

Approved list of meals available to Meals on Wheels clients.

Our clients receive 2 meals per day 5 days per week. Clients provide their own breakfast and snacks on these days to round out their diets to meet their needs as well as all their meals on weekends.

	Regular	No restrictions/modifications
	High Calorie	Higher calorie foods plus 8 oz. Ensure Enlive per day
	Mechanical Soft	Easy to chew, but <u>not</u> a dysphagia diet.
	45 grams Carbohydrate per meal	2 meals provide about 900 to 1100 calories per day.
	60 grams Carbohydrate per meal	2 meals provide about 1100 to 1300 calories per day
	75 grams Carbohydrate per meals	2 meals provide about 1300 to 1600 calories per day
	Heart Healthy	2 meals provide 1300 to 1900 mg sodium and 7 to 20 grams saturated fat per day
	Low Sodium	2 meals provide 1400 to 1800 mg sodium per day.
	Low Fiber	2 meals provide 7 to 13 grams dietary fiber per day
	High Fiber	2 meals provide 13 to 23 grams dietary fiber per day.