



Holiday Menu #2 Diabetic Friendly Barbecue Chicken

4 oz. Barbecue Chicken

2 oz. Potato Salad

8 oz. Garden Salad w/ 2T Dressing

1 Sl. Cornbread

1 Sl. Apple Pie

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 12/17/12



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Nutrient	Requirement	Menu
Calories	700	795
% Carbohydrates from Calories	45-55%	47%
% Protein from Calories	15-25%	25%
% Fat from Calories	25-35%	27%
Saturated Fat	less than 8g	5.9g
Fiber	5-7g	7g
Vitamin B-12	.8ug	1.6ug
Vitamin A	300ug RAE	1037ug
Vitamin C	30mg	30mg
Iron	2.6mg	5mg
Calcium	400mg	462mg
Sodium	less than 1000mg	885g

North Central New Mexico Economic Development District
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