

October 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
10/01/2019	550	73	3 M	111	595	8	444	879
10/02/2019	582	75	3 CHX	58	185	6	374	500
10/03/2019	578	79	3 V	55	425	9	410	739
10/04/2019	815	71	3 CHX	45	465	8	601	890
AVERAGE		75			418	8	457	
10/07/2019	625	74	3 M	58	204	10	436	728
10/08/2019	595	71	1C&2P	53	244	8	652	1559
10/09/2019	859	79	2 M	65	435	11	531	720
10/10/2019	623	69	3 CHX	36	763	8	377	524
10/11/2019	568	81	2 F	25	233	6	471	1054
AVERAGE		75			376	9	493	
10/14/2019	634	76	3 M	25	164	11	410	644
10/15/2019	552	60	3 V	28	2171	19	437	550
10/16/2019	576	71	3 T	48	1076	5	369	331
10/17/2019	604	76	1 C/2B	73	360	20	707	978
10/18/2019	656	78	3 P	51	400	8	462	1110
AVERAGE		72			834	13	477	
10/21/2019	590	71	3 P	30	185	6	411	925
10/22/2019	557	69	2 P	81	374	10	416	945
10/23/2019	583	73	3 V	25	164	7	411	592
10/24/2019	611	68	3 F	53	1197	10	595	771
10/25/2019	873	75	3 CHX	39	160	7	398	997
AVERAGE		71			416	8	446	
10/28/2019	571	69	3CHX	48	248	6	381	551
10/29/2019	556	75	3 V	35	144	11	493	416
10/30/2019	575	62	2.5 F	37	197	6	383	375
10/31/2018	570	82	3 P	29	571	8	386	1140
AVERAGE		72			290	8	410	

Abbreviations:

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