

## February 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
2/1/2022	615	79	3 F	25	275	7	400	861
2/2/2022	652	75	3 T	154	192	13	488	795
2/3/2022	621	74	3 M	79	240	8	399	956
2/4/2022	550	68	3 CHX	39	239	9	457	702
<b>Average</b>					<b>237</b>	<b>9</b>	<b>436</b>	
2/7/2022	551	76	3 M	35	250	4	339	683
2/8/2022	560	79	3 CHX	33	1134	12	428	515
2/9/2022	558	77	3 P	52	280	8	587	777
2/10/2022	592	62	3 M	40	192	7	563	647
2/11/2022	646	75	3 F	118	168	6	482	535
<b>Average</b>					<b>405</b>	<b>7</b>	<b>480</b>	
2/14/2022	550	78	3 M	84	274	7	386	769
2/15/2022	606	78	3 CHX	43	336	7	340	829
2/16/2022	764	71	3 T	25	469	11	644	926
2/17/2022	560	74	3 F	38	225	6	385	467
2/18/2022	586	83	3 CHX	99	205	11	422	600
<b>Average</b>					<b>309</b>	<b>9</b>	<b>448</b>	
2/21/2022	HOLIDAY							
2/22/2022	584	76	3 CHX	52	197	10	625	879
2/23/2022	682	74	3 M	56	299	6	406	405
2/24/2022	623	69	3 P	50	280	9	705	672
2/25/2022	572	80	2 V	31	331	8	501	930
<b>Average</b>					<b>276</b>	<b>8</b>	<b>525</b>	
2/28/2022	631	72	3 F	44	321	10	449	260

### Abbreviations:

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