



Menu #108 Diabetic Friendly Baked Chicken

3 oz. Baked Chicken

½ c Pasta W/ 1 T Parmesan Cheese

¾ c Steamed Broccoli

½ c Tossed Salad W/ 2T Ranch Dressing

6 Low Sodium Crackers

1 Orange

8 oz. 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.

Jennifer Gilmore, RD, LD 10/15/12

North Central New Mexico Economic Development District
Council of Governments
Non-Metro Area Agency on Aging
PO Box 5115 Santa Fe NM 87502
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Nutrient	Requirement	Menu
Calories	700	815
% Carbohydrates from Calories	45-55%	47%
% Protein from Calories	15-25%	25%
% Fat from Calories	25-35%	28%
Saturated Fat	less than 8g	6g
Fiber	5-7g	10g
Vitamin B-12	.8ug	1.5ug
Vitamin A	300ug RAE	318ug
Vitamin C	30mg	153mg
Iron	2.6mg	6mg
Calcium	400mg	462mg
Sodium	less than 1000mg	715mg

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