



Holiday Menu #8 Diabetic Friendly Turkey Dinner

3 oz. Roast Turkey

1 oz. Gravy

2 oz. Cornbread Stuffing

4 oz. Green Beans W/ Mushrooms

1 Sl. Pumpkin Pie W/ Whipped Topping

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	864
% Carbohydrates from Calories	45-55%	52%
% Protein from Calories	15-25%	21%
% Fat from Calories	25-35%	26%
Saturated Fat	less than 8g	8g
Fiber	5-7g	7g
Vitamin B-12	.8ug	1.6ug
Vitamin A	300ug RAE	652ug
Vitamin C	30mg	32mg
Iron	2.6mg	7mg
Calcium	400mg	548mg
Sodium	less than 1000mg	793mg

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