



Menu #306 Diabetic Friendly Sweet & Sour Pork

6oz Sweet and Sour Pork (Recipe #306)

½ cup Steamed Rice

½ cup Carrots w/ 1 tsp Margarine

1 Slice Whole Wheat Bread 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 9/20/12

North Central New Mexico Economic Development District
Council of Governments
Non-Metro Area Agency on Aging
PO Box 5115 Santa Fe NM 87502
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| Nutrient | Requirement | Menu |
|-------------------------------|--------------------|--------------|
| Calories | 700 | 741 |
| % Carbohydrates from Calories | 45-55% | 50% |
| % Protein from Calories | 15-25% | 24% |
| % Fat from Calories | 25-35% | 26% |
| Saturated Fat | less than 8g | 6g |
| Fiber | 5-7g | 10g |
| Vitamin B-12 | .8ug | 2ug |
| Vitamin A | 300ug RAE | 914ug |
| Vitamin C | 30mg | 82mg |
| Iron | 2.6mg | 5mg |
| Calcium | 400mg | 411mg |
| Sodium | less than 1000mg | 996mg |

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