



Menu #506 Diabetic Friendly Beef Taco

2 Beef Tacos

(3 oz. Beef, 1 oz. Cheese, 2 Corn Tortillas)

4 oz. Lettuce

4 oz. Tomato

4 oz. Spanish Rice

4 oz. Pinto Beans

8 oz. Cantaloupe

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
PO Box 5115 Santa Fe NM 87502
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Nutrient	Requirement	Menu
Calories	700	912
% Carbohydrates from Calories	45-55%	49%
% Protein from Calories	15-25%	27%
% Fat from Calories	25-35%	22%
Saturated Fat	less than 8g	8g
Fiber	5-7g	17g
Vitamin B-12	.8ug	3.9ug
Vitamin A	300ug RAE	761ug
Vitamin C	30mg	62mg
Iron	2.6mg	8mg
Calcium	400mg	725mg
Sodium	less than 1000mg	737mg

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