

April 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
4/1/2019	564	62	3 M	56	719	6	414	739
4/2/2019	648	73	3 CHX	46	323	6	391	810
4/3/2019	607	72	2 V	25	421	7	553	995
4/4/2019	648	74	2 CHX/1P	60	165	8	493	999
4/5/2019	568	72	3 P	38	565	8	430	850
Average					439	7	456	
4/8/2019	659	73	3 CHX	55	313	5	462	513
4/9/2019	664	65	2.5 F	62	157	7	381	453
4/10/2019	586	60	2 V	95	244	5	382	625
4/11/2019	639	81	3 T	45	329	14	453	832
4/12/2019	643	77	2 M	77	214	8	464	672
Average					251	8	428	
4/15/2019	571	69	3 CHX	48	248	6	381	551
4/16/2019	609	67	2 M	25	279	6	393	716
4/17/2019	625	69	3 M	65	208	11	474	766
4/18/2019	665	73	3 P	25	179	10	445	782
4/19/2019	693	78	3 M	38	767	8	425	532
Average					336	8	424	
4/22/2019	674	72	3 M	67	271	10	633	856
4/23/2019	669	74	3 CHX	86	601	9	425	843
4/24/2019	598	74	3 F	33	771	7	399	910
4/25/2019	597	66	3 V	25	657	7	713	943
4/26/2019	746	79	2P/1C	25	314	9	596	1523
Average					523	8	553	
4/29/2019	563	72	2 C	77	623	6	569	963
4/30/2019	578	77	2 F	104	159	11	448	682

Abbreviations:

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