



## ***Menu #109 Diabetic Friendly Beef Stew***

### ***6oz Beef Stew (Recipe #109)***

***1/2 cup Steamed Rice***

***1 cup Beets w/ 1 tsp Margarine***

***1 Biscuit w/ 1 tsp Margarine***

***1 Orange***

***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 9/19/12

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



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<b>Nutrient</b>	<b>Requirement</b>	<b>Menu</b>
Calories	685-700	<b>748g</b>
% Carbohydrates from Calories	45-55%	<b>49%</b>
% Protein from Calories	15-25%	<b>23%</b>
% Fat from Calories	25-35%	<b>28%</b>
Saturated Fat	less than 8g	<b>7g</b>
Fiber	5-7g	<b>10g</b>
Vitamin B-12	.8ug	<b>4ug</b>
Vitamin A	300ug RAE	<b>524ug</b>
Vitamin C	30mg	<b>84mg</b>
Iron	2.6mg	<b>8mg</b>
Calcium	400mg	<b>400mg</b>
Sodium	less than 1000mg	<b>803mg</b>

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