



Menu #418 Diabetic Friendly Turkey Cabbage Casserole

2 cups Turkey Cabbage Casserole (Recipe #418)

1 cup Brussel Sprouts w/ 1 tsp Margarine

6 Low Sodium Crackers

1 cup 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.

Jennifer Gilmore, RD, LD 9/26/12

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	711g
% Carbohydrates from Calories	45-55%	54%
% Protein from Calories	15-25%	21%
% Fat from Calories	25-35%	25%
Saturated Fat	less than 8g	5g
Fiber	5-7g	9g
Vitamin B-12	.8ug	1.3ug
Vitamin A	300ug RAE	537ug
Vitamin C	30mg	171mg
Iron	2.6mg	9mg
Calcium	400mg	423mg
Sodium	less than 1000mg	995mg

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