

## Pennsylvania Department of Aging Meal Guidelines

<u>Food</u>	<u>Amounts/Comments</u>
Calories:	Each meal must provide at least 600-750 calories
Protein:	Each entree must provide 3 oz. of protein. (meat, cheese, eggs, fish, beans, etc)
Fruits & Vegetables:	Two ½ cup servings with each meal Fresh fruits and vegetables served at least twice per week
Grains:	1-2 servings of bread or grains with each meal  Pasta, rice, and noodles are counted as a grain  Less than 85g carbohydrates per meal (averaged over the week)
Calcium:	Milk or a calcium equivalent served with each meal
Fiber:	A minimum daily average of 7 grams
Fat:	Average daily fat content, averaged over a week, will not exceed 35% of total calories
Sodium:	Average daily sodium content, averaged over a week, will not exceed 1300mg per meal