



Nutrition Education



More Facts About SOS Meals

- All menus are developed by a Registered Dietitian and meet the dietary needs of low sodium and diabetic diets.
- Whole grains are provided an average of 5 days per week.
- USDA Dietary Guidelines are used in menu planning and development.
- Meals are produced and packaged at our kitchen in San Leandro by our incredible, dedicated staff.

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SOS Meals: A Healthy Choice

By the numbers—

What's included in each SOS meal:

19 grams

The minimum amount of **protein** included in each meal.



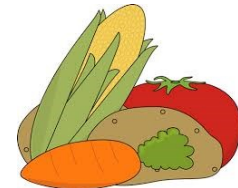
700 milligrams

The average amount of **sodium** in the meals.



2 servings

At least 2 servings of **vegetables** equivalent to 1 cup cooked



1 serving

At least 1 serving of **fruit**. This is one small piece of fruit or 1/2 cup diced fruit.



25mg

The amount of daily **Vitamin C** provided in each meal. Vitamin C is found in fruits and vegetables such as broccoli, oranges, spinach, cabbage, brussels sprouts, kiwi and strawberries.



10 g

The average amount of **fiber** provided each day. Fiber is found in fruit,

