

VOLUNTEERS OF AMERICA COLORADO
DINING CENTER NUTRITION ANALYSIS
DECEMBER 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1		2		3		4		5	
Calories	705	Calories	776	Calories	631	Calories	1053	Calories	1168
Fat	14g	Fat	32g	Fat	16g	Fat	42g	Fat	44g
Saturated Fat	2g	Saturated Fat	7g	Saturated Fat	4g	Saturated Fat	15g	Saturated Fat	15g
Protein	42g	Protein	24g	Protein	26g	Protein	56g	Protein	52g
Total Carbohydrates	103g	Total Carbohydrates	99g	Total Carbohydrates	99g	Total Carbohydrates	113g	Total Carbohydrates	150g
Fiber	14g	Fiber	10g	Fiber	12.5g	Fiber	10g	Fiber	13g
Sodium	729mg	Sodium	757mg	Sodium	718mg	Sodium	954mg	Sodium	1115mg
8		9		10		11		12	
Calories	736	Calories	1036	Calories	691	Calories	1354	Calories	775
Fat	19g	Fat	52g	Fat	24	Fat	44g	Fat	33g
Saturated Fat	6g	Saturated Fat	6g	Saturated Fat	8g	Saturated Fat	4g	Saturated Fat	12g
Protein	38g	Protein	58g	Protein	42g	Protein	56g	Protein	39g
Total Carbohydrates	139g	Total Carbohydrates	86g	Total Carbohydrates	83g	Total Carbohydrates	187g	Total Carbohydrates	113g
Fiber	14g	Fiber	11g	Fiber	11g	Fiber	10g	Fiber	8.5g
Sodium	604mg	Sodium	655mg	Sodium	883mg	Sodium	936mg	Sodium	582mg
15		16		17		18		19	
Calories	874	Calories	728	Calories	796	Calories	857	Calories	798
Fat	36g	Fat	21g	Fat	34g	Fat	30g	Fat	13g
Saturated Fat	11g	Saturated Fat	7g	Saturated Fat	8g	Saturated Fat	10g	Saturated Fat	3g
Protein	36g	Protein	34g	Protein	42g	Protein	35g	Protein	50g
Total Carbohydrates	107g	Total Carbohydrates	100g	Total Carbohydrates	84g	Total Carbohydrates	147g	Total Carbohydrates	120g
Fiber	11g	Fiber	12g	Fiber	13g	Fiber	8g	Fiber	15g
Sodium	946mg	Sodium	1104mg	Sodium	612mg	Sodium	1343mg	Sodium	649mg
22		23		24		25		26	
Calories	945	Calories	775	<u>Dining Centers Closed</u>		<u>Dining Centers Closed</u>		Calories	810
Fat	32g	Fat	16g					Fat	34g
Saturated Fat	8g	Saturated Fat	5g					Saturated Fat	11g
Protein	51g	Protein	36g					Protein	31g
Total Carbohydrates	115g	Total Carbohydrates	120g					Total Carbohydrates	94g
Fiber	9.5g	Fiber	10g					Fiber	9.5g
Sodium	687mg	Sodium	1133mg					Sodium	747mg
29		30		31		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%)			
Calories	960	Calories	730	Calories	1173				
Fat	25g	Fat	24g	Fat	55g				
Saturated Fat	6g	Saturated Fat	4g	Saturated Fat	15g				
Protein	35g	Protein	38g	Protein	36g				
Total Carbohydrates	155g	Total Carbohydrates	93g	Total Carbohydrates	138g				
Fiber	15g	Fiber	11g	Fiber	14g				
Sodium	1090mg	Sodium	912mg	Sodium	1136mg				
♥ Heart Healthy diet (<800mg sodium, lower fat and saturated fat) 🍏 Diabetic Friendly (<800mg sodium, carbs 65-67g)									