

**State of Nevada
Aging and Disability Services Division (ADSD)**

TITLE III-C MENU STANDARDS

Menu standards are developed to sustain and improve client health through the provision of safe and nutritious meals using specific guidelines. These guidelines are incorporated in your general and nutrition service specifications and grant assurances.

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INTRODUCTION

The objectives of the Older Americans Act (OAA) nutrition programs are to provide an opportunity for older individuals to live their lives in dignity by providing healthy, appealing meals; promoting health and preventing disease; reducing malnutrition risk and improving nutritional status; reducing social isolation and increasing social interaction; linking older adults to community-based services; and providing an opportunity for meaningful community involvement, such as volunteering. In accordance with the OAA, Sections 207 and 306, nutrition programs must target older individuals with the greatest economic and social need, with particular attention to low-income minority individuals, older individuals residing in rural areas, low-income individuals, and frail individuals.

Planning nutritious, appetizing, economical meals is a complex, multifaceted task. Menu planning plays a critical role in the delivery of quality services in Older Americans Act Nutrition Programs. There are many factors to take into consideration when developing menus.

The unit of service for congregate and home-delivered meal service is one complete meal provided to one eligible participant. If the project provides one meal per day, a complete meal is one that meets or exceeds 33 1/3 percent of the dietary reference intakes established by the Food and Nutrition Board of the Institute of Medicine of the National Academy of Sciences.

DIETARY GUIDELINES FOR AMERICANS

The USDA and U.S. DHHS 2015 - 2020 Dietary Guidelines (8th Edition) are intended to be used as an aid in designing and carrying out nutrition-related programs. These guidelines must be incorporated in the selection of foods and serving sizes for meals when planning menus for individuals and groups. The 2015-2020 Dietary Guidelines for Americans recommendations provide five overarching concepts:

1. **Follow a healthy eating pattern across the lifespan.** All food and beverage choices matter. Choose a healthy eating pattern at an appropriate calorie level to help achieve and maintain a healthy body weight, support nutrient adequacy, and reduce the risk of chronic disease.
2. **Focus on variety, nutrient density, and amount.** To meet nutrient needs within calorie limits, choose a variety of nutrient-dense foods across and within all food groups in recommended amounts.
3. **Limit calories from added sugars and saturated fats and reduce sodium intake.** Consume an eating pattern low in added sugars, saturated fats, and sodium. Cut back on foods and beverages higher in these components to amounts that fit within healthy eating patterns.
4. **Shift to healthier food and beverage choices.** Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices.

Consider cultural and personal preferences to make these shifts easier to accomplish and maintain.

5. **Support healthy eating patterns for all.** Everyone has a role in helping to create and support healthy eating patterns in multiple settings nationwide, from home to school to work to communities.

Dietary Guidelines for Americans, 2015-2020 Key Recommendations:

- **Consume a healthy eating pattern that accounts for all foods and beverages within an appropriate calorie level; a healthy eating pattern includes:**
 - A variety of vegetables from all subgroups – dark green, red and orange, legumes (beans and peas), starchy, and other
 - Fruits, especially whole fruits
 - Grains, at least half of which are whole grains
 - Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
 - A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), nuts, seeds, and soy products
 - Oils
- **A healthy eating pattern limits:**
 - Saturated fats and *trans* fats, added sugars, and sodium
- **Key components of the diet that should be limited:**
 - Consume less than 10% of calories per day from added sugars
 - Consume less than 10% of calories per day from saturated fats
 - Consume less than 2,300 mg per day of sodium
 - If alcohol is consumed, it should be consumed in moderation – up to one drink per day for women and up to two drinks per day for men – and only by adults of legal drinking age
- **Americans should aim to achieve and maintain a healthy body weight. The relationship between diet and physical activity contributes to calorie balance and managing body weight. As such, the Dietary Guidelines includes a Key Recommendation to:**
 - Meet the *Physical Activity Guidelines for Americans*

Dietary Reference Intakes (DRIs) for Males/Females, 51+ years old:

<u>Nutrient</u>	<u>DRI</u>	<u>Male</u>	<u>Female</u>
Carbohydrate	RDA	130 g	130 g
Fiber	AI	28 g	22.4 g
Added sugar	N/A	<10% total calories	<10% total calories
Protein	RDA	56 g	46 g
Fat	N/A	AMDR = 20-35% total calories	AMDR = 20-35% total calories
Linoleic acid (omega-6)	AI	14 g	11 g
Alpha-linolenic acid (omega-3)	AI	1.6 g	1.1 g
Dietary cholesterol	N/A	As low as possible while consuming a nutritionally adequate diet	As low as possible while consuming a nutritionally adequate diet
Trans fatty acids	N/A	As low as possible while consuming a nutritionally adequate diet	As low as possible while consuming a nutritionally adequate diet
Saturated fatty acids	N/A	As low as possible while consuming a nutritionally adequate diet	As low as possible while consuming a nutritionally adequate diet
Vitamin A	RDA	900 mcg	700 mcg
Vitamin B6	RDA	1.7 mg	1.5 mg
Vitamin B12	RDA	2.4 mcg	2.4 mcg
Vitamin C	RDA	90 mg	75 mg
Choline	AI	550 mg	425 mg
Vitamin D	AI	600 IU / 15 mcg (51-70) 800 IU / 20 mcg (>71)	600 IU / 15 mcg (51-70) 800 IU / 20 mcg (>71)
Vitamin E	RDA	15 mg	15 mg
Folate	RDA	400 mcg	400 mcg
Vitamin K	AI	120 mcg	90 mcg
Niacin	RDA	16 mg	14 mg
Riboflavin	RDA	1.3 mg	1.1 mg
Thiamin	RDA	1.2 mg	1.1 mg
Calcium	RDA	1,000 mg (51-70) 1,200 mg (>71)	1,200 mg (>51)

<u>Nutrient</u>	<u>DRI</u>	<u>Male</u>	<u>Female</u>
Copper	RDA	900 mcg	900 mcg
Iron	RDA	8 mg	8 mg
Magnesium	RDA	420 mg	320 mg
Manganese	AI	2.3 mg	1.8 mg
Phosphorus	RDA	700 mg	700 mg
Potassium	AI	4.7 g	4.7 g
Selenium	RDA	55 mcg	55 mcg
Sodium	AI	1.3 g (51-70) 1.2 (>71)	1.3 g (51-70) 1.2 g (>71)
Zinc	RDA	11 mg	8 mg

NUTRITIONAL ANALYSIS OF MENUS

Menus that are documented as meeting the nutritional requirements through menu analysis by a Registered Dietitian must provide the following:

<u>Nutrient</u>	<u>Recommended Intake</u>	<u>Notes</u>
Calories	700 calories per meal, average per week	No one meal may be less than 600 calories
Carbohydrate	50 – 75 g per meal	No one meal may be less than 45 g of carbohydrate
Fiber	10 g per meal	
Added sugars	<10% of total calories per meal	
Protein	21 g per meal	
Fat	≤ 30% calories, average per week	No one meal may be more than 35% fat
Linoleic Acid (omega-6)	5 mg per meal	Average 14 mg per week
Alpha-linolenic Acid (omega-3)	.55 mg per meal	Average 1.6 mg per week
Vitamin A	300 mcg per meal	
Vitamin B6	.6 mg per meal	
Vitamin B12	.8 mcg per meal	For adults > 50 years it is advisable for most of this amount to be obtained by consuming foods fortified with vitamin B12 or vitamin B12-containing supplement
Vitamin C	30 mg per meal	
Choline	185 mg per meal	

<u>Nutrient</u>	<u>Recommended Intake</u>	<u>Notes</u>
Vitamin D	7 mcg per meal	
Vitamin E	5 mg per meal	
Folate	135 mcg per meal	
Vitamin K	40 mcg per meal	
Niacin	6 mg per meal	
Riboflavin	.45 mg per meal	
Thiamin	.4 mg per meal	
Calcium	400 mg per meal	
Copper	300 mcg per meal	
Iron	3 mg per meal	
Magnesium	140 mg per meal	
Manganese	.8 mg per meal	
Phosphorus	235 mg per meal	
Potassium	1600 mg per meal	
Selenium	19 mcg per meal	
Sodium	500 mg per meal	No one meal may be more than 750 mg sodium
Zinc	4 mg per meal	

MEAL PATTERN FOR MENUS

If nutritional analysis is not submitted, each meal will follow the meal pattern described in this section.

Requirements for One Meal Daily:

3 oz. edible cooked meat, fish, fowl, eggs or meat alternate
3 servings vegetables and fruits
2 servings starches/grains
1 cup low-fat milk or equivalent
Optional: fat, dessert, coffee or tea

Requirements for Two Meals Daily*:

1. Congregate and home-delivered meal providers serving two meals per day must furnish a minimum of 66 2/3 percent of the allowances. Refer to *Meal Components and Serving Sizes* for additional information.
2. If the two meals are not served to the same population, **each** meal must meet the requirements for one meal.
3. In the senior center environment, it is difficult to track whether the populations are the same. If unknown, it is assumed that the participants are two different populations and each meal must meet the requirements for one meal per day.
4. Home-delivered meal and congregate housing participants who receive 2 meals daily should meet the requirements for 2 meals.

Requirements for Three Meals Daily*:

1. Congregate and home-delivered meal providers serving three meals per day to the same population must provide 100% of the RDA. Refer to *Meal Components and Serving Sizes* for additional information.
2. In the senior center environment, it is difficult to track whether the populations are the same. If unknown, it is assumed that the participants are different populations and each meal must meet the requirements for one meal per day.
3. Home-delivered meal and congregate housing participants who receive 3 meals daily should meet the requirements for 3 meals.

* Read ADSD's Nutrition Service Specifications regarding claiming more than one meal per day, per eligible client, under a Title III-C grant. Special permission is required and only granted in extenuating circumstances.

MEAL COMPONENTS AND SERVING SIZES

Protein Foods

Include a variety of protein foods in nutrient-dense forms, including both animal and plant sources. The protein subgroups include seafood, meats, poultry, and eggs; and nuts, seeds, and soy products. Legumes (beans and peas) may also be considered part of the protein food groups as well as the vegetable group. For balance, the Healthy U.S.-Style Eating Pattern includes weekly recommendations (2,000 calorie level) for the subgroups as follows:

- 8 ounce-equivalents of seafood per week
- 26 ounce-equivalents of meat, poultry, eggs per week
- 5 ounce-equivalents of nuts, seeds, soy products per week

The meal shall provide at least 21 grams of protein for one meal per day. This equates to 3-ounce cooked, edible portion of meat, poultry, or fish. Two-ounce portions may be served when 2 or 3 meals are served daily.

Protein foods equivalent to 1 ounce-equivalent of proteins:

- 1 large egg
- ¼ cup cooked dried beans, peas or lentils
- 1 tablespoon peanut butter
- ½ ounce portion of nuts
- ¼ cup raw, firm tofu (calcium salt processed)
- 2 tablespoons hummus
- ¼ cup roasted soy beans

1. Serve seafood at least:
 - 1 times per week for 1 meal per day; or
 - 2 times per week for 2 or 3 meals per day.
2. Serve legume dishes (using mature, dried beans, peas and lentils, such as lima, kidney, navy, black, pinto or garbanzo beans, lentils, black-eyed peas and soybeans) at least:
 - 2 time per week for 1 meal per day; or
 - 4 times per week for 2 or 3 meals per day.
3. Use salted foods or high-sodium meats (e.g., hot dogs, sausage, bacon, ham, cold cuts, etc.) no more than:
 - 1 time per month for 1 meal per day; or
 - 2 times per month for 2 meals per day.

If high-sodium meats must be served more than once per month for variety and client satisfaction, low-sodium versions must be used and demonstrated.

4. Ground meat may be served no more than:
 - 2 times per week when serving 1 meal per day; or
 - 4 servings per week when serving 2 meals per day.

Ground meat is ground beef and turkey. It does not include formed meat products or shredded meats.

5. Texturized Vegetable Protein (TVP) may be incorporated in recipes with a maximum ratio of 30% TVP to 70% meat.
6. Soups containing at least ½ cup of beans, lentils or split peas may be counted as one ounce of meat.

Vegetables

Include a variety of vegetables from the each of the five vegetable subgroups – dark green, red and orange, legumes, starchy, and other. The recommended amount of

vegetables in the Healthy U.S. Style Pattern (2,000 calorie level) is 2 ½ cup-equivalents (c-eq) of vegetables per day. In addition, weekly amounts from each vegetable subgroup are recommended to ensure variety and meet nutrient needs.

Weekly vegetable subgroup recommendations:

- Dark green leafy vegetables: 1 ½ c-eq/wk
- Red and orange: 5 ½ c-eq/wk
- Legumes (beans & peas): 1 ½ c-eq/wk
- Starchy: 5 c-eq/wk
- Other: 4 c-eq/wk

Vegetable serving sizes equivalent to ½ cup-equivalent of vegetables:

1. ½ cup cooked, drained or raw vegetables
 2. 1 cup raw, leafy greens
 3. ½ cup tomato sauce
 4. ½ cup 100% vegetable juice
 5. ½ cup beans and peas
1. Serve vegetables from at least 2 different vegetable subgroups at each meal.
 2. Vegetables as a primary ingredient in soups, stews, casseroles or other combination dishes should total ½ cup per serving.
 3. Lettuce and tomato served as condiments are not a vegetable serving.

Fruit

Include fruits, especially whole fruits. The fruits group includes whole fruits and 100% fruit juice. The recommended amount of fruits in the Healthy U.S.-Style Eating Pattern (2,000 calorie level) is 2 cup-equivalents per day.

Fruit servings equal to ½ cup-equivalents of fruits:

- ½ medium whole fruit
 - ½ cup fresh, chopped, cooked, frozen or canned, drained fruit
 - ½ cup 100% fruit juice
 - ¼ cup dried fruit
1. Fresh, frozen or canned fruit must be packed in juice, light syrup or without sugar.
 2. Fruit juice should contribute no more than half of the fruit recommendations and be provided in ½ cup (4 oz.) servings.

Grains/Starches

Include whole grains and limit the intake of refined grains and products made with refined grains, especially those high in saturated fats, added sugars, and/or sodium. The Healthy U.S.-Style Eating Pattern (2,000 calorie level) recommendations is 6

ounce-equivalents (oz.-eq) of grains per day. At least half of this amount should be whole grains (3 oz.-eq).

A variety of enriched and/or whole grain bread products, particularly those high in fiber, are recommended. Serving sizes are:

1 slice (1 oz.) bread	1 pancake, 4" diameter
½ cup cooked pasta, rice	½ bagel, 3-4" diameter
1 ounce ready-to-eat cereal	1 small sandwich bun
1 small (2 oz.) muffin	½ cup cooked cereal
2" cube cornbread	4-6 crackers (1 oz.)
1 biscuit, 2.5" diameter	½ large hotdog/hamburger bun (1 oz.)
1 waffle, 4-5" diameter	½ cup cooked dried beans, split peas or lentils
1 slice French toast	½ cup bread dressing/stuffing
½ English muffin	
1 tortilla, 6" diameter	

Starchy vegetables: a serving is ½ cup potatoes, sweet potatoes, corn, lima beans, yams or plantains

1. Use whole grains (whole wheat, oats, brown rice, multi-grains) at least:
 - 3 times per week for 1 meal per day
 - 7 times per week for 2 meals per day
 - 11 times per week for 3 meals per day
2. Serve legume dishes (using mature, dried beans, peas and lentils such as lima, kidney, navy, black, pinto or garbanzo beans, lentils, black-eyed peas and soybeans) at least:
 - 2 times per week for 1 meal per day
 - 4 times per week for 2 or 3 meals per day

Milk

Include fat-free and low-fat (1%) dairy, such as milk*, yogurt, cheese, or fortified soy beverages (i.e. soymilk). Each meal shall contain one serving of dairy foods/beverages. If religious preference precludes the acceptance of milk with the meal, or an individual is lactose intolerant, it may be omitted from the menu and an equivalent substitute must be used.

Dairy servings equivalent to 1-cup dairy servings:

- 1 cup non-fat or low-fat (1%) milk*
- 1 cup fortified soy beverages (i.e. soy milk)
- 1 cup non-fat or low-fat (1%) yogurt
- 2 cups non-fat or low-fat (1%) cottage cheese
- 1 cup of reconstituted or 1/3 cup non-reconstituted powdered milk
- 1 ½ ounces of low-fat (1%) or reduced fat (2%) cheese (Cheddar, American, mozzarella, Swiss, etc.)

Alternate sources of calcium (in place of dairy):

- ½ cup raw, firm tofu (calcium salt processed)
- 1 cup calcium-fortified orange juice
- 1 cup calcium-fortified alternative milk (i.e. almond)

*2% milk may be served if clients refuse 1% milk. However, 2% milk contains more fat and should therefore be served in conjunction with a meal that does not contain a significant amount of saturated fat.

1. Cheese should not be used as the sole source of dairy more than:
 - 1 time per week for 1 meal per day
 - 2 times per week for 2 or 3 meals per day

Fat

Fat is not a requirement. Each meal may contain fat components to increase the palatability and acceptability of the meal. Fat may be used in food preparation or served as an accompaniment to the meal. Minimize use of fat in food preparation. Fats should primarily be from vegetable sources and in a liquid or soft (spreadable) form that is lower in hydrogenated fat, saturated fat, and cholesterol.

Serving size (50 calories) examples:

- 1 ½ teaspoon fortified margarine
- 1 ½ teaspoon mayonnaise
- 1 tablespoon salad dressing
- 1 ½ teaspoon spread
- 1 tablespoon light cream cheese
- 1 strip of bacon

Dessert

Dessert may be provided as an option to satisfy the caloric requirements or for additional nutrients. Healthier desserts such as fruit, whole grains, low-fat or low-sugar products are encouraged. Fresh, frozen, or canned fruits packed in their own juice are often encouraged as a dessert item, in addition to the serving of fruit provided as part of the meal.

1. When a dessert contains ½ cup of fruit per serving, it may be counted as a serving of fruit.
2. When a dessert contains the equivalent of 1 serving starches/grains per serving, it may be counted as a serving of starches/grains (example bread pudding).
3. When a dessert contains the equivalent of ½ cup milk per serving, it may be counted as ½ serving of milk.

Condiments and Product Substitutes

Salt substitutes shall not be provided. Sugar substitutes, pepper, herbal seasonings, lemon, vinegar, non-dairy coffee creamer, salt and sugar may be provided, but shall not be counted as fulfilling any part of the nutritive requirements. Include traditional meal accompaniments, as appropriate (e.g., condiments, spreads, garnishes). Specific examples include: mustard and/or mayonnaise with a meat sandwich, tartar sauce with fish, salad dressing with tossed salad, and margarine with bread or rolls.

Beverages

Fluid intake should be encouraged, as dehydration is a common problem in older adults. It is a good practice to have drinking water available. Other beverages, such as juices, coffee, tea, decaffeinated beverages, soft drinks, and flavored drinks, may be served. Nonnutritive beverages do not help meet nutrition requirements, but can help with hydration.

FOOD PREPARATION GUIDELINES

1. When cooking, use salt sparingly or eliminate entirely by using spices, herbs or other seasonings.
2. To flavor foods, use herbs, spices and salt-free seasoning, lemon juice, lime juice or vinegar.
3. When using high-sodium condiments, such as soy sauce, ketchup, barbeque and teriyaki sauce, prepared mustard, seasoned salts, MSG, bouillon, pickles and olives, balance the menu with low-sodium choices.
4. Use low-fat cooking methods, such as baking, broiling or steaming. Do not add fat to cooked meats or vegetables.
5. Use lean cuts of red meats, poultry without skin and all fish.
6. Select low-sodium versions of canned soups, tomatoes, vegetables, and salad dressings in place of regular canned/bottled items.
7. Offer fruit desserts: fruit cup, fruit crisp, fruit cobbler, fruited gelatin (3/4 cup).
8. Select low-fat, low-sodium cheese, when feasible.
9. Make sauces and gravies without fat. Add starch to cold liquid before cooking to thicken, instead of blending starch with fat.
10. Substitute vegetable oils for shortening, butter and margarine.

SPECIFIC NUTRIENT SOURCES

Vitamin A:

1. When the meal pattern is followed, Vitamin A rich foods must be served 2 to 3 times per week for one meal per day.
2. When serving 2 meals per day, Vitamin A rich foods must be served 4 to 6 times per week.
3. One rich source or two fair servings may be used to meet the requirements.
4. One serving of carrots or sweet potatoes/yams is equivalent to 3 servings of Vitamin A rich sources.

Some **rich** sources of Vitamin A include:

Apricots	Cantaloupe	Papaya
Kale	Mango	Spinach
Liver, chicken or beef		
Turnip and collard greens & other dark greens		
Winter squash (Hubbard, Butternut)		
Carrots, carrot juice and sweet potatoes (see #4 above)		

Some **fair** sources of Vitamin A include:

Apricot Nectar	Broccoli	Tomato Sauce
Pumpkin	Vegetable Juice	

Vitamin C:

1. For each meal, Vitamin C may be provided as one serving of a rich source, 2 half servings of rich sources or 2 servings of fair sources.
2. When serving 1 meal per day, 1 rich or 2 fair sources must be served.
3. When serving 2 meals per day, 2 rich or 4 fair servings must be served.
4. When serving 3 meals per day, 3 rich or 6 fair sources must be served.
5. Fortified, full-strength juices, defined as fruit juices that are 100% natural juice with Vitamin C added, are Vitamin C-rich foods.
6. Partial-strength or simulated fruit juices or drinks, even when fortified, may not count as fulfilling this requirement, except cranberry juice.

Some **rich** sources of Vitamin C include:

Broccoli	Brussels sprouts	Cantaloupe
Cauliflower	Fruit juices, fortified	Gelatin, fortified
Grapefruit/grapefruit juice	Green and red peppers	Honeydew
Kale	Kiwi	Mango
Mandarin oranges	Orange/orange juice	Strawberries
Sweet potatoes/yams	Watermelon	Tangerine

Some **fair** sources of Vitamin C include:

Asparagus	Cabbage	Collard greens
Mustard greens	Pineapple	Potatoes
Spinach	Tomato/tomato juice/sauce	Turnip greens

SOURCES OF KEY NUTRIENTS

Foods considered good sources of specific nutrients are shown in the following table. Information provides “good” and “high” food sources of specific nutrients. A "high source" is defined as providing 20% or more of the Daily Value for a given nutrient per serving. A "good source" is federally defined as providing 10-19% of the Daily Value for a given nutrient per serving.

Nutrient	Food	Serving Size	Amt	% DV c
Calcium	-	-	mg	-
High	Yogurt, plain, low-fat	8 oz.	345	35
	Milk 1% w/ added Vitamin A	1 cup	300	25
Good	Cheddar cheese	1 oz.	204	17
	Collard greens, cooked	½ cup	179	15
	Turnip greens, cooked	½ cup	125	10
	Spinach, cooked	½ cup	123	10
Magnesium	-	-	mg	-
High	Finfish, Halibut	½ fillet	170	40
Good	Spinach, cooked	½ cup	79	19
	Soybean, cooked	½ cup	74	18
	Beans, white, canned	½ cup	67	16
	Beans, black, cooked	½ cup	60	14
	Artichokes, cooked	½ cup	51	12
	Beet greens, cooked	½ cup	49	12
	Lima beans, cooked	½ cup	47	11
	Okra, frozen, cooked	½ cup	47	11
	Oat bran, cooked	½ cup	44	10
	Brown rice, cooked	½ cup	42	10
	Vitamin B12	-	-	mg
High	Yogurt, plain, low-fat	8 oz.	0.49	37
	Milk 1%, w/ added Vitamin A	1 cup	0.41	31
	Egg whole, scrambled/hard-boiled	1 large	0.27	21
Good	Soybeans, cooked	½ cup	0.25	19
	Ricotta cheese, whole milk	½ cup	0.24	18
	Mushrooms, cooked	½ cup	0.23	18
	Spinach, cooked	½ cup	0.21	16
	Beet greens, cooked	½ cup	0.21	16
	Cottage cheese, low-fat	½ cup	0.19	14
Folate	-	-	ug	-
High	Lentils, cooked	½ cup	179	45
	Pinto beans, cooked	½ cup	147	37
	Chickpeas, cooked	½ cup	141	35
	Okra, frozen, cooked	½ cup	134	33
	Spinach, cooked	½ cup	132	33
	Asparagus, cooked	½ cup	122	30

Nutrient	Food	Serving Size	Amt	% DV c
High	Turnip greens, cooked	½ cup	85	21
	Brussels sprouts, frozen, cooked	½ cup	78	20
Good	White rice, long-grain, cooked	½ cup	77	19
	Broccoli, frozen, cooked	½ cup	52	13
	Mustard greens, cooked	½ cup	52	13
	Green peas, frozen, cooked	½ cup	47	12
	Orange	1 med	39	10
Vitamin E	-	-	mg	-
High	Vegetable oil, sunflower linoleic (>60%)	1 Tbsp	6.88	46
	Tomato products, canned, puree	½ cup	3.15	21
	Vegetable oil, canola	1 Tbsp	2.93	20
Good	Turnip greens, frozen, cooked	½ cup	2.39	16
	Peaches, canned	½ cup	1.86	12
	Tomato products, canned, sauce	½ cup	1.72	11
	Broccoli, frozen, cooked	½ cup	1.52	10
Fiber	-	-	gm	-
High	Pears, Asian, raw	1 pear	9.9	28 <i>d</i>
	Beans (pinto, black, kidney)	½ cup	7-8	20-23 <i>d</i>
	Dates, dry	½ cup	7.0	20 <i>d</i>
Good	Chickpeas, cooked	½ cup	6.0	17 <i>d</i>
	Artichokes, cooked	½ cup	4.5	13 <i>d</i>
	Green peas, frozen, cooked	½ cup	4.4	13 <i>d</i>
	Raspberries, raw	½ cup	4.2	12 <i>d</i>
	Vegetables, mixed, frozen, cooked	½ cup	4.0	11 <i>d</i>
	Apple, raw, with skin	1	3.7	11 <i>d</i>
Vitamin D	-	-	mcg	-
High	Salmon, sockeye, canned	3 oz.	17.9	89.5
	Trout, rainbow, cooked	3 oz.	16.2	81
	Mushrooms, portabella	½ cup	7.9	39.5
	Tuna, light, canned in oil	3 oz.	5.7	28.5
Good	Tilapia, cooked	3 oz.	3.1	15.5
	Yogurt	8 oz.	2 - 3	10-15
	Milk	1 cup	2.9	14.5
	Fortified orange juice	1 cup	2.5	12.5

EASY RECIPE MODIFICATION FOR HEALTHY EATING

Instead of	Use
Whole and 2% milk	Skim or 1%
Sweetened condensed milk	Sweetened condensed skim milk
Evaporated milk	Evaporated skim milk
Heavy Cream	Equal amounts of evaporated skim milk and 1% milk
Light Cream	Fat free non-dairy whipped topping
Whipped topping	Fat free non-dairy whipped topping
Butter or Margarine	Low trans-fat margarine
Shortening or Lard	Low trans-fat margarine
Mayonnaise	Light or nonfat mayonnaise, mustard on sandwiches
Sour Cream	Plain low-fat yogurt, nonfat or low-fat sour cream
Cream Cheese	Light or nonfat cream cheese
Cheese	Reduced fat cheeses, low-fat or nonfat cheeses
1 Egg	2 egg whites or ¼ cup egg
Fat/oil for greasing pan	Nonstick cooking spray
1 ounce baking chocolate	3 Tbsp cocoa powder plus 1 Tbsp vegetable oil
Ground Beef	Ground skinless turkey or ground meat substitute (soy-based)
Sausage	Sausage substitute (soy-based)
Bacon	Low-fat turkey bacon, lean ham, Canadian bacon
Regular Broth or Bouillon	Low sodium broth or bouillon
Oil in baked goods	Applesauce or fruit purees

Nevada Senior Nutrition Meal Pattern Menu Approval Sheet

Monthly menus are to be emailed to your RD Specialist. Programs that are not providing meals that meet the requirements of the OAA will also be required to submit this document until compliance is obtained.

See the Menu Standards for portion sizes, frequency and nutrient content.

Food Group	1 Meal per Day		2 Meals per Day		3 Meals per Day	
	Minimum	Check	Minimum	Check	Minimum	Check
Meat, Eggs, Legumes	3 oz. or equivalent		4 oz. or equivalent		6 oz. or equivalent	
	Seafood 1x/wk		Seafood 2x/wk		Seafood 2x/wk	
	Legumes 2x/wk		Legumes 4x/wk		Legumes 4x/wk	
	Ground meat no more than 2x/wk		Ground meat no more than 4x/wk		Ground meat no more than 6x/wk	
Fruit/Vegetable	3 servings		6 servings		9 servings	
Grains/Starches	2 servings		4 servings		6 servings	
	Whole Grains 3x/wk		Whole Grains 7x/wk		Whole Grains 11x/wk	
Milk/Dairy	1 serving		2 servings		3 servings	
Vitamin A	1 rich serving 2-3x/wk		1 rich serving 4-6x/wk		1 rich serving 4-6x/wk	
Vitamin C	1 rich or 2 fair servings		2 rich or 4 fair servings		3 rich or 6 fair servings	
Energy	No less than 600 Average 655 for the week		No less than 1200 Average 1310 for the week		No less than 1800 Average 1965 for the week	
Follow Dietary Guidelines	Sodium		Sodium		Sodium	
	Fat		Fat		Fat	

I certify that, to the best of my knowledge, each meal in the attached menus provides one-third of the current Recommended Dietary Allowances of the National Academy of Sciences and conforms to the Dietary Guidelines for Americans.

Signature: _____

Date: _____

Nevada Senior Nutrition Nutritional Analysis of Menus Approval Sheet

Monthly menus are to be emailed to your RD Specialist. Programs that are not providing meals that meet the requirements of the OAA will also be required to submit this document until compliance is obtained.

Nutrient	1 Meal per Day		2 Meals per Day		3 Meals per Day	
	Minimum	Check	Minimum	Check	Minimum	Check
Energy	No less than 600; Average 700 for the week		No less than 1200; Average 1400 for the week		No less than 1800; Average 2100 for the week	
Protein	21 grams		41 grams		64 grams	
Fat	≤35%per meal; 30% average over one week		≤35% per meal; 30% average over one week		≤35% per meal; 30% average over one week	
Fiber	10 grams average over one week		20 grams average over one week		30 grams average over one week	
Calcium	400 mg		800 mg		1200 mg	
Magnesium	140 mg		280 mg		420 mg	
Zinc	4 mg		8 mg		12 mg	
Vitamin A	300 mcg (RE) averaged over one week		600 mcg (RE) averaged over one week		900 mcg (RE) averaged over one week	
Vitamin B6	.6 mg		1.2 mg		1.8 mg	
Vitamin B12	.8 mcg		1.6 mcg		2.4 mcg	
Vitamin C	30 mg		60 mg		90 mg	
Vitamin D	7 mcg		14 mcg		20 mcg	
Sodium	700 mg averaged over one week;		1500 mg averaged over one week		2300 mg averaged over one week	

I certify that, to the best of my knowledge, each meal in the attached menus provides one-third of the current Recommended Dietary Allowances of the National Academy of Sciences and conforms to the Dietary Guidelines for Americans.

Signature: _____

Date: _____

SHELF STABLE MEALS

Shelf stable meals shall be made available when feasible, appropriate, and according to the Nutrition Service Specifications. The shelf stable meals should be replenished at least every six months, so the expiration date does not pass. Meals must follow the meal standards. The nutrient content of the meals in the package may be averaged to meet requirements.

Shelf Stable Meals Packaging Requirements:

- The package shall include menus to instruct the clients how to combine the foods to meet the meal requirements.
 - Cans are to be easy to open, with pull tabs whenever possible.
 - The box must be labeled with the use by/expiration date.
-

NUTRITION EDUCATION

Good nutrition is important in maintaining the health and functional independence of older adults. It can reduce hospital admissions and delay nursing home placement. The aging of the U.S. population has heightened the interest in developing effective and efficient nutrition and health services for older people. Service networks that provide a continuum of home and community-based services have become especially important because they allow older adults to preserve their independence and ties to family and friends.

The nutritional status of older adults can be easily compromised given their number of chronic conditions and functional impairments. About 87% of older adults in the U.S. have diabetes, hypertension, dyslipidemia or a combination of these chronic conditions. These can be successfully managed with appropriate nutrition interventions that will improve health and quality of life outcomes. Left unchecked, these conditions result in poorer health, dependence, and increased costs, especially among minorities.

Nutrition Education is the process by which individuals gain the understanding, skills and motivation necessary to improve and protect their nutritional well-being through their food choices. Nutrition education, as defined by the U.S. Administration for Community Living (ACL), is a program to promote better health by providing accurate and culturally-sensitive nutrition, physical fitness, or health information (as it relates to nutrition) and instruction to participants, or participants and caregivers, in a group or individual setting.

Each congregate and home-delivered meal nutrition program shall provide nutrition education semi-annually, at a minimum. Nutrition education services should be culturally appropriate.

Suggested Nutrition Education Goals:

- 1) To create positive attitudes toward good nutrition and provide motivation for improved dietary practices.
- 2) To provide adequate knowledge and skills necessary for critical thinking regarding diet and health so the individual can make appropriate food choices from an increasingly complex food supply;
- 3) To assist the individual in identifying resources for continuing access to reliable food and nutrition information.

Suggested Nutrition Education Content:

A nutrition education program makes available information and guidance concerning:

- Food, including the kinds and amounts of food that are required to meet one's daily nutritional needs.
- Nutrition, including the combination of processes by which the body receives substances necessary for the maintenance of its functions and for the renewal of its components;
- Behavioral practices, including the factors, which influence one's eating and food preparation habits;
- Consumer issues, including the management of food purchasing power to obtain maximum food value for the money spent.

Nutrition Education Resources:

Methods for nutrition education can include speakers, newsletters, printed materials, bulletin boards, videos, the Internet, etc. The educational materials can be self-generated or materials may be obtained from various nutrition-oriented agencies and entities. Examples of these are:

https://health.gov/dietaryguidelines/	Dietary Guidelines for Americans
www.health.gov/paguidelines	Physical Activity Guidelines for Americans
www.choosemyplate.gov	MyPlate
https://www.nia.nih.gov/health/publication/whats-your-plate	National Institute on Aging
https://www.nal.usda.gov/fnic	USDA Food & Nutrition Information Center
www.eatright.org	Academy of Nutrition and Dietetics
www.diabetes.org	American Diabetes Association
https://www.foodsafety.gov/keep/foodkeeperapp/index.html	Food storage app

www.aarp.org/health

AARP - general nutrition & wellness information for seniors

www.health.gov/nhic

National Health Information Center

www.cdc.gov

Centers for Disease Control and Prevention - chronic disease information

www.fsis.usda.gov/

USDA Food Safety and Inspection Service - food safety information

Information from these groups and other reputable sources can be used to promote appropriate nutritional practices and prevention of chronic diseases in the population served. Nutrition projects shall maintain documentation of nutrition education as outlined in the Nutrition Service Specifications.

DEFINITIONS

1. Dietary Reference Intakes (DRIs)

- Recommended Dietary Allowance (RDA): the average daily dietary intake level that is sufficient to meet the nutrient requirement of nearly all (97 to 98 percent) healthy individuals in a particular life stage and gender group.
- Adequate Intake (AI): a recommended intake value based on observed or experimentally-determined approximations or estimates of nutrient intake by a group (or groups) of healthy people that are assumed to be adequate – used when an RDA cannot be determined.
- Tolerable Upper Intake Level (UL): the highest level of daily nutrient intake that is likely to pose no risk of adverse health effects for almost all individuals in the general population. As intake increase above the UL, the potential risk of adverse effects increases.
- Estimated Average Requirement (EAR): a daily nutrient intake value that is estimated to meet the requirement of half of the healthy individuals in a life stage and gender group – used to assess dietary adequacy and as the basis for the RDA.

2. **Nutrition services** include the procurement, preparation, transport and service of meals; assessing the need for mealtime socialization; and nutrition screening, education and counseling for older persons at congregate sites or in their homes.

3. **Congregate meals** are meals served to groups of eligible persons at nutrition sites where socialization is encouraged.

4. **Home-delivered meals (HDM)** include pre-portioned hot, cold, frozen or shelf stable meals.

5. **Shelf-stable meals** are a combination of foods that can be stored and consumed at room temperature. Shelf stable meals are distributed for use in emergency situations, such as when meals cannot be delivered due to severe weather.
6. **Nutrition service provider** refers to an Area Agency on Aging (AAA), State Unit on Aging (SUA) or other organization providing all the services described as nutrition services. AAAs/SUAs that directly coordinate the provision of meals and other services are nutrition service providers. AAAs/SUAs may contract with one or more nutrition service providers to operate all aspects of the program within a defined service delivery area.
7. **Food Service Contract** is a written legal agreement with a meal provider for the purchase of meals and includes menus, quality assurance, portion control and delivery.