



Holiday Menu #3 Diabetic Friendly Turkey

3 oz. Roast Turkey

1oz. Gravy

4 oz. Yams & Apples

4 oz. Asparagus

2 oz. Pumpkin Spice Bread

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	765
% Carbohydrates from Calories	45-55%	48%
% Protein from Calories	15-25%	21%
% Fat from Calories	25-35%	30%
Saturated Fat	less than 8g	7g
Fiber	5-7g	6.8g
Vitamin B-12	.8ug	1.5ug
Vitamin A	300ug RAE	317ug
Vitamin C	30mg	39mg
Iron	2.6mg	4.8mg
Calcium	400mg	459mg
Sodium	less than 1000mg	747mg

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