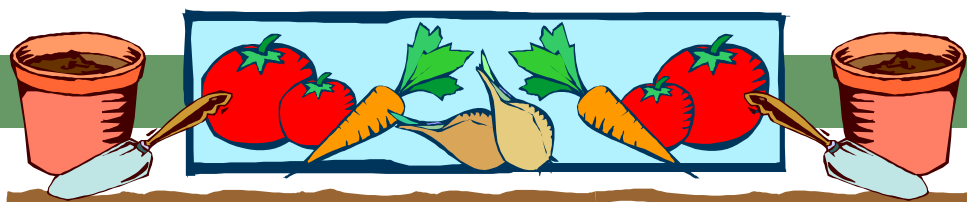


# Standard Nutrient Criteria Recommendations for Recipes, Brochures, and Cookbooks.



**ARIZONA DEPARTMENT OF HEALTH  
ARIZONA NUTRITION NETWORK  
STANDARD NUTRIENT CRITERIA RECOMMENDATIONS FOR RECIPES,  
BROCHURES, AND COOKBOOKS**

**GOAL:** Develop a standard set of nutrient based criteria for use by the Arizona Nutrition Network and its local partners for the evaluation, promotion and use of recipes.

**METHODS:** Compared standards and ease of use of FDA, AHA, 5 a Day, Arizona Grown, American Cancer Institute, and the State of California's recipe criteria.

**RECOMMENDATIONS:** Nutrient Criteria established by the Food and Drug Administration and the National Cancer Institute's 5 a Day for Better Health Recipe Criteria were selected to remain the standards used by ONS. These criteria were chosen due to widespread use in industry, consumer familiarity with the Food Label, Dietary Guidelines for Americans, and the Food Guide Pyramid. In addition, consistency of nutrition messages as well as the integrity of the information can best be maintained using these standards.

**NUTRIENT CRITERIA:**

Each recipe shall meet the following criteria:

**Total fat:**  $\leq$  30% Kcals or  
 $\leq$  3 g fat / 100 g serving

**Saturated fat:**  $<$ 10% Kcals or  
 $\leq$  1 g sat fat / 100 g serving

**Sodium:**  $\leq$  480 mg / serving

**Cholesterol:**  $\leq$  100 mg / serving

**Cost:** 10 ingredients or less (excludes water, salt, pepper, spices/seasonings, optional ingredients, and nonstick cooking spray). Recipes should be thrifty and feature foods available through WIC, gleaning, Commodity Supplemental Food Program (CSFP)/Food Plus, and/or farmers' market programs.

**Ease:** Preparation time for each recipe should be 30 minutes or less, if possible

**Fruit and Vegetable Recipes in the 5 a Day category:** In addition to the criteria above, each fruit or vegetable recipe must meet the 5 a Day criteria and provide  $\geq$  one serving of fruit and / or vegetable per serving. One serving of fruit or vegetable is: 1 medium piece of fruit;  $\frac{1}{2}$  cup of fruit, cooked or raw vegetable;  $\frac{1}{2}$  cup (6 ounces) unsweetened fruit or vegetable juice; 1 cup leafy greens;  $\frac{1}{2}$  cup dried fruit; or  $\frac{1}{2}$  cup cooked dried beans or peas.

**LABELING INFORMATION:** The Food and Drug Administrations regulations on food labeling will be used to provide nutrient information. The Produce Marketing Association: Labeling Facts (1999) will be the primary reference. Foods containing  $\geq$ 20% Daily Value for a nutrient may be indicated by the following phrases:

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Foods containing  $\geq 20\%$  Daily Value for a nutrient may be indicated by the following phrases:

“High In”

“Excellent Source Of”

“Rich In”

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Foods containing 10-19% Daily Value for a nutrient may be indicated by the following phrases:

“Good Source”

“Contains”

“Provides”

**NUTRITION TERMINOLOGY:** The Food and Drug Administrations regulations on food labeling will be used to provide nutrient information. The Produce Marketing Association: Labeling Facts (1999) will be the primary reference.

Example: Dairy

Fat free

Low fat (1%)

Reduced-fat (2%)

Whole

**WEIGHTS AND MEASURES:** Weights and measures used in recipe ingredient list will be spelled out. These include: pound, ounce, teaspoon, tablespoon, and cup. The use of more complex terms such as pint and quart will be avoided if possible, as well as complex fractions such as 1/8, 5/6, 7/8. Abbreviations will only be used for pound (lb.) and ounce (oz.) if space is limited. Teaspoon, tablespoon, and cup should be spelled out.

**RECIPE FORMAT: Title:** The first letter of each word should be capitalized.

Example: Turkey Wraps

**Ingredients:** The quantities of ingredients should be left justified when listed in whole numbers. If an ingredient contains a fraction, the denominations of the fractions should be aligned with the whole numbers.

Example: 1 cup black beans

1 \_ tomato, chopped

Use of brand names should be avoided and products should not be described by state of origin.

Example: 1 12-ounce cans Progresso beans

3 Florida oranges

Description of ingredients should be in lower case letters. When using a whole ingredient, list the ingredient first, followed by preparation instructions. If appropriate, describe the size of the ingredient.

Example: 1 small red onion, finely chopped

When an ingredient must be prepared before measured, describe how to prepare it first, followed by the ingredient name.

Example: 1 \_ cups sliced cucumber

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Common preparation terms should be used such as sliced, finely sliced, chopped, finely chopped, cut into 2-inch strips. More complex terms such as julienne and minced should be avoided.

When an alternative ingredient is listed, separate the primary ingredient and the alternative with “or”.

Example: 2 cups low fat (1%) or fat free milk

When an ingredient does not have a quantity, capitalize the first letter of the ingredient and vertically align with the other ingredient descriptions.

Example: Pinch of red pepper  
1 large green pepper

When using frozen fruits or vegetables, list the quantity of the ingredient (cup) instead of the weight of the bag (e.g. 1 16-ounce bag). Describe whether the frozen item should be thawed or frozen.

Example: 1 cup frozen peas, thawed

When a recipe contains honey as an ingredient, place an asterisk at the end of the word honey and reference the asterisk at the end of the recipe with “honey should not be fed to infants under one year of age”.

When an ingredient is optional, follow the ingredient description with “optional”

Example: 1-tablespoon reduced-fat margarine, optional.

Preparation: Preparation text must maintain 4<sup>th</sup>-5<sup>th</sup> grade readability level. Determine the readability level by using the Fry Readability method.

Recipe instructions should be written in brief logical steps. Ingredients in the preparation text should be in the same order as the ingredient list.

Each step should be numbered.

Begin the instructions with the statement “wash hands with soap and running water” when space permits.

When ingredients are placed in a bowl, saucepan, pot or pan, describe the size of the container.

Example: In a small bowl, mix all the wet ingredients.

When a blender or food processor is used for a recipe, use the term blender and state that the ingredients be placed in the blender container.

Example: Place all ingredients in the blender container.

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When a recipe is prepared on the stovetop, describe how hot the burner should be.

Example: In a large saucepan, bring 4 cups of water to a boil over high heat.

When a recipe is prepared in the oven, state the temperature in °F. When a recipe is prepared in the microwave oven, describe the power level of the microwave setting. Use capital letters.

Example: Microwave on HIGH for 3 to 5 minutes.

When the recipe contains meat, state the internal cooking temperature that the meat needs to reach in order to be safe for consumption.

Example: Cook the ground beef to an internal temperature of 155°F. Check temperature using a meat thermometer.

End each recipe preparation description with an appropriate action statement.

Example: Serve immediately.

Yield: The number of servings a recipe yields should be included at the end of the instructions.

Example: Makes 4 servings.

The statement “This is an official 5 a Day recipe” will be written in italics on all appropriate recipes two lines below the yield statement, space permitting. When space is limited it will follow the “Yield” statement.

Nutritional Analysis: Recipes will be analyzed using Nutritionist Pro software. 5 a Day recipes will also be analyzed (as required by the National Cancer Institute) by the Mini Minnesota Nutrition Data System. This analysis will be provided by the Arizona Department of Health Services and performed by the University of Arizona, Nutrition Core Unit.

5 a Day recipes that are used from other sources (such as the National Cancer Institute, Produce for Better Health, or Graham Kerr) that do not contain complete analyses, will be analyzed using Nutritionist Pro. The missing nutrients that are calculated using this software will be added to the analysis. Added values extrapolated from Nutritionist Pro will be noted in the ADHS Office of Nutrition Services recipe database.

Include the recipe analysis at the end of each recipe, displayed in either a vertical or horizontal format depending on document format.

Before the description of the nutrient profile, state “Nutrition information per serving:”

Example: Nutrition information per serving:

Calories: 35

When a recipe lists an ingredient as “optional”, the ingredient will not be used in the analysis.

## *Standard Nutrient Criteria Recommendations, con't.*

### Required Nutrients in Nutritional Analysis:

Calories (Cal)  
Total fat (g)  
Saturated fat (g)  
Cholesterol (mg)  
Dietary fiber (g)  
Sodium (mg)  
% Kcals from fat

### Optional Nutrients in Nutritional Analysis:

Carbohydrate (g)  
Protein (g)  
Vitamin A (RE)  
Vitamin C (mg)  
Folate (mcg)  
Potassium (mg)  
Calcium (mg)  
Iron (mg)

### Format for Nutritional Analysis:

The order and type style for listing nutrients should be as follows:

Nutrient analysis per serving: calories, 88; protein, 5 gm; total fat, 2 gm; sat fat, 1 gm; cholesterol, 0 mg; fiber 4.5 gm; sodium, 229 mg; percent calories from fat, 26%.

### Miscellaneous:

A courtesy line is required if the recipe is donated. Place the courtesy line at the end of the recipe.

Example: Courtesy of Cooking Light.

**PORTION SIZES:** Portion sizes from the FDA Food Labeling Regulations will be used in determining the nutrient content of a particular food item. If no FDA food portion is available, the portion size will be a medium piece of fruit,    cup of fruit, cooked or raw vegetable or cooked dried beans, 1 cup of leafy salad greens,    cup of dried fruit, or 6 ounces (3/4 cup) of juice.

**STANDARD REFERENCES:** *Food Values of Portions Commonly Used* Seventeenth Edition, Bowes and Church (Philadelphia: Lippincott, 1994).

California Recipe Criteria for Brochures and Cookbooks. Nov 2001. California 5 a Day Website Home Page, <http://www.ca5aday.com/index.htm>.

National Cancer Institute / 5 a Day for Better Health resources and materials. Nov 2001. 5 a Day Website Home Page, <http://5aday.com/recipes/index.html>.

*Standard Nutrient Criteria Recommendations, con't.*

Nutritionist Pro, Firstdatabank (San Bruno, CA, 2001) (computerized nutrient analysis program).

Produce Marketing Association, Labeling Facts, 1994.

*Recipes into Type*, Whitman and Simon (New York: HarperCollins, 1993).

U.S. Department of Agriculture, Agricultural Research. 2001. USDA Nutrient Database for Standard Reference, Release 14. Nutrient Data Laboratory Home Page, <http://www.nal.usda.gov/fnic/foodcomp>.

When there is a difference between nutrient levels identified by different sources the level accepted by FDA will be used in Arizona Department of Health / 5 a Day for Better Health Materials.

Technical assistance will be requested from the Produce Marketing Association, National Cancer Institute and / or United States Department of Agriculture if the resources listed above are not adequate.



**ADHS Office of Nutrition Services  
Nutrient Standards  
Recipe Evaluation Check Sheet**

**Recipe Review:**

Yes	No	Recipe Review
		Recipe contains 10 ingredients or less. (Excludes water, cooking spray, and seasonings).
		Recipe features thrifty foods (i.e. WIC, gleaning, Farmers' Market, Food Plus/CSFP).
		Recipe follows standard ONS format for capitalization, margin justification, and terminology.
		Weights and measures are specified and spelled out for all ingredients. (Exception, to taste ingredients).
		Use of brand names is avoided.
		Common preparation terms are used.
		Recipe instructions are numbered and are written in brief logical steps. Recipe ends with an action statement (e.g. Serve immediately).
		Cooking times and temperatures are complete.
		The number of servings a recipe yields is included at the end of the instructions.
		Text meets the Fry Readability level for 4-5 <sup>th</sup> grade.

**Nutrient Analysis:**

Meets	Does Not Meet	Nutrient Criteria
		Recipe analyzed using Nutritionist Pro Software. 5 a Day recipes analyzed using Mini Minnesota software.
		Recipe analysis is included at the end of the recipe and contains the required nutrients.
		<b>Fat:</b> Contains $\leq$ 30% calories from fat or $\leq$ 3 grams of total fat per 100 grams.
		<b>Saturated Fat:</b> $\leq$ 10% calories from saturated fat or $\leq$ 1 gram of saturated fat per 100 grams.
		<b>Cholesterol:</b> $\leq$ 100 milligrams of cholesterol per serving.
		<b>Sodium:</b> $\leq$ 480 milligrams of sodium per serving.
		<b>5 a Day:</b> Recipe provides $\geq$ one serving of fruit and/or vegetable per serving. One serving of fruit or vegetable is: 1 medium piece of fruit; 1/2 cup cooked or raw fruit or vegetable; 3/4 cup (6 ounces) unsweetened fruit or vegetable juice; 1 cup leafy greens; 1/4 cup dried fruit; or 1/2 cup cooked dried beans or peas.

Reviewed by: \_\_\_\_\_

Date: \_\_\_\_\_

## Resources for 5 a Day Recipes

- Arizona Nutrition Network Food Demo Guide – 48 recipes that meet 5 a Day criteria
- AZNN Fun Food News – 3 issues per year (one per campaign) each containing 3 recipes. All recipes are 5 a Day except for the milk recipes.
- [www.5aDay.gov](http://www.5aDay.gov) (click on “Recipe Box”)
- [www.5aDay.com](http://www.5aDay.com) (click on “Recipes”)
- [www.dole5aday.com](http://www.dole5aday.com) (click on “Recipes”)
- [www.aboutproduce.com](http://www.aboutproduce.com) (click on “Recipes”) Double check the recipes on this site to be sure that it says “5 a Day” on the recipe
- Other resources – Share ideas with other CNP partners