

May 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
5/1/2019	879	66	2 M	101	1016	8	524	516
5/2/2019	617	62	3 CHX	75	157	8	423	456
5/3/2019	710	82	3 F	116	1227	10	587	960
Average					800	9	511	
5/6/2019	657	88	3 CHX	62	427	9	565	875
5/7/2019	601	76	3 F	28	244	7	378	1150
5/8/2019	547	76	3 M	74	765	8	364	536
5/9/2019	580	68	3 V	65	524	6	554	877
5/10/2019	550	70	3 T	63	227	7	350	726
Average					437	7	442	
5/13/2019	603	72	3 M	101	184	7	368	595
5/14/2019	560	65	3 F	95	188	8	422	785
5/15/2019	603	73	3 P	53	411	6	422	1650
5/16/2019	558	66	3 M	34	257	7	488	757
5/17/2019	580	68	3 V	65	524	6	554	877
Average					367	7	504	
5/20/2019	561	75	3 P	101	264	4	387	421
5/21/2019	562	83	3 M	34	290	9	642	695
5/22/2019	676	75	3 CHX	66	280	7	470	1525
5/23/2019	550	79	3 V	76	284	13	400	449
5/24/2019	694	78	2 CHX/1P	37	240	7	623	1265
Average					272	8	504	
5/27/2019	HOLIDAY							
5/28/2019	586	80	3 F	55	562	7	392	751
5/29/2019	640	72	3 CHX	26	310	6	425	836
5/30/2019	556	81	3 M	54	325	8	384	979
5/31/2019	630	73	3 CHX	64	280	7	475	825
Average					369	7	419	

Abbreviations:

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