

February 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
2/1/2019	572	80	2 V	31	331	8	501	930
Average					265	8	456	
2/4/2019	682	74	3 M	56	299	6	406	405
2/5/2019	615	79	3 F	25	158	7	400	861
2/6/2019	649	86	3 T	25	310	8	389	550
2/7/2019	614	78	2 V	73	273	6	458	903
2/8/2019	592	62	3 M	40	192	7	563	647
Average					246	7	443	
2/11/2019	558	77	3 V	52	280	8	587	777
2/12/2019	560	79	3 CHX	33	1134	12	428	515
2/13/2019	550	76	3 M	35	250	4	339	683
2/14/2019	695	77	3 M	102	185	8	376	514
2/15/2019	646	75	3 P	118	168	6	482	535
Average					403	8	442	
HOLIDAY								
2/19/2019	593	76	3 V	28	226	14	556	982
2/20/2019	586	83	3 CHX	99	205	11	422	600
2/21/2019	550	74	3 F	38	225	6	385	467
2/22/2019	764	71	3 M	25	469	11	644	926
Average					281	11	502	
2/25/2019	623	69	3 P	50	280	9	705	672
2/26/2019	662	86	2 CHX/1V	99	183	18	431	924
2/27/2019	568	81	2 F	25	233	6	471	1054
2/28/2019	621	74	3 M	79	240	8	399	956
Average					234	10	502	

Abbreviations:

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