


**VOLUNTEERS OF AMERICA COLORADO BRANCH
DINING CENTER NUTRITION ANALYSIS
JUNE 2019**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
<p align="center">These are the values for 33 1/3% of the Recommended Daily Allowance (RDA) for 70+: Calories: 667+ Fiber: 9.5 grams Protein: 33 grams Saturated Fat: less than 8 grams Carbohydrates: 92 grams Sodium: less than 1200 mg *Based on a 2,000 Calorie Diet; Macronutrient distribution of calories based on: 20% protein (RDA 10-25%), 25% total fat (RDA 20-35%), 55% carbohydrates (RDA 45-65%)</p>				<p align="center">For Questions or Concerns regarding the menu analysis, please contact our Registered Dietitian, Andrea Rockwood, RDN at 303-297-0408</p>							
3		4		5		6		7			
Calories	941	Calories	1521	Calories	643	Calories	897	Calories	749		
Fat	37g	Fat	57g	Fat	19g	Fat	30g	Fat	23g		
Saturated Fat	5g	Saturated Fat	6g	Saturated Fat	5g	Saturated Fat	6g	Saturated Fat	6g		
Protein	55g	Protein	57g	Protein	29g	Protein	33g	Protein	32g		
Total Carbohydrates	105g	Total Carbohydrates	206g	Total Carbohydrates	92g	Total Carbohydrates	126g	Total Carbohydrates	105g		
Fiber	11g	Fiber	12.3g	Fiber	11g	Fiber	10g	Fiber	11g		
Sodium	824mg	Sodium	1100mg	Sodium	686mg	Sodium	1439mg	Sodium	763mg		
10		11		12		13		14			
Calories	948	Calories	864	Calories	704	Calories	1021	Calories	786		
Fat	37g	Fat	24g	Fat	24g	Fat	47g	Fat	30g		
Saturated Fat	5g	Saturated Fat	6g	Saturated Fat	4g	Saturated Fat	14g	Saturated Fat	8g		
Protein	54g	Protein	38g	Protein	33g	Protein	31g	Protein	36g		
Total Carbohydrates	108g	Total Carbohydrates	131g	Total Carbohydrates	95g	Total Carbohydrates	123g	Total Carbohydrates	96g		
Fiber	10g	Fiber	15g	Fiber	15g	Fiber	10.5g	Fiber	10g		
Sodium	830mg	Sodium	1195mg	Sodium	685mg	Sodium	782mg	Sodium	804mg		
17		18		19		20		21			
Calories	812	Calories	998	Calories	928	Calories	680	Calories	722		
Fat	31g	Fat	45g	Fat	32g	Fat	20g	Fat	24g		
Saturated Fat	8g	Saturated Fat	7.6g	Saturated Fat	7g	Saturated Fat	3g	Saturated Fat	3g		
Protein	45g	Protein	34g	Protein	50g	Protein	42g	Protein	39g		
Total Carbohydrates	91g	Total Carbohydrates	121g	Total Carbohydrates	113g	Total Carbohydrates	83g	Total Carbohydrates	92g		
Fiber	11g	Fiber	10g	Fiber	11g	Fiber	11g	Fiber	11.7g		
Sodium	607mg	Sodium	1160mg	Sodium	700mg	Sodium	723mg	Sodium	783mg		
24		25		26		27		28			
Calories		Calories	888	Calories	746	Calories	929	Calories	651		
Fat		Fat	43g	Fat	20g	Fat	30g	Fat	14g		
Saturated Fat		Saturated Fat	11.6g	Saturated Fat	5g	Saturated Fat	8g	Saturated Fat	3g		
Protein		Protein	30g	Protein	43g	Protein	42g	Protein	37g		
Total Carbohydrates		Total Carbohydrates	108g	Total Carbohydrates	103g	Total Carbohydrates	126g	Total Carbohydrates	97g		
Fiber		Fiber	11.6g	Fiber	13g	Fiber	12g	Fiber	10.6g		
Sodium		Sodium	1483mg	Sodium	721mg	Sodium	1170mg	Sodium	1176mg		