



Holiday Menu #5 Diabetic Friendly Roast Beef

3 oz. Roast Beef

4oz. Mashed Potatoes W/ 1oz. Gravy

4 oz. Baby Carrots

1 Dinner Roll w/ 1T Margarine

1 Chocolate Brownie

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	850
% Carbohydrates from Calories	45-55%	44%
% Protein from Calories	15-25%	22%
% Fat from Calories	25-35%	33%
Saturated Fat	less than 8g	8g
Fiber	5-7g	11g
Vitamin B-12	.8ug	4.6ug
Vitamin A	300ug RAE	1054ug
Vitamin C	30mg	81mg
Iron	2.6mg	7.6mg
Calcium	400mg	461mg
Sodium	less than 1000mg	640mg

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