

June 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
6/3/2019	677	71	3 M	51	1300	10	466	705
6/4/2019	710	67	3 CHX	120	214	6	431	782
6/5/2019	573	82	3 V	37	357	12	425	699
6/6/2019	733	76	3 M	71	266	9	470	904
6/7/2019	559	75	3 P	113	1177	9	427	819
Average					663	8	444	
6/10/2019	565	73	3 CHX	47	240	5	364	744
6/11/2019	664	65	3 F	75	178	7	381	453
6/12/2019	574	72	2 P	43	2169	7	396	481
6/13/2019	601	72	2 T/1C	25	432	9	596	735
6/14/2019	592	76	3 M	110	160	8	387	654
Average					636	7	425	
6/17/2019	706	63	3 M	93	533	8	457	689
6/18/2019	574	72	2 P	43	161	7	396	481
6/19/2019	601	76	3 F	42	244	4	378	1150
6/20/2019	603	77	3 CHX	112	268	9	408	596
6/21/2019	563	72	2 C	77	623	6	569	963
Average					366	7	442	
6/24/2019	583	78	2 C	33	332	5	597	935
6/25/2019	563	72	2 M	77	623	6	569	963
6/26/2019	624	65	3 CHX	58	536	7	391	485
6/27/2019	607	72	3 T	121	249	8	438	697
6/28/2019	746	79	2 P/ 1C	25	314	9	596	1523
Average					411	7	518	

Abbreviations:

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