



## ***Holiday Menu #1 Diabetic Friendly Turkey Dinner***

***3 oz. Roast Turkey***

***4 oz. Stuffing***

***4 oz. Green Beans W/ Red Peppers***

***4 oz. Cranberry Salad***

***1 Wheat Roll W/ 1 tsp. Margarine***

***2 oz. Pumpkin Pie***

***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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<b>Nutrient</b>	<b>Requirement</b>	<b>Menu</b>
Calories	700	<b>785</b>
% Carbohydrates from Calories	45-55%	<b>53%</b>
% Protein from Calories	15-25%	<b>22%</b>
% Fat from Calories	25-35%	<b>25%</b>
Saturated Fat	less than 8g	<b>6.9g</b>
Fiber	5-7g	<b>7.3g</b>
Vitamin B-12	.8ug	<b>1.4</b>
Vitamin A	300ug RAE	<b>511ug</b>
Vitamin C	30mg	<b>55mg</b>
Iron	2.6mg	<b>5.2mg</b>
Calcium	400mg	<b>499mg</b>
Sodium	less than 1000mg	<b>818mg</b>

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