



Holiday Menu #4 Diabetic Friendly Glazed Ham

1 oz. Glazed Ham

4oz. Rice

8 oz. Green Beans

8 oz. Garden Salad & Egg w/ 1TDressing

8 oz. Yogurt W/ 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 inprotein, 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 12/19/12



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Nutrient	Requirement	Menu
Calories	700	707
% Carbohydrates from Calories	45-55%	52%
% Protein from Calories	15-25%	16%
% Fat from Calories	25-35%	30%
Saturated Fat	less than 8g	7g
Fiber	5-7g	5.5g
Vitamin B-12	.8ug	2.4ug
Vitamin A	300ug RAE	404ug
Vitamin C	30mg	30mg
Iron	2.6mg	3.6mg
Calcium	400mg	614mg
Sodium	less than 1000mg	876mg

North Central New Mexico Economic Development District
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