

## September 2021 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
9/1/2021	550	78	3 V	110	418	7	421	762
9/2/2021	553	73	3 M	109	261	11	395	620
9/3/2021	670	75	3 T	25	151	4	406	707
<b>AVERAGE</b>					<b>276</b>	<b>7</b>	<b>407</b>	
9/6/2021	<b>HOLIDAY</b>							
9/7/2021	666	79	3 P	25	764	7	486	679
9/8/2021	550	63	3 M	90	178	10	397	380
9/9/2021	559	75	3 F	47	217	8	415	321
9/10/2021	566	75	3 CHX	25	187	6	327	931
<b>AVERAGE</b>					<b>337</b>	<b>8</b>	<b>406</b>	
9/13/2021	778	78	3 M	61	201	8	428	808
9/14/2021	555	70	3 F	46	239	4	582	869
9/15/2021	598	76	3 T	29	144	5	566	750
9/16/2021	585	79	3 CHX	45	308	16	574	861
9/17/2021	559	65	3 P	50	329	6	384	404
<b>AVERAGE</b>					<b>244</b>	<b>8</b>	<b>507</b>	
9/20/2021	723	69	3 M/1B	35	226	11	397	470
9/21/2021	731	72	3 CHX	29	449	6	584	581
9/22/2021	650	65	2 F	42	284	5	616	935
9/23/2021	665	77	3 P	68	158	5	357	1372
9/24/2021	611	79	2 M	28	296	6	456	850
<b>AVERAGE</b>					<b>283</b>	<b>7</b>	<b>482</b>	
9/27/2021	576	76	3 T	26	468	13	461	932
9/28/2021	550	77	3 F	39	276	4	363	825
9/29/2021	559	68	3 CHX	51	185	5	454	420
9/30/2021	789	76	3 M	25	196	9	668	777
<b>AVERAGE</b>					<b>281</b>	<b>8</b>	<b>487</b>	

**Abbreviations:**

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