



Menu #301 Diabetic Friendly Creole Pork

4oz Creole Pork Chop (Recipe #301)

1/2 cup Pasta

1 cup Carrots

w/ 1 tsp Margarine and 1 T Sliced Almonds

1 Slice French Bread w/ 1 tsp Margarine

1 cup Mandarin Oranges

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.

Jennifer Gilmore, RD, LD 9/20/12

North Central New Mexico Economic Development District
Council of Governments
Non-Metro Area Agency on Aging
PO Box 5115 Santa Fe NM 87502
505-827-7313



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Nutrient	Requirement	Menu
Calories	700	782g
% Carbohydrates from Calories	45-55%	55%
% Protein from Calories	15-25%	19%
% Fat from Calories	25-35%	26%
Saturated Fat	less than 8g	6g
Fiber	5-7g	10g
Vitamin B-12	.8ug	1.6ug
Vitamin A	300ug RAE	1647ug
Vitamin C	30mg	103mg
Iron	2.6mg	6mg
Calcium	400mg	421mg
Sodium	less than 1000mg	748mg

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