



Holiday Menu #6 Diabetic Friendly Hamburger

***Hamburger (3 oz. Beef Patty, 1 oz. Lettuce,
1 oz. Tomato, 1 oz. Onion, 1 Bun)***

4oz. Pasta Salad

2 oz. Baked Beans

4 oz. Ice Cream Sundae

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 12/18/12



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Nutrient	Requirement	Menu
Calories	700	941
% Carbohydrates from Calories	45-55%	52%
% Protein from Calories	15-25%	22%
% Fat from Calories	25-35%	25%
Saturated Fat	less than 8g	8g
Fiber	5-7g	12g
Vitamin B-12	.8ug	3.9ug
Vitamin A	300ug RAE	501ug
Vitamin C	30mg	81mg
Iron	2.6mg	7mg
Calcium	400mg	454mg
Sodium	less than 1000mg	528mg

North Central New Mexico Economic Development District
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