



Menu #412 Diabetic Friendly Tuna Loaf

2" x 2" Slice of Tuna Loaf (Recipe #412)

¼ cup Brown Rice

1 cup Brussels Sprouts w/ 1 tsp Margarine

1 Wheat Tortilla w/ 1 tsp Margarine

2" x 2" Slice of Apple Spice Snack Cake

(Recipe #709)

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 9/21/12

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



Menu #412 Diabetic Friendly Tuna Loaf

Nutrient	Requirement	Menu
Calories	700	773
% Carbohydrates from Calories	45-55%	55%
% Protein from Calories	15-25%	18%
% Fat from Calories	25-35%	27%
Saturated Fat	less than 8g	5g
Fiber	5-7g	7g
Vitamin B-12	.8ug	3ug
Vitamin A	300ug RAE	349ug
Vitamin C	30mg	100mg
Iron	2.6mg	8mg
Calcium	400mg	462mg
Sodium	less than 1000mg	852mg

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