

November 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
11/02/2020	633	79	3 M	66	295	9	510	1223
11/03/2020	645	75	3 P	25	283	8	393	399
11/04/2020	550	61	3 F	27	181	5	446	480
11/05/2020	608	79	3CHX/B	56	260	12	422	998
11/06/2020	616	77	3 T	60	167	12	475	808
AVERAGE					237	9	449	
11/09/2020	742	76	3 F	42	186	8	395	980
11/10/2020	550	65	3 CHX	44	212	6	461	746
11/11/2020	Happy Veteran's Day							
11/12/2020	633	73	3 M	54	814	11	469	849
11/13/2020	730	79	3 V	26	160	8	635	990
AVERAGE					343	8	490	
11/16/2020	609	73	2 M	25	644	5	429	556
11/17/2020	560	75	2 V	25	445	8	472	658
11/18/2020	598	68	3 F	47	377	7	410	956
11/19/2020	636	72	3 M	49	201	6	428	876
11/20/2020	783	80	3 CHX	29	144	7	333	621
AVERAGE					362	7	414	
11/23/2020	649	64	2 V/1M	30	370	5	588	767
11/24/2020	710	70	3 M	72	152	9	843	912
11/25/2020	761	75	3 T	25	610	7	589	842
11/26/2020	Happy Thanksgiving							
11/27/2020	Happy Thanksgiving							
AVERAGE					377	7	673	
11/30/2020	599	71	3 P	54	189	9	470	715

Abbreviations:

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