

November 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
11/1/2018	568	77	3T	43	237	12	398	602
11/2/2018	609	73	2 M	25	644	5	429	556
Average		75			441	9	414	
11/5/2018	569	77	3 V	64	350	9	583	871
11/6/2018	620	76	3 F	34	190	9	366	539
11/7/2018	550	76	3 CHX	35	843	6	369	444
11/8/2018	550	65	3 P	39	153	8	409	786
11/9/2018	563	69	3 M	69	306	7	421	767
Average		73			368	8	430	
11/12/2018	VETERAN'S DAY							
11/13/2018	770	78	3 CHX	25	180	7	436	804
11/14/2018	550	79	3 V	28	324	8	518	590
11/15/2018	636	72	3 M	49	201	6	428	876
11/16/2018	630	72	3 F	25	553	5	560	1109
Average		75			315	7	486	
11/19/2018	627	73	2 P	55	339	8	641	997
11/20/2018	553	76	3 V	28	198	14	481	820
11/21/2018	761	75	3 T	25	610	7	589	842
11/22/2018	HAPPY THANKSGIVING							
11/23/2018	HAPPY THANKSGIVING							
Average		75			383	10	570	
11/26/2018	611	71	3 F	41	209	5	345	465
11/27/2018	633	79	3 M	66	295	9	510	1223
11/28/2018	608	79	1 V	56	260	12	422	998
11/29/2018	599	71	3 P	54	189	9	470	715
11/30/2018	633	73	3 M	54	814	11	469	849
Average		315			353	9	443	

Abbreviations:

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