



Seniors Taking Charge of Your Health!

Lesson 11: Dietary Supplements – Facts and Fiction

Getting Ready

1. Review the lesson plan and read the educator resources before each session.
2. Prepare to do chair exercises. Choose Module E with bands (found elsewhere in this document) or Tufts/CDC Growing Stronger, Part III (a separate booklet or online at: http://www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/growing_stronger.pdf).
3. Make copies of chair exercise guide for participants to take home (if not done so already).
4. Copy and staple the handouts that best meet the needs of your audience (one set for each participant).
5. Gather supplies needed for lesson, recipe, and activities.

General Supplies

1. Handouts for participants.
2. Pens or pencils for participants to write on the handouts.
3. Examples of multivitamin/mineral, calcium, vitamin D, and combined calcium-vitamin D supplements from pharmacies or grocery stores located in your community.
4. Exercise bands for chair exercises. Optional: step counters to replace those that are lost or broken.
5. Supplies for “Bingo for Better Health” are bingo cards for all participants (found elsewhere in the manual), large dry beans for bingo pieces, and prizes such as magnifying glasses, measuring cups, healthy snacks, bottled water, spice blends, packets of artificial sweetener, low-calorie and shelf-stable milk products, canned or fresh fruits and vegetables, night lights, and lotion or hand cream.

Supplies When Preparing a Recipe for Participants (Strongly Recommended)

1. Ingredients to prepare the recipe provided or another healthy recipe.
2. Supplies for tasting recipe, such as plates, forks or spoons, and napkins.

Beginning the Session

1. Introduce yourself by name and the organization that you represent. Take attendance.
2. Summarize the lesson by going over the objectives. Let the group know that the session will be informal and that questions can be asked at any time.

Objectives for Participants

1. Learn about the potential health benefits and risks of dietary supplements.
2. Choose dietary supplements to ask your doctor about taking.
3. Determine need for calcium and vitamin D supplements, and how to choose them wisely.
4. Do chair exercises, complete physical activity charts, and set new physical activity goals.

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Menus and Physical Activity Programs

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Educator Resources

Before presenting the lesson, read these resources that were used to prepare this lesson:

- Live Well Age Well, Dietary Supplements, <http://www.livewellagewell.info/supplements.htm>.
- Bone Health and Osteoporosis: A Report of the Surgeon General (USDHHS, 2004), <http://www.surgeongeneral.gov/library/bonehealth/>.
- 2005 Dietary Guidelines for Americans (USDHHS and USDA, 2005, <http://www.health.gov/dietaryguidelines/dga2005/document/pdf/DGA2005.pdf>, pages vii, 6, 8, and 9).
- Food and Nutrition Board, Institute of Medicine, National Academies of Science (1997), <http://newton.nap.edu/openbook/0309063507/html/index.html>.

Supplements with scientific proof of health benefits include calcium and vitamin D. This scientific proof is summarized in the 2005 Dietary Guidelines for Americans, the Dietary Reference Intakes, the Surgeon General's Report on Bone Health and Osteoporosis, and other reports. Calcium and vitamin D supplements have been shown to decrease falls and decrease fractures in most clinical trials in older people. The published meta-analyses of several of these studies are available:

- Bischoff et al., 2004, <http://jama.ama-assn.org/cgi/reprint/291/16/1999>
- Bischoff et al., 2005, <http://jama.ama-assn.org/cgi/reprint/293/18/2257>

Glucosamine, with or without chondroitin or MSM, has been recommended for osteoarthritis (a joint problem), which is a different disease than osteoporosis. Evidence for benefits is mixed. More information about glucosamine and other dietary supplements for osteoarthritis is at:

- The Arthritis Foundation, www.arthritis.org

Script

Remember to take attendance.

Give participants their handouts.

Introduction

Some of the important things we've been discussing are getting checked and talking with your doctor about any health conditions you have. For good health, what should we do to help prevent foodborne illness, colds and the flu? *Wait for responses.* Right – wash our hands for 20 seconds after using the bathroom and before preparing food. Can anyone remind us how many minutes of moderate physical activity we should do each day? *Wait for responses.* Yes – 30 minutes daily. And we should eat 7 to 10 servings of what foods each day? *Wait for responses.* Yes – 7 to 10 fruits and vegetables daily. How many servings of whole grains should we eat daily? *Wait for responses.* Right – three servings of whole grain foods daily. How many servings of milk products daily should we eat? Yes – three servings daily of low-fat milk products daily. But, we know that many people do not eat very many milk products, so today we are going to talk about other ways to get the calcium and vitamin D we need from fortified foods and dietary supplements. We'll also review the potential health benefits and risks of other dietary supplements.

Now let's discuss the handout titled "*Seniors Taking Charge of Your Health!*" and review what you eat to stay healthy. *Wait for responses.* What do you do to stay physically and mentally active? *Wait for responses.* What helps you be positive and cheer you up? *Wait for responses.* Great ideas! What are some check-ups we need? *Wait for responses.* Yes! Checking your feet daily is especially important for those with diabetes. Be sure to ask your doctor how often your blood pressure, blood cholesterol, blood sugar, and body weight should be checked. You will need these checked more often if you have high blood pressure, high blood cholesterol, or diabetes. Vision and hearing check-ups are very important, too. Ask your doctor or pharmacist to review your medications to help you avoid problems with your medications. And always carry your list of medications with you in your purse or wallet.

Supplements for Healthy Aging

Before we turn to our next handout, can anyone tell me some reasons why people might need or want to take a dietary supplement with vitamins and minerals for healthy aging? *Wait for responses.* Yes, sometimes people just can't get all the vitamins and minerals they need from foods. These and other reasons for taking a supplement with nutrients, such as vitamins and minerals, are listed on our next handout titled "*Do you Need a Nutrient Supplement for Healthy Aging?*" Let's carefully review several reasons some people may need a nutrient supplement and see if any of these reasons may apply to you. *Carefully review this section with the participants.*

Now on this same handout, let's review all the steps for choosing and storing a dietary supplement. Do treat them like any other medication and handle them safely. Be sure to discuss using supplements with your doctor. *Carefully review this section with the participants.*

Now that we know about choosing and storing supplement, we'll go to the next page that is titled "*Most Older People Can Benefit from These Nutrient Supplements.*" Nutrient supplements that might help older people include these five: multivitamin/mineral, calcium, vitamin D, fish oil, and vitamin E. *Thoroughly review each supplement with the participants.*

The next handout is titled “*Dietary Supplement Misuse Among Older Adults.*” This handout lists several ways that supplements can be misused, as well as several ideas on how supplements can be used wisely. *Carefully review the tips for misuse and for using supplements wisely as listed on this handout.*

The last handout about supplements is called “*Guide to Common Nutrient Supplements.*” This handout describes what the supplements do and some cautions about using these supplements. The first section has multivitamin/minerals, calcium, vitamin D, fish oil, and vitamin E; the next section shows examples of fiber supplements; and the bottom section has examples of oral nutritional supplements. *Review this handout carefully with the participants, emphasizing that participants should talk with their doctor and be aware of the possible health benefits as well as any concerns about using the various supplements.*

Reading Labels for Calcium, Vitamin D and Other Nutrients

Both older women and older men who do not consume three servings of milk products daily will usually need calcium supplements. Nearly all older people will need a vitamin D supplement, because food and sunlight do not supply the high amount of vitamin D needed by older people. Here are some examples of calcium- and vitamin D-containing supplements available at local stores. *Pass around the supplement bottles.*

Supplements of calcium and vitamin D help prevent falls and fractures. When you hear a report that says they don’t help at all, it is usually because the people did not take enough calcium and vitamin D to be helpful OR they took only calcium but no vitamin D. Both nutrients are needed for healthy bones. Several leading health agencies report that older people do not eat enough calcium and vitamin D, so they may need dietary supplements to “fill the gap.” These health agencies include the United States Department of Agriculture, the Office of the Surgeon General, and the Department of Health and Human Services.

The calcium and vitamin D contents of foods are listed on the “Nutrition Facts Panel” and for supplements are listed on the “Supplement Facts Panel.” Calcium will be shown in milligrams or as mg, while vitamin D usually will be shown in IU. *Show participants supplement bottles and where to look for the “Supplement Facts Panel.”*

Calcium supplements usually contain calcium carbonate or calcium citrate; both are fine. If the supplement you try first upsets your digestion, then try another brand or chemical form. It is usually recommended to take no more than 500 mg or 600 mg of a calcium supplement at one time, because it is easiest for the body to use this amount or less. It is fine to take up to 1,000 IU of vitamin D at one time from pills or tablets. It is not necessary to take the supplements of calcium and vitamin D together, but it might be easiest to remember to take them together.

Remember to talk with your doctor about taking supplements. Take no more than one multivitamin/mineral daily. Most multivitamin/mineral supplements have 400 IU of vitamin D per tablet, but read the label carefully. If yours is one of the newer ones with 1,000 IU per tablet, then you probably do not need any other vitamin D-containing supplements.

Lastly, don't take more than 2,500 mg of calcium daily or 2,000 IU vitamin D daily from foods plus supplements, unless your doctor has recommended higher amounts. For example, if you have been diagnosed with vitamin D deficiency through a blood test, then your doctor will have you take higher amounts of vitamin D for a few weeks or months.

Menu and Recipe

Let's look at a menu and a recipe for us to enjoy. *Ask participants to refer to the handout titled "Sample Menu #11."* This menu has about 1,800 calories. As you can see, the menu has three servings of milk products, which contain lots of calcium to keep our bones healthy. The most popular milk products are milk, yogurt, and cheese; these foods are rich in calcium. If you don't eat three daily servings of milk products, then taking a dietary supplement with calcium is very important for you. Also, nearly all older people need a vitamin D supplement, because food and sunlight do not supply the high needs for vitamin D by older people. Also, talk with your doctor about your need for supplements with these nutrients.

The menu has seven or more servings of fruits and vegetables, with at least one dark green vegetable and one orange vegetable. The menu also includes three servings of whole grain foods, such as whole grain bread, cereal, or brown rice. These foods also help keep us healthy.

The menu has lots of ideas for healthy and delicious meals and snacks, and a recipe that I hope you will try at home. This tasty vegetable soup is an easy way to add more vegetables to meals, and the liquid helps to fill you up. Enjoy it as a healthy part of lunch or supper. *If a recipe is provided for participants to taste, then encourage them to describe the flavors, the healthy foods, and ingredients in the recipe. Be sure to tell participants what is in the recipe, in case anyone is allergic to any of the ingredients.*

These menus show us healthy food choices and meal patterns. Be sure to follow specific dietary recommendations or restrictions from your physician, registered dietitian, or other health care professional. At some of our next sessions, we will talk about other calcium-rich foods besides milk products. Also, people taking blood thinners, such as coumadin or warfarin, may be told to limit their intake of dark green vegetables. So, just replace them with another non-starchy vegetable. Many of the recipes also include raw fruits and vegetables, such as raw onions, which can be cooked if you prefer.

The next great part of today's lesson is physical activity. Who can remember our goal for physical activity? *Encourage participants to offer suggestions.* Yes, the goal is:

Be Physically Active Everyday!

Why should people of all ages be physically active? *Wait for answers.* Physical activity improves the health of our bones, joints, heart, and muscles. Being physically active improves balance, strength, and flexibility, which may help to prevent falls. So we can fight falls and fractures with regular physical activity!

Regular physical activity also helps prevent and manage a wide range of chronic problems, including diabetes, high blood pressure and other forms of heart disease, excess weight gain, and some types of cancer. Physical activity helps lower the risk of depression and anxiety and improves our sense of well-being and self-esteem. Does anyone already feel like they are getting enough physical activity to stay healthy? *Wait for responses.* If so, then congratulations! Being active throughout life is a good idea to stay healthy. Be sure to continue writing down your minutes to give yourself “credit” for the activities you’ve done. Self-check yourself by making it a habit to be active and record your daily minutes.

Is everyone ready for activity to strengthen our muscles and bones? Great! Let’s get started. *Begin the exercise session with a five to ten minute warm-up. Then, begin Exercise Module E (bands) or Tufts/CDC Growing Stronger, Part III.*

NOTE: *For groups using step counters: Ask participants if they have added more steps to their daily routine. Ask participants to pull out their Physical Activity Charts, and to remember to record their step counts for each day on the sheet.*

Activity: “Bingo for Better Health”

Gather the group together to play “Bingo for Better Health.” The bingo cards are printed at the end of all of these lessons. Give participants large dry beans for bingo pieces and bingo cards that have a series of nutrition and health-related illustrations in each bingo square. Play this game as normal bingo is played. Shuffle the stack of large bingo pieces, select one to call out to participants, and show the bingo piece to participants. The first participant to accurately declare bingo wins. Ideas for prizes include magnifying glasses to read food and medicine labels, measuring cups, healthy snacks, bottled water, spice blends, small packets of artificial sweetener, low-calorie pudding mix, shelf-stable milk or soy products (e.g., low-calorie milk powder, low-calorie cocoa packet, 8-ounce boxes of milk), canned or fresh fruits and vegetables, lights (e.g., night light, flashlight, key-chain light, other battery-powered lights), and small bottles of lotion or hand cream.

Seniors Taking Charge of Your Health! (Lesson 11)

Eat Healthy

What are some foods you eat to help you stay healthy?



Today we will talk about safely using some dietary supplements.

Be Active

What are some activities you do to stay physically and mentally active?



Today we will do some chair exercises and you can practice these at home everyday, too.

Be Positive

What are some things that cheer you up and help you enjoy life?



Being physically active and eating healthy can help cheer us up.

Get Checked

What are some check-ups we need?



Today we'll focus on talking with our doctor about safely using dietary supplements.

Do you Need a Nutrient Supplement for Healthy Aging?

It is best to eat a wide variety of healthy foods each day. Healthy choices are fruits, vegetables, whole grains, low-fat milk products, and lean meat, poultry, or fish. Sometimes it is hard to eat healthy foods everyday, so supplements can be helpful.



You may need nutrient supplements if you do any of these:

- Eat a low-calorie, weight-loss diet or are losing weight without wanting to.
- Are eating fewer than two meals per day.
- Do not have three servings of milk products daily.
- Have a disease of your digestive track and can't absorb certain nutrients.
- Smoke, because smoking lowers vitamin C levels in the body.
- Drink three or more alcoholic beverages most days.

Tips for choosing and storing dietary supplements:

- Talk with your doctor for advice, tell them what you are taking, and do not self-prescribe.
- Buy from a trusted source, such as a local pharmacy or grocery store.
- Buy common name brands or store brands.
- Avoid buying supplements on the internet.
- Choose supplements with close to 100% of the Daily Value for most nutrients.
It is OK to exceed the Daily Value for calcium, vitamin D and vitamin B12, because older people have high needs for these nutrients.
- Check expiration dates and look for the initials "USP," which means the supplement meets certain quality standards.
- Be very cautious with "herbal" supplements. Ask your doctor for advice and tell your doctor what you are taking.
- Stop taking "herbals" before surgery, because many promote bleeding.
- Store supplements in a safe place away from children.

Most Older People Can Benefit from These Nutrient Supplements

1. Multivitamin/mineral with vitamin D and vitamin B12 (at least 12 mcg). Most multivitamin/mineral supplements have other important nutrients such as vitamin C.
2. Calcium supplements providing 200 mg to 900 mg depending on your intake of dietary calcium. Milk and yogurt have about 300 mg of calcium per cup. Most multivitamin/mineral supplements have very little calcium. The total calcium from diet and supplements should be 1,200 mg daily and should not exceed 2,500 mg daily.
 - ___ If you consume no milk or yogurt, then consider taking supplements to provide about 800 mg to 900 mg of calcium daily.
 - ___ If you consume about one cup of milk or yogurt daily, then consider taking a supplement with 500 mg to 600 mg of calcium.
 - ___ If you consume about two cups of milk or yogurt daily, then consider taking a supplement with 200 mg to 300 mg of calcium daily.
 - ___ If you consume about three cups of milk and/or yogurt daily, then you probably don't need a calcium supplement.
3. Vitamin D supplements of up to 1,000 IU, depending on the intake of vitamin D from other sources. Milk has 100 IU of vitamin D per cup. Most yogurts and most other foods have very little vitamin D. The total vitamin D from diet and supplements should be about 1,000 IU daily and should not exceed 2,000 IU daily, unless directed to by your doctor. Since most people drink only one cup or even less of milk daily, here are some ways to get 1,000 IU vitamin D daily:
 - ___ A multivitamin with 1,000 IU vitamin D. OR
 - ___ A multivitamin with 400 IU vitamin D plus 2 tablets with 400 IU vitamin D. OR
 - ___ A single supplement with 1,000 IU vitamin D.
4. Fish oil supplement if you don't eat at least 8 ounces of fatty fish weekly, such as salmon. 1 to 3 grams of fish oil daily is about right for most people.
5. Vitamin E supplements are controversial. Some, but not all, studies show they help the heart, immunity, memory, and dementia. Taking 200 IU to 400 IU daily is safe for most people and may have health benefits. Choose a vitamin E supplement with "d alpha" on the label, because it is easily used by the body.



Talk with your doctor to be sure you are using supplements wisely and safely!

Dietary Supplement Misuse Among Older Adults

Used properly, nutrient supplements provide vitamins, minerals, and fish oils, while some herbal supplements help manage some chronic conditions. Because supplements are easy to buy and are “natural,” it is easy to think they are safe in any dose for anyone at anytime. But, dietary supplements can be dangerous when not used properly.

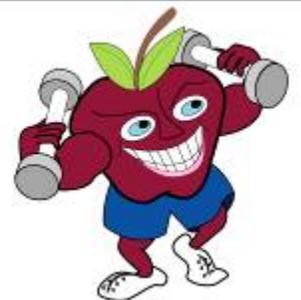


You may be misusing dietary supplements if you:

- ___ Think that taking a dietary supplement means you don't have to eat healthy or be physically active. Instead: eat a wide variety of healthy foods, be physically active everyday, and choose supplements wisely.
- ___ Replace prescription medicines or therapy with a dietary supplement. Instead: follow your doctor's recommendations.
- ___ Buy supplements on the internet. Instead: buy from a trusted local pharmacy or grocery store.
- ___ Take more than recommended on the label. Instead: follow label instructions.
- ___ Take supplements with meaningless claims, such as “cure-all,” “energy booster,” “exclusive formula,” “all natural,” “weight-loss formula.” Instead: consider taking the supplements listed below that may have health benefits.

You are using dietary supplements wisely if you:

- ___ Talk with your doctor about the right supplements for you.
- ___ Stop taking herbal supplements before surgery.
- ___ Use supplements and eat healthy and exercise daily.
- ___ Take no more than one multivitamin/mineral supplement daily.
- ___ Take calcium supplements if you don't consume three cups of milk or yogurt daily. Take up to 900 mg of calcium supplements daily, but no more than 2,500 mg daily from foods and supplements.
- ___ Take supplements with up to 1,000 IU of vitamin D daily, but no more than 2,000 IU daily from foods and supplements.
- ___ Take up to 200 IU to 400 IU of vitamin E supplements daily, but no more than 1,000 IU daily.
- ___ Take 1 to 3 grams of fish oil daily, if you don't eat at least 8 ounces weekly of fatty fish, such as salmon or trout.



Talk with your doctor to be sure you are using supplements wisely and safely!

Guide to Common Nutrient Supplements

Talk to your doctor before using any of these supplements

<i>Name</i>	<i>What does it do?</i>	<i>Supplement Cautions</i>
Tablets, capsules or pills*		
Multivitamins with Minerals	<ul style="list-style-type: none"> • Has important nutrients • Helps meet daily nutrient needs 	<ul style="list-style-type: none"> • Be sure it has vitamin D (at least 400 IU) and vitamin B12 (at least 12 mcg)
Calcium and Vitamin D	<ul style="list-style-type: none"> • Protects bones, improves balance • Calcium and vitamin D from food plus supplements should add up to 1,000 IU vitamin D and 1,200 mg calcium 	<ul style="list-style-type: none"> • Do not exceed 2,000 IU vitamin D or 2,500 mg calcium daily • Most older people need supplements of 200 to 900 mg calcium and 800 to 1,000 IU vitamin D
Fish oil	<ul style="list-style-type: none"> • Decreases heart disease • Decreases blood triglycerides 	<ul style="list-style-type: none"> • May enhance blood thinners • May upset stomach
Vitamin E	<ul style="list-style-type: none"> • May protect heart and immunity • 200 to 400 IU is safe 	<ul style="list-style-type: none"> • May enhance blood-thinners • Do not exceed 1,000 IU daily • Choose one with “d alpha”
Fiber supplements (examples)		
Psyllium in products such as Metamucil, Fiberall, Naturacil	<ul style="list-style-type: none"> • Laxative • Lowers cholesterol 	<ul style="list-style-type: none"> • May cause gas • May lower blood sugar
Oral liquid nutritional supplements (examples)		
Boost, Ensure, Glucerna, Glucerna, Nubasics, Resource	<ul style="list-style-type: none"> • Nutrient beverages to supplement diet • Source of balanced nutrition 	<ul style="list-style-type: none"> • Should not replace meals unless unable to eat enough regular foods
Instant Breakfast	<ul style="list-style-type: none"> • Mix with milk to provide nutrient beverage to supplement diet • Source of balanced nutrition 	<ul style="list-style-type: none"> • Should not replace meals unless unable to eat enough regular foods

*Be sure these supplements have on the label: USP (United States Pharmacopeia)
AND the words “standardized” or “guaranteed potency.”

Sample Menu #11

Breakfast

Whole grain waffles, 2 small (top with cottage cheese and peaches)

Cottage cheese, low-fat, calcium-fortified, ¼ cup

Peaches, canned in juice or water, drained, ½ cup

Snack

Graham crackers, 3 squares

Pumpkin dip, made with ¼ cup pumpkin, 1 tablespoon cream cheese, ½ teaspoon cinnamon, and sweetened with artificial sweetener

Walnuts or pecans, chopped, ¼ cup

Lunch

Southern Roots Vegetable Soup (recipe provided)

Grilled cheese sandwich, ½ sandwich, made with 1 slice whole wheat bread, 1 slice (1 ounce) reduced-fat cheese, 1 teaspoon soft tub margarine

Pudding, sugar-free, fat-free instant, made with milk, ½ cup

Banana, sliced, 1 small or ½ large (to go with pudding)

Snack

Whole wheat crackers, low-sodium variety, 5 squares

Bean dip, ¼ cup

Evening meal

Chicken sandwich, made with 3 ounces skinless chicken breast (fresh or canned), 1 small (2 ounces) whole wheat hamburger bun, 2 teaspoons reduced-fat mayonnaise, lettuce and tomato

Broccoli, frozen or fresh, roasted or steamed, chopped, ½ cup

Corn, fresh or frozen, boiled (or no-salt-added canned), ½ cup, with 1 teaspoon soft tub margarine

Snack

Milk, 1%, 1 cup

Orange, 1 small

*Remember to drink plenty of fluids throughout the day! Water, tea, coffee, small amounts of juice, and other liquids all can help to keep you hydrated.



Southern Roots Vegetable Soup

Serves 4

Ingredients:

- 1 cup low-sodium chicken broth or stock
- 1 (16 ounce) can no-salt-added tomatoes (whole or diced)
- ½ small sweet onion, diced (about ½ cup)
- 2 medium carrots, peeled and sliced (about 1 cup)
- 2 small stalks celery, cleaned and diced
- 2 teaspoons canola oil
- ¾ cup kidney or white beans (canned, rinsed and drained)
- 1 teaspoon Italian salt-free seasoning blend



Directions:

1. In a medium saucepan (2 quart), sauté the carrots and celery with the canola oil for 5 minutes over medium heat; add the onion.
2. As the root vegetables sweat, puree the tomatoes in a food processor (*use a can of crushed tomatoes if you do not have a food processor*).
3. Add the pureed tomatoes, chicken broth, and seasoning blend to the vegetables in the pot.
4. Bring the soup up to a boil, then cover and turn the heat to low/medium-low and simmer for 20-30 minutes, or until vegetables are the desired tenderness.
5. When the soup has about 10 minutes left, add in the kidney beans.
6. Serve with whole grain toast or cornbread; use leftovers for another day's lunch.



Try this!

Add or substitute other vegetables you enjoy in soup, such as green beans, peppers, corn, or diced potatoes.

Estimated Nutrition Facts per serving:

120 calories
3 g total fat
0 g saturated fat
19 g carbohydrate
5 g protein
5 g fiber

Nutrient Analyses of Sample Menus

Day/ Nutrient	Calories	Total Fat (g)	Sat. Fat (g)	Total Carb. (g)	Protein (g)	Fiber (g)
Sample 1	1805	52	15	257	89	28
Sample 2	1751	56	17	228	95	34
Sample 3	1774	50	12	240	96	27
Sample 4	1831	60	15	240	93	34
Sample 5	1725	52	13	228	101	26
Sample 6	1773	58	15	234	88	27
Sample 7	1744	61	18	221	94	32
Sample 8	1763	53	13	235	99	30
Sample 9	1757	51	17	232	101	30
Sample 10	1768	56	15	227	101	26
Sample 11	1810	68	19	223	92	27
Sample 12	1750	50	14	242	100	31
Average	1771	56	15	235	96	29



Most of the sample menus provide nutrients in the ranges of:

- 1750 to 1850 calories
- 25% to 35% of total calories from fat
- 7% to 10% of total calories from saturated fat
- 50% to 60% of total calories from carbohydrate
- 20% to 25% of total calories from protein
- 25 to 35 grams of fiber

Nutrient analysis estimates were completed using Diet Analysis Plus, Version 6.1, from ESHA Research, 2004. Nutrient values for individual foods can vary depending on brand, type of processing, method of preparation, and other factors. Be sure to read the Nutrition Facts panel of food labels if you'd like to know exactly how much of specific nutrients are in the foods you buy.