



Menu #420 Diabetic Friendly Turkey Cutlet

**4oz Grilled Turkey Cutlets w/ Pineapple and Orange
(Recipe #420)**

$\frac{3}{4}$ cup Carrots w/ 1 tsp Margarine

1 Slice French Bread w/ 1 tsp Margarine

1 cup Sliced Grapefruit

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
Council of Governments
Non-Metro Area Agency on Aging
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Nutrient	Requirement	Menu
Calories	700	772g
% Carbohydrates from Calories	45-55%	53%
% Protein from Calories	15-25%	22%
% Fat from Calories	25-35%	25%
Saturated Fat	less than 8g	6g
Fiber	5-7g	12g
Vitamin B-12	.8ug	1.4ug
Vitamin A	300ug RAE	1367ug
Vitamin C	30mg	128mg
Iron	2.6mg	6mg
Calcium	400mg	446mg
Sodium	less than 1000mg	651mg

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