

September 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
9/2/2019	HOLIDAY							
9/3/2019	630	73	3 CHX	64	280	7	475	825
9/4/2019	550	78	3 V	110	418	7	421	762
9/5/2019	678	73	1 B/2M	30	307	11	558	1373
9/6/2019	581	67	3 T	37	276	5	414	672
AVERAGE		73			320	8	467	
9/9/2019	557	71	3 M	80	284	11	438	667
9/10/2019	676	70	3 P	25	160	5	731	903
9/11/2019	676	77	2B/1V	59	248	11	602	553
9/12/2019	551	61	3 M	26	291	6	384	856
9/13/2019	710	77	3 CHX	120	214	6	431	782
AVERAGE		71			239	8	517	
9/16/2019	563	65	3 CHX	52	308	13	569	744
9/17/2019	638	67	2 M	100	256	9	468	744
9/18/2019	557	69	2 V	49	330	16	330	802
9/19/2019	657	67	3 T	41	269	11	337	713
9/20/2019	703	73	3 M	34	246	9	478	675
AVERAGE		68			282	12	436	
9/23/2019	731	72	3 CHX	29	449	6	584	581
9/24/2019	677	71	2 M/1B	25	366	10	466	1205
9/25/2019	650	65	2 F	42	284	4	616	935
9/26/2019	648	74	2 CHX/1P	60	165	8	493	999
9/27/2019	611	79	2V	28	296	5	456	850
AVERAGE		72			312	7	523	
9/30/2019	613	72	3 M	26	347	12	447	643

Abbreviations:

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