

January 2022 Senior Nutrition Facts 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
1/3/2021	569	64	3 F	25	242	7	390	504
1/4/2021	570	66	3 P	140	195	7	376	525
1/5/2021	654	78	3 CHX	72	776	9	401	683
1/6/2021	575	79	2 V/1P	64	185	6	688	490
1/7/2021	613	74	3 M	43	295	10	428	993
Average					339	8	457	
1/10/2021	600	70	3 M	38	190	6	388	807
1/11/2021	669	65	3 F	64	290	5	600	903
1/12/2021	595	75	3 P/V	56	456	18	714	778
1/13/2021	619	78	3 CHX	90	914	13	341	625
1/14/2021	872	70	2 V	96	288	6	479	768
Average					429	10	504	
1/17/2021	HOLIDAY							
1/18/2021	625	73	2M/1V	25	238	12	537	1217
1/19/2021	615	71	3 F	25	328	3	443	705
1/20/2021	550	66	3 M	59	1121	9	449	598
1/21/2021	552	62	3 CHX	73	191	6	406	791
Average					470	8	459	
1/24/2021	636	71	3 F	54	247	8	401	793
1/25/2021	619	77	3 P	32	189	9	471	849
1/26/2021	622	67	3 M	27	396	6	403	824
1/27/2021	574	85	3 CHX	42	682	6	461	588
1/28/2021	570	63	3 M	70	211	9	414	640
Average					345	8	430	
1/31/2021	699	60	3 M	98	193	7	409	623

Abbreviations:

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