



Menu #SL13Diabetic Friendly Turkey Sandwich

1 Turkey Sandwich

(3 oz. Turkey, 1 oz. Lettuce, 1 oz. Tomato, 2 SL. WW Bread)

2 oz. Baked Chips

4 oz. Carrot Sticks W/ 1 oz. Ranch

1 Orange

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	732
% Carbohydrates from Calories	45-55%	46%
% Protein from Calories	15-25%	19%
% Fat from Calories	25-35%	34%
Saturated Fat	less than 8g	6g
Fiber	5-7g	7.4g
Vitamin B-12	.8ug	3.6ug
Vitamin A	300ug RAE	302ug RAE
Vitamin C	30mg	116mg
Iron	2.6mg	4.8mg
Calcium	400mg	434mg
Sodium	less than 1000mg	922mg

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