



Holiday Menu #9 Diabetic Friendly Spaghetti W/ Meat Sauce

8 oz. Spaghetti W/ Meat Sauce

4 oz. Italian Vegetables

8 oz. Spinach Salad W/ 2T Dressing

1 Sl. Garlic Bread

2 Cookies

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 12/19/12



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Nutrient	Requirement	Menu
Calories	700	824
% Carbohydrates from Calories	45-55%	52%
% Protein from Calories	15-25%	20%
% Fat from Calories	25-35%	27%
Saturated Fat	less than 8g	6g
Fiber	5-7g	12.9g
Vitamin B-12	.8ug	2.2ug
Vitamin A	300ug RAE	478ug
Vitamin C	30mg	80mg
Iron	2.6mg	8mg
Calcium	400mg	465mg
Sodium	less than 1000mg	839mg

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