

Iowa Menu Approval – Computer Analysis

See Iowa HHS Nutrition Services Guidelines Policy: Service Delivery 3.6.2

Menu Dates:

Menu Type (if multiple menus are offered, e.g., regular, consistent carb, etc.):

List all locations menu will be used:

Nutrient	DGA/ DRI per meal nutrient requirement	Per Meal Menu Requirement	Does each meal meet the requirement?
Calories	533-866	533-866	<input type="checkbox"/> Yes <input type="checkbox"/> No
Protein	15 grams	15 grams	<input type="checkbox"/> Yes <input type="checkbox"/> No

Nutrient	DGA/ DRI per meal nutrient requirement	Weekly Average Menu Requirement	Weekly Average (List each week's average separately)
Carbohydrate	45-65% of calories	45-65% of calories	
Fat	20-35% of calories	20-35% of calories	
Saturated Fat	<10% of calories	<10% of calories	
Fiber	>7-9 grams	>7 grams	
Sodium	< 767milligrams (mg)	< 1000 mg	
Potassium	> 867-1133 mg	> 867 mg	
Calcium	> 400 mg	> 400 mg	
Vitamin C	> 25-30 mg	> 25 mg	
Vitamin B6	>0.50-0.56 mg	>0.50 mg	
Vitamin B12	>0.8 micrograms	>0.8 micrograms	

I certify to the best of my knowledge these menus provide one-third of the current Dietary Reference Intakes for individuals aged 60 years and older and conform to the 2020-2025 Dietary Guidelines for Americans.

Dietitian Signature

Date

Iowa License Number

Email Address

Iowa Menu Approval – Iowa Guide for Menu Planning

See Iowa HHS Nutrition Services Guidelines Policy: Service Delivery 3.6.2

Menu Dates:

Menu Type (if multiple menus are offered):

Locations menu will be used:

Food Group	Minimum Number of Servings	Minimum Requirements	Does each meal meet the requirement?
Fruits and Vegetables	2-3 servings	<p>Provide food sources high in vitamin C and potassium daily. Limit juice to one serving per meal, if using. Encourage no- to low-sodium canned vegetables. 1 serving is equivalent to:</p> <ul style="list-style-type: none"> ▶ ½ cup cooked, canned, or chopped raw fruits or vegetables ▶ 1 cup leafy raw vegetable (lettuce, spinach, etc.) ▶ 1 medium whole fruit (apple, orange, banana, etc.) ▶ ½ grapefruit ▶ 1/8 melon ▶ ¼ cup dried fruit ▶ 6 oz 100% vitamin C fruit or vegetable juice ▶ 1 small potato or ½ large potato ▶ ½ cup sweet potatoes, yams, corn kernels, squash, peas, or lima beans 	<input type="checkbox"/> Yes <input type="checkbox"/> No

Food Group	Minimum Number of Servings	Minimum Requirements	Does each meal meet the requirement?
Lean Protein Source	2-3 oz equivalent	<p>Meats should be baked, broiled, grilled, or roasted. Limit processed meats to one serving per week. Seafood is encouraged regularly for omega-3 fatty acids.</p> <p>1 ounce is equivalent to:</p> <ul style="list-style-type: none"> ▶ 1 oz cooked lean beef, veal, pork, lamb, chicken, turkey, or fish ▶ 1 oz canned tuna or salmon packed in water ▶ 1 oz low-fat cheese ▶ 1 egg ▶ ¼ cup cooked beans or legumes ▶ ¼ cup tofu ▶ ¼ cup low-fat cottage cheese ▶ ½ oz nuts or seeds ▶ 1 Tablespoon peanut butter 	<input type="checkbox"/> Yes <input type="checkbox"/> No
Grains	2-3 servings	<p>At least half of grains should be whole grain. 1 serving is equivalent to:</p> <ul style="list-style-type: none"> ▶ 1 oz bread or grain product ▶ ½ cup cooked cereal, pasta, or rice ▶ ¾ cup dry cereal ▶ 1 slice bread or small dinner roll ▶ ½ English muffin, bun, small bagel, or pita bread ▶ 1--6" tortilla ▶ 1 ¼" square cornbread ▶ 1--2" diameter biscuit or muffin ▶ 4-6 crackers 	<input type="checkbox"/> Yes <input type="checkbox"/> No

Food Group	Minimum Number of Servings	Minimum Requirements	Does each meal meet the requirement?
Milk or Milk Alternative	1 serving	1 serving is equivalent to: <ul style="list-style-type: none"> ▶ 8 oz vitamin D fortified skim, 1%, or 2% milk ▶ 8 oz dairy alternative milk (soy milk) fortified with calcium and vitamin D ▶ 8 oz low-fat yogurt ▶ 1 ½ oz cheese ▶ 1 cup pudding made with low-fat milk ▶ ½ cup ricotta cheese ▶ 2 cups cottage cheese 	<input type="checkbox"/> Yes <input type="checkbox"/> No
Oils or Fats	No more than 1 serving	1 serving is equivalent to: <ul style="list-style-type: none"> ▶ 1 Tablespoon vegetable oil or margarine ▶ 1 Tablespoon mayonnaise ▶ 2 Tablespoons low-sodium salad dressing ▶ ½ medium avocado ▶ 1 oz nuts or seeds ▶ 2 Tablespoons peanut butter 	<input type="checkbox"/> Yes <input type="checkbox"/> No
Beverages	Individualized	Encourage no- to low-calorie beverages: <ul style="list-style-type: none"> ▶ water, water with lemon, ▶ unsweetened tea, coffee, etc. 	<input type="checkbox"/> Yes <input type="checkbox"/> No
Desserts	Optional	Recommend fruit for dessert to decrease added sugar consumption. Nutrient-rich desserts that contain: <ul style="list-style-type: none"> ▶ fruit; ▶ whole grains; and/or ▶ low-fat milk products are encouraged. 	<input type="checkbox"/> Yes <input type="checkbox"/> No

Food Group	Minimum Number of Servings	Minimum Requirements	Does each meal meet the requirement?
Condiments	Optional	Encourage herbal seasonings, lemon, and vinegar to provide flavor without sodium. Limit foods high in sodium. Condiments include items on the side like: <ul style="list-style-type: none"> ▶ salad dressing, ▶ sugar/sugar substitutes, ▶ salt, ▶ pepper, ▶ butter, and ▶ trans-fat free non-dairy coffee creamer. 	<input type="checkbox"/> Yes <input type="checkbox"/> No

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Dietitian Signature

Date

Iowa License Number

Email Address

Iowa Menu Approval – Medically Tailored Meal Exception

See Iowa HHS Nutrition Services Guidelines Policy: Service Delivery 3.6.2

Menu Dates:

Menu Type:

Locations menu will be used:

Nutrient	Iowa Nutrition Services Guidelines Nutrient Requirement	Actual Nutrient Value	Reason for Variance, Source Citation

I certify to the best of my knowledge these menus provide one-third of the current Dietary Reference Intakes for individuals aged 60 years and older and conform to the 2020-2025 Dietary Guidelines for Americans, except as specified above.

Dietitian Signature

Date

Iowa License Number

Email Address