
10/25/2018	611	68	3 F	53	1197	10	595	771
10/26/2018	873	75	3 CHX	39	160	7	398	997
<b>AVERAGE</b>		<b>71</b>			<b>483</b>	<b>8</b>	<b>480</b>	
10/29/2018	571	69	3CHX	48	248	6	381	551
10/30/2018	595	65	3 F	41	318	8	408	473
10/31/2018	570	82	3 P	29	571	8	386	1140

### Abbreviations:

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