

October 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
10/01/2020	578	79	3 M	55	425	9	410	739
10/02/2020	556	75	3 F	47	179	6	416	645
AVERAGE					515	8	413	
10/05/2020	625	74	3 M	58	254	10	436	728
10/06/2020	595	71	3 P	53	244	8	652	1559
10/07/2020	582	75	3 T	58	285	6	374	500
10/08/2020	575	62	3 F	37	197	6	383	375
10/09/2020	550	79	3 CHX	25	279	6	299	483
AVERAGE					222	7	429	
10/12/2020	634	76	3 M	25	164	11	410	644
10/13/2020	561	77	3 F	34	229	6	395	756
10/14/2020	576	71	3 T	48	1076	5	369	331
10/15/2020	604	76	3 CHX	73	360	20	707	978
10/16/2020	656	78	3 P	51	400	8	462	1110
AVERAGE					446	10	469	
10/19/2020	722	67	3 M	40	331	4	716	1175
10/20/2020	590	71	3 P	30	185	6	411	925
10/21/2020	583	73	3 V	25	164	7	411	592
10/22/2020	611	68	3 F	53	1197	10	595	771
10/23/2020	873	75	3 CHX	39	160	7	398	997
AVERAGE					407	7	506	
10/26/2020	571	69	3 CHX	48	248	6	381	551
10/27/2020	556	75	3 V	35	144	11	493	416
10/28/2020	575	62	3 F	37	197	6	383	375
10/29/2020	550	73	3 M	111	595	8	444	879
10/30/2020	570	82	3 P	29	571	8	386	840
AVERAGE					351	8	417	

Abbreviations:

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