



SENIOR SERVICES

Embrace Your Age

Nutrition Facts Per Meal:

Calories: 600-850 calories

Fat: Less than or equal to 30%

Protein: Greater than or equal to 19g

Fiber: 7g or greater

Sodium: 1200mg or less (goal no greater than 1000mg)

Vitamin C: 25mg or greater

Calcium: 400mg or greater

Magnesium: 116mg or greater

Vitamin B6: 0.6mg or greater

Vitamin B12: 0.8mcg or greater

For additional questions please contact Megan Geierman, Registered Dietitian and Nutrition Program Director at 989-633-3791