



# SENIOR SERVICES

Embrace Your Age



## Nutrition Facts Per Meal

<b>Calories</b>	533-866 calories
<b>Protein</b>	10-35% of total calories
<b>Fat</b>	20-35% of total calories
<b>Carbohydrate</b>	45-65% of total calories
<b>Fiber</b>	>7 gm
<b>Sodium</b>	<1000 mg
<b>Vitamin C</b>	>25 gm
<b>Calcium</b>	>400mg
<b>Potassium</b>	>867 mg
<b>Vitamin B6</b>	>0.5 mg
<b>Vitamin B12</b>	>0.8 mcg

### Questions?



Contact Danielle Maguire, RDN

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