



SENIOR SERVICES

Embrace Your Age



Nutrition Facts Per Meal

Calories	600-850 calories
Protein	>19 gm
Fat	<30% of calories
Fiber	>7 gm
Sodium	<1200 mg
Vitamin C	>25 gm
Calcium	>400 mg
Magnesium	>116 mg
Vitamin B6	>0.6 mg
Vitamin B12	>0.8 mcg

Questions?



Contact Danielle Maguire, RDN

Nutrition Program Director

989-633-3791 • dmaguire@mcco.org