

## October 2021 Senior Nutrition Component Table

	Calories	Carbs	Protein	Vitamin C	Vitamin A	Fiber	Calcium	Sodium
Date	<u>Kcal</u> >550	<u>CH</u> <u>O</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
10/1/2020	578	79	3 P	55	425	9	410	739
<b>AVERAGE</b>								
10/04/2021	625	74	3 M	58	254	10	436	728
10/05/2021	595	71	3 M	53	244	8	652	985
10/06/2021	582	75	3 T	58	285	6	374	500
10/07/2021	575	62	3 F	37	197	6	383	375
10/08/2021	550	79	3 CHX	25	279	6	299	483
<b>AVERAGE</b>					<b>252</b>	<b>7</b>	<b>429</b>	
10/11/2021	634	76	3 T	25	164	11	410	644
10/12/2021	561	77	3 F	34	229	6	395	756
10/13/2021	576	71	3 M	48	1076	5	369	331
10/14/2021	604	76	2CHX/1B	25	360	20	707	978
10/15/2021	656	78	3 P	51	400	8	462	1110
<b>AVERAGE</b>					<b>446</b>	<b>10</b>	<b>467</b>	
10/18/2021	583	73	3 V	25	164	7	411	592
10/19/2021	590	71	3 P	30	185	6	420	925
10/20/2021	722	67	3 M	40	331	4	716	675
10/21/2021	611	68	3 F	53	1197	10	595	771
10/22/2021	873	75	3 CHX	39	160	7	398	997
<b>AVERAGE</b>					<b>407</b>	<b>7</b>	<b>508</b>	
10/25/2021	571	69	3 T	48	248	6	381	551
10/26/2021	556	75	3 V	35	144	11	493	416
10/27/2021	556	75	3 F	47	179	6	416	645
10/28/2021	585	72	3 CHX	49	1076	5	375	375
10/29/2021	570	82	3 M	29	571	8	386	590
<b>AVERAGE</b>					<b>444</b>	<b>7</b>	<b>410</b>	

### Abbreviations:

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