

Iowa Nutrition Services Guidelines

AoA Requirements (OAA 339(2)(A)(i)(ii)(iii))

Nutrition Services funded under the Older Americans Act must: (A) provide(s) meals that—

- (i) comply with the most recent Dietary Guidelines for Americans (DGA)¹, published by the Secretary and the Secretary of Agriculture, and
- (ii) provide to each participating older individual—
 - (i) a minimum of 33 1/3 percent of the dietary reference intakes (DRI)² established by the Food and Nutrition Board of the National Academies of Sciences, Engineering, and Medicine, if the project provides one meal per day,
 - (ii) a minimum of 66 2/3 percent of the allowances if the project provides two meals per day, and
 - (iii) 100 percent of the allowances if the project provides three meals per day, and
- (iii) to the maximum extent practicable, are adjusted to meet any special dietary needs of program participants, including meals adjusted for cultural considerations and preferences and medically tailored meals.

TARGET NUTRIENT REQUIREMENTS

The target nutrient requirements are based on the characteristics of the predominate population of Iowa Nutrition Services participants and the dietary components of public health concern from the most recent DGA's. The 2020-2025 DGA's and DRI's ranges for menu planning are to meet the minimum needs of our target population, a 60+ year-old female (1600-2200 Calories) and 60+ year-old male (2000-2600 Calories).

Older adults are more likely to underconsume dietary protein and vitamin B12¹. Consuming enough protein is especially important to prevent the loss of lean muscle mass that occurs naturally with age. The 2020-2025 DGA's and DRI's ranges for menu planning are to meet the minimum needs of our target population, a 60+ year-old female (46 grams protein) and 60+ year-old male (56 grams protein).

The under-consumed nutrients of public health concern are calcium, potassium, fiber, and vitamin D¹. It is noted that vitamin D is unique in it is harder to achieve through natural sources and through diet alone, and it would require consuming foods and beverages fortified with vitamin D. Therefore, vitamin D will not be listed in the target nutrient requirements.

NUTRIENTS TO LIMIT

The over-consumed nutrients of public health concern should be limited: saturated

¹ U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020. Available at DietaryGuidelines.gov.*

² *Dietary Reference Intakes: The Essential Guide to Nutrient Requirements, Institute of Medicine of the National Academy of Sciences/National Research Council*

fat, sodium, and added sugar.¹ Avoid potassium chloride salt substitutes as individuals should only use these products under the supervision of a healthcare professional. Recommend fruit for dessert to decrease added sugar consumption. If dessert is offered, nutrient-rich desserts that contain fruit, whole grains and/or low-fat milk products are encouraged.

Nutrition Services and Menu Planning Requirements

OFFER VERSUS SERVE

The Nutrition Program must offer consumers all menu items; however, consumers may decline to accept any element of the planned meal.

CHEF'S CHOICE MEALS

In order to allow for increased flexibility to local nutrition providers, two "Chef's Choice" meals are allowed on the menu monthly. Chef's Choice meals are those meals that are not recorded two weeks prior to implementation and may be created the day of. Similarly, foodservice establishments such as restaurants may implement Chef's Choice meals that represent up to 10% of the approved menu. These meals are encouraged, but not required, to utilize the Iowa Guide for Menu Planning for meal planning.

CULTURALLY APPROPRIATE MEALS

Iowa Nutrition Services are encouraged to provide culturally appropriate meals that appeal to a diverse population. These meals must meet the most recent DGA's and provide a minimum of one third of the DRI's per meal.

CHOICE MENUS

Menu choice is encouraged to allow for personal preference and to increase consumer satisfaction. Choice Menus will comply with menu planning requirements. If more than one menu item is offered, the food item with a lower over-consumed nutrient of public health concern value may be counted towards the weekly nutrient average in computer analysis. If using the Iowa Guide for Menu Planning, then both meals must meet the guidelines.

MENU SUBSTITUTIONS

Any menu substitutions made to an approved menu must be comparable in nutrient content and serving size to the original menu. All menu substitutions must be documented prior to serving and approved by a dietitian, or selected from a pre-approved list of food substitutes made by the dietitian, such as this example [food substitution list](#) from the Nutrition and Aging Resource Center.

BEVERAGES

Adequate beverage intake, particularly as it relates to hydration status, is an area of special consideration for older adults.¹ Increased fluids in the form of water, unsweetened beverages, 100% fruit or vegetable juice, and low-fat or fat-free milk or soy beverages are encouraged. If a powdered beverage mix (e.g., powdered milk or fortified beverage) is offered as part of a meal, it

must either be pre-mixed or the appropriate fluid for mixing (e.g., 8 ounce bottle of water) must also be offered.

CARBOHYDRATE IDENTIFICATION

Carbohydrate identification per menu item will be available to all consumers. This can be provided on the menu itself or separately. If using Computer Analysis, grams of carbohydrate per menu item need to be listed. If using the Iowa Guide for Menu Planning, serving size information per menu item and carbohydrate counting education needs to be provided.

MEDICALLY TAILORED MEALS

Medically tailored meals increase access to nutrition services for consumers managing chronic conditions. Every effort shall be made to ensure that medically tailored meals meet all Iowa Nutrition Services Guidelines nutrient requirements; however, in rare circumstances specific medical conditions may make this impossible. If a medically tailored meal does not meet the nutrient requirements, the Registered Dietitian must collaborate with Iowa HHS Aging and Disability Services at least two weeks prior to menu implementation to provide documentation explaining why the medically tailored meal is not able to meet the requirements. This documentation must be made available to consumers on request and submitted with the applicable Iowa Menu Approval Sheet, and this shall be kept on file with a copy of the menu for one year.

Menu Approval

METHODS OF COMPLIANCE

Nutrition providers must demonstrate compliance with the DGA's and DRI's by using one of the following documentation methods:

1. Computer Nutrient Analysis Software
2. Iowa Guide for Menu Planning

Use of computer nutrient analysis software allows for increased menu planning flexibility. The Iowa Guide for Menu Planning is designed to meet the DRI/DGA's for those without access to nutrient analysis software.³

Menus must be reviewed and approved by a Registered Dietitian licensed in the state of Iowa at least two weeks prior to implementation. The dietitian must complete and sign the applicable Iowa Menu Approval Sheet, and this shall be kept on file with a copy of the menu for one year.

³ USDA Choose MyPlate.gov. <https://www.choosemyplate.gov/>

Iowa Menu Approval Sheet – Computer Analysis

Menu Dates:

Menu Type (if multiple menus are offered):

Locations menu will be used:

Additional Instructions: Menus analyzed with computer analysis must meet the DGA/DRI requirements as a weekly average. Minimum requirements for protein and calories per meal must be certified where noted. Items provided on the side like salad dressing, sugar/sugar substitutes, salt, pepper, butter, and trans-fat free non-dairy coffee creamer are not included as part of the weekly nutrient analysis.

Nutrient	Dietary Guidelines/ DRI per meal nutrient requirement	Per Meal Menu Requirement	Does each meal meet the requirement? (yes/no)
Calories	533-866	533-866	
Protein	15 grams	15 grams	

Nutrient	Dietary Guidelines/ DRI per meal nutrient requirement	Weekly Average Menu Requirement	Weekly Average Documentation (Identify each week's average separately e.g., week 1, 2, etc.)
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	≤ 1000 mg	
Potassium	≥ 867-1133 milligrams	≥ 867 milligrams	
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 Sheet – Iowa Guide for Menu Planning

Menu Dates:

Menu Type (if multiple menus are offered):

Locations menu will be used:

Additional Instructions: A food item in one or more food group can only be classified once as meeting the requirement for a meal. For example: cottage cheese can be counted as a Milk/Milk alternative or a Lean Protein source, not both.

Nutrient-rich desserts that include fruit, whole grains, and low-fat milk can count towards meeting the appropriate food group required servings.

Food Group	Minimum Number of Servings	Minimum Requirements	Does each meal meet the requirement? (yes/no)
Fruits and Vegetables	2-3 servings	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: <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 	

Iowa Menu Approval Sheet – Iowa Guide for Menu Planning

Food Group	Minimum Number of Servings	Minimum Requirements	Does each meal meet the requirement? (yes/no)
Lean Protein Source	2-3 oz equivalent	<p>Meats should be baked, broiled, grilled, or roasted.</p> <p>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 	
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 	
Milk or Milk Alternative	1 serving	<p>1 serving is equivalent to:</p> <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 	

Iowa Menu Approval Sheet – Iowa Guide for Menu Planning

Food Group	Minimum Number of Servings	Minimum Requirements	Does each meal meet the requirement? (yes/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 	
Beverages	Individualized	Encourage no- to low-calorie beverages: water, water with lemon, unsweetened tea, coffee, etc.	
Desserts	optional	Recommend fruit for dessert to decrease added sugar consumption. Nutrient-rich desserts that contain fruit, whole grains and/or low-fat milk products are encouraged.	
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 salad dressing, sugar/sugar substitutes, salt, pepper, butter, and trans-fat free non-dairy coffee creamer.	

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 Sheet – Medically Tailored Meal Exception

Menu Dates:

Menu Type:

Locations menu will be used:

Additional Instructions: Submit this form when necessary with the appropriate Iowa Menu Approval Sheet.

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