

MEALS ON WHEELS OF GREELEY APRIL 2018 DAILY NUTRIENTS

APRIL 2 Calories: 707 Carbohydrate:76 Protein: 36 Fat: 29 Fiber: 11.2 Sodium: 759	APRIL 3 Calories: 744 Carbohydrate:91 Protein: 33 Fat: 28 Fiber: 9.8 Sodium: 629	APRIL 4 Calories: 645 Carbohydrate:79 Protein: 43 Fat: 18 Fiber: 10.8 Sodium: 683	APRIL 5 Calories: 819 Carbohydrate:101 Protein: 31 Fat: 33 Fiber: 9.7 Sodium: 1009	APRIL 6 Calories: 589 Carbohydrate:95 Protein: 26 Fat: 13 Fiber: 12.5 Sodium: 685
APRIL 9 Calories: 569 Carbohydrate:75 Protein: 28 Fat: 17 Fiber: 11.0 Sodium: 557	APRIL 10 Calories: 543 Carbohydrate:60 Protein: 35 Fat: 18 Fiber: 10.5 Sodium: 678	APRIL 11 Calories: 580 Carbohydrate:80 Protein: 40 Fat: 10 Fiber: 11.1 Sodium:657	APRIL 12 Calories: 499 Carbohydrate:80 Protein: 21 Fat: 11 Fiber: 11.2 Sodium: 581	APRIL 13 Calories: 858 Carbohydrate:88 Protein: 40 Fat: 40 Fiber: 11.1 Sodium: 1019
APRIL 16 Calories: 749 Carbohydrate:95 Protein: 38 Fat: 23 Fiber: 10.6 Sodium: 903	APRIL 17 Calories: 740 Carbohydrate:93 Protein: 38 Fat: 24 Fiber: 12.9 Sodium: 1070	APRIL 18 Calories: 700 Carbohydrate:82 Protein: 30 Fat: 28 Fiber: 10.2 Sodium: 1098	APRIL 19 Calories: 752 Carbohydrate:83 Protein: 30 Fat: 32 Fiber: 10.0 Sodium: 838	APRIL 20 Calories: 753 Carbohydrate:84 Protein: 35 Fat: 31 Fiber: 9.5 Sodium: 932
APRIL 23 Calories: 620 Carbohydrate:83 Protein: 36 Fat: 18 Fiber: 12.8 Sodium: 479	APRIL 24 Calories: 1029 Carbohydrate:98 Protein: 37 Fat: 57 Fiber: 9.8 Sodium: 1001	APRIL 25 Calories: 656 Carbohydrate:90 Protein: 27 Fat: 22 Fiber: 13.7 Sodium: 999	APRIL 26 Calories: 654 Carbohydrate:82 Protein: 37 Fat: 20 Fiber: 10.5 Sodium: 940	APRIL 27 Calories: 559 Carbohydrate:78 Protein: 30 Fat: 14 Fiber: 13.3 Sodium: 1032
APRIL 30 Calories: 734 Carbohydrate:85 Protein: 36 Fat: 28 Fiber: 9.8 Sodium: 947				

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