

## December 2018 Senior Nutrition Component Table

Calories    Carbs    Protein    Vitamin C    Vitamin A    Fiber    Calcium    Sodium

Date	Kcal >550	CHO 70 g	Protein 2 oz daily	C 25 mg/d	A 233ug x 3 d/wk	Fiber 7 g ave weekly	Calcium 400 mg ave wk	Na <1000 mg
12/3/2018	558	66	3 P	59	1121	9	449	598
12/4/2018	872	70	2 M	96	288	6	479	768
12/5/2018	552	71	2 V	88	183	16	454	896
12/6/2018	569	64	3 F	60	222	7	443	504
12/7/2018	694	78	2 CHX/1P	37	240	7	623	1265
<b>Average</b>		<b>70</b>			<b>411</b>	<b>9</b>	<b>490</b>	
12/10/2018	617	74	3 M	46	718	9	529	695
12/11/2018	603	78	2 P/1 V	30	225	10	378	1580
12/12/2018	568	81	2 F	26	233	6	471	998
12/13/2018	607	72	2 C	25	321	7	588	1260
12/14/2018	614	69	3 CHX	29	245	11	672	699
<b>Average</b>		<b>75</b>			<b>348</b>	<b>9</b>	<b>528</b>	
12/17/2018	625	73	3 F	25	182	5	358	716
12/18/2018	572	77	3 V	26	189	14	638	849
12/19/2018	570	64	2 CHX/1P	40	608	8	420	876
12/20/2018	639	81	3 T	45	329	14	453	832
12/21/2018	613	78	3 P	29	799	7	434	1652
<b>Average</b>		<b>75</b>			<b>421</b>	<b>10</b>	<b>461</b>	
12/24/2018	<b>Merry Christmas</b>							
12/25/2018								
12/26/2018	561	72	3 CHX	73	237	7	379	915
12/27/2018	632	79	3 T	98	359	12	468	702
12/28/2018	577	75	3 M	25	231	8	361	729
<b>Average</b>		<b>75</b>			<b>276</b>	<b>9</b>	<b>403</b>	
12/31/2018	574	72	2 P	43	161	7	396	481

**Abbreviations:**

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