



## ***Menu #303 Diabetic Friendly Braised Pork Chop***

***3oz Braised Pork Chops (Recipe #303)***

***1/4 cup 3-Bean Salad***

***1 Whole Wheat Roll w/ 1 tsp Margarine***

***1 cup Peas w/ 1 tsp Margarine***

***1/2 cup Baked Apple Slices***

***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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<b>Nutrient</b>	<b>Requirement</b>	<b>Menu</b>
Calories	700	<b>783</b>
% Carbohydrates from Calories	45-55%	<b>45%</b>
% Protein from Calories	15-25%	<b>20%</b>
% Fat from Calories	25-35%	<b>35%</b>
Saturated Fat	less than 8g	<b>8g</b>
Fiber	5-7g	<b>14g</b>
Vitamin B-12	.8ug	<b>2ug</b>
Vitamin A	300ug RAE	<b>370ug</b>
Vitamin C	30mg	<b>30mg</b>
Iron	2.6mg	<b>6mg</b>
Calcium	400mg	<b>400mg</b>
Sodium	less than 1000mg	<b>633mg</b>

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