

## MEALS ON WHEELS OF GREELEY MAY 2018 DAILY NUTRIENTS

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|--|---|--|--|--|
|  | <b>MAY 1</b><br>Calories: 639<br>Carbohydrate:93<br>Protein: 29<br>Fat: 17<br>Fiber: 13.0<br>Sodium: 554  | <b>MAY 2</b><br>Calories: 693<br>Carbohydrate:104<br>Protein: 33<br>Fat: 17<br>Fiber: 10.9<br>Sodium: 1168 | <b>MAY 3</b><br>Calories: 782<br>Carbohydrate:95<br>Protein: 36<br>Fat: 29<br>Fiber: 13.6<br>Sodium: 1073  | <b>MAY 4</b><br>Calories: 505<br>Carbohydrate:72<br>Protein: 25<br>Fat: 13<br>Fiber: 11.5<br>Sodium: 587   |
| <b>MAY 7</b><br>Calories: 666<br>Carbohydrate:99<br>Protein: 37<br>Fat: 12<br>Fiber: 9.9<br>Sodium: 607    | <b>MAY 8</b><br>Calories: 571<br>Carbohydrate:63<br>Protein: 26<br>Fat: 24<br>Fiber: 11.0<br>Sodium: 1026 | <b>MAY 9</b><br>Calories: 751<br>Carbohydrate: 87<br>Protein: 43<br>Fat: 27<br>Fiber: 10.3<br>Sodium: 596  | <b>MAY 10</b><br>Calories: 552<br>Carbohydrate:78<br>Protein: 34<br>Fat: 13<br>Fiber: 9.9<br>Sodium: 298   | <b>MAY 11</b><br>Calories: 595<br>Carbohydrate:82<br>Protein: 25<br>Fat: 17<br>Fiber: 9.6<br>Sodium: 565   |
| <b>MAY 14</b><br>Calories: 670<br>Carbohydrate:82<br>Protein: 34<br>Fat: 22<br>Fiber: 9.6<br>Sodium: 781   | <b>MAY 15</b><br>Calories: 749<br>Carbohydrate:95<br>Protein: 38<br>Fat: 23<br>Fiber: 10.6<br>Sodium: 903 | <b>MAY 16</b><br>Calories: 534<br>Carbohydrate:63<br>Protein: 38<br>Fat: 15<br>Fiber: 9.9<br>Sodium: 959   | <b>MAY 17</b><br>Calories: 584<br>Carbohydrate:83<br>Protein: 30<br>Fat: 16<br>Fiber: 10.2<br>Sodium: 821  | <b>MAY 18</b><br>Calories: 819<br>Carbohydrate:101<br>Protein: 31<br>Fat: 33<br>Fiber: 9.7<br>Sodium: 1009 |
| <b>MAY 21</b><br>Calories: 736<br>Carbohydrate:103<br>Protein: 27<br>Fat: 25<br>Fiber: 13.7<br>Sodium: 842 | <b>MAY 22</b><br>Calories: 557<br>Carbohydrate:71<br>Protein: 25<br>Fat: 20<br>Fiber: 11.6<br>Sodium: 738 | <b>MAY 23</b><br>Calories: 596<br>Carbohydrate:72<br>Protein: 36<br>Fat: 17<br>Fiber: 10.7<br>Sodium: 892  | <b>MAY 24</b><br>Calories: 1029<br>Carbohydrate:98<br>Protein: 37<br>Fat: 57<br>Fiber: 9.8<br>Sodium: 1001 | <b>MAY 25</b><br>Calories: 561<br>Carbohydrate:82<br>Protein: 23<br>Fat: 17<br>Fiber: 11.9<br>Sodium: 819  |
| <b>MAY 28</b><br>CLOSED  | <b>MAY 29</b><br>Calories: 734<br>Carbohydrate:85<br>Protein: 36<br>Fat: 28<br>Fiber: 9.8<br>Sodium: 947  | <b>MAY 30</b><br>Calories: 757<br>Carbohydrate:86<br>Protein: 31<br>Fat: 32<br>Fiber: 11.7<br>Sodium: 842  | <b>MAY 31</b><br>Calories: 673<br>Carbohydrate:80<br>Protein: 38<br>Fat: 22<br>Fiber: 9.6<br>Sodium: 758   |  |

Carbohydrates, Protein, Fat, and Fiber are listed in grams (g); Sodium is listed in milligrams (mg)