



Menu #130 Diabetic Friendly Meatloaf

3 oz. Meatloaf (Recipe 130)

1/2 c Scalloped Potatoes

3/4 c Carrot Raisin Salad

1 Wheat Roll

1/2 c Tapioca Pudding

2T Strawberries

8oz 1% Milk

This menu plan meets the standards of the Older Americans Act. This menu plan meets the lunch calorie level of 700. This menu plan meets the requirements for 1/3 DRI in protein, iron, calcium, Vitamin A, Vitamin C, Vitamin B-12, Fiber and Sodium. In addition, this menu plan is 45-55% of calories from Carbohydrates, 25-35% of calories from Fat and 15-25% of calories from Protein.

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North Central New Mexico Economic Development District
Council of Governments
Non-Metro Area Agency on Aging
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Nutrient	Requirement	Menu
Calories	700	714
% Carbohydrates from Calories	45-55%	51%
% Protein from Calories	15-25%	20%
% Fat from Calories	25-35%	29
Saturated Fat	less than 8g	8g
Fiber	5-7g	8g
Vitamin B-12	.8ug	3ug
Vitamin A	300ug RAE	775ug
Vitamin C	30mg	30mg
Iron	2.6mg	5mg
Calcium	400mg	412mg
Sodium	less than 1000mg	998mg

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