

September 2020 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
9/1/2020	650	65	2 F	42	284	4	616	935
9/2/2020	550	78	3 V	110	418	7	421	762
9/3/2020	553	73	3 M	109	261	11	395	620
9/4/2020	670	75	3 T	25	151	4	406	707
AVERAGE					279	7	460	
9/7/2020	HOLIDAY							
9/8/2020	666	79	3 P	25	764	7	486	679
9/9/2020	550	63	3 M	90	178	10	397	380
9/10/2020	559	75	3 F	47	217	8	415	321
9/11/2020	566	75	3 CHX	25	187	6	327	931
AVERAGE					337	8	406	
9/14/2020	585	79	3 CHX	45	308	16	574	861
9/15/2020	555	70	3 F	46	239	4	582	869
9/16/2020	598	76	3 T	29	144	5	566	750
9/17/2020	778	78	3 M	61	201	8	428	808
9/18/2020	559	65	3 P	50	329	6	384	404
AVERAGE					244	8	507	
9/21/2020	723	69	3 M/1B	35	226	11	397	470
9/22/2020	731	72	3 CHX	29	449	6	584	581
9/23/2020	650	65	2 F	42	284	4	616	935
9/24/2020	665	77	3 P	68	158	5	357	1372
9/25/2020	611	79	2 V	28	296	6	456	850
AVERAGE					283	7	482	
9/28/2020	576	76	3 T	26	468	13	461	932
9/29/2020	550	77	3 F	39	1228	4	363	825
9/30/2020	559	68	3 CHX	51	185	5	454	420
AVERAGE					627	7	426	

Abbreviations:

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