



## ***Menu #148 Diabetic Friendly Beef Tips***

***3 oz. Beef Tips W/ Gravy***

***1 c Egg Noodles***

***1 c Salad***

***3/4 c Peas & Carrots***

***3/4 c Pears***

***1 Oatmeal Cookie***

***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  
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<b>Nutrient</b>	<b>Requirement</b>	<b>Menu</b>
Calories	700	<b>741</b>
% Carbohydrates from Calories	45-55%	<b>51%</b>
% Protein from Calories	15-25%	<b>23%</b>
% Fat from Calories	25-35%	<b>26%</b>
Saturated Fat	less than 8g	<b>7.3</b>
Fiber	5-7g	<b>12.5</b>
Vitamin B-12	.8ug	<b>2.5</b>
Vitamin A	300ug RAE	<b>958.1</b>
Vitamin C	30mg	<b>38.9</b>
Iron	2.6mg	<b>5.8</b>
Calcium	400mg	<b>446.2</b>
Sodium	less than 1000mg	<b>837.3</b>

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