

Target Nutrients for Computer Analysis of Nutrients

Nutrient	DRI Target Values per meal	Compliance Range
Daily Averaged		
Calories (Kcal)	600 -750 calories	600-1000 Calories (Kcal)
Protein	20 grams or higher	20 grams or higher
Weekly Averaged		
Fat (% of Total Calories)	25-30% of total calorie or less	30% of total calories or less
Vitamin A	250 – 300 micrograms (ug)	250 ug or higher
Vitamin C	25 – 30 milligrams (mg)	25 mg or higher
Calcium	400 milligrams (mg) or higher	400 mg or higher
Sodium	800-1,000 milligrams (mg)	1,200 mg or less
Potassium	1,500 milligrams (mg) or higher	1,200 mg or higher
Fiber	7 grams (gm) or higher	7 gm or higher

Texas Model for Menu Planning

TEXAS MODEL FOR MENU PLANNING

(Minimum Requirement Version) Model to meet 1/3 of DRI and US Dietary Guidelines for America

Range starting from 600 – 1,000 calories per meal

Based on combination of the USDA Food Guide and DASH Eating Plan.

Food Group	<u>Minimum</u> Number of Servings			Serving Information
	Total servings for the meal if only one meals is provided	Total servings for the day if 2 meals /day are provided.	Total servings for the day if 3 meals /day are provided.	
<u>Lean Meat & Meat Alternatives</u>	3 oz equivalents	4-6 oz equivalents	6-8 oz equivalents	<p>Meat and Meat Alternate Equivalents:</p> <ul style="list-style-type: none"> • 1 oz cooked lean beef, veal, pork, lamb, chicken, turkey, or fish • 1 egg • ½ cup cooked legumes (Legumes or beans can be counted as a meat alternate or as a vegetables but cannot be counted as both in meeting the meal pattern requirement.) • 1 oz low-fat natural cheese (such as Swiss, cheddar, Muenster, parmesan, mozzarella, and others, processed American cheese) (Cheese can be counted towards Milk or Milk Alternative but cannot be counted as both in meeting the meal pattern requirement) • 1/4 cup tofu (bean curd) • 1/2 cup low-fat cottage cheese • 1 oz. canned tuna or salmon (packed in water) <p>Special Instructions:</p> <ol style="list-style-type: none"> 1. Limit a processed, smoked or cured meat or meat alternate to no more than once per week. Examples: Sausage, cold cuts, ham. 2. Choose meats lower in fat. Meats should be oven baked, broiled, grilled, roasted. 3. Fish is a good source of protein and omega-3 fatty acids and should be included as frequently as feasible.
<u>Vegetables and Fruits</u>	2-3 serv.	6 serv.	8 serv.	<p>Serving Sizes:</p> <ul style="list-style-type: none"> • ½ cup cooked or canned, or chopped raw vegetable and fruits • 1 cup-leafy raw vegetable such as lettuce or spinach. • ¾ cup 100% fruit or vegetable juice • 1-whole fruit such as medium apple, banana or orange • 1/8 melon • ½ grapefruit half • ¼ cup dried fruit <p>Starchy Vegetables:</p> <ul style="list-style-type: none"> • 1 small potato or 1/2 large potato • 1/2 cup sweet potatoes or yams

				<ul style="list-style-type: none"> • 1/2 cup corn kernels, winter squash, peas, or lima beans <p>Special Instructions:</p> <ol style="list-style-type: none"> 1. Provide high Vitamin A plant sources such as dark green or orange vegetables a minimum of three (3) times per week. 2. Provide a high Vitamin C daily. 3. Fruit juice should be limited to only one serving per meal. 4. Limit starchy vegetables to no more than one serving per meal. 5. Limit vegetable canned with sodium/salt to one serving per meal.
<u>Grains</u>	2 serv.	4 serv.	6 serv.	<p>Serving Sizes:</p> <ul style="list-style-type: none"> • 1 or 1 oz equivalent bread or grain product • 1/2 cup cooked cereal, pasta, noodles • 1/2 cup cooked rice • 3/4 cup dry cereal • 1 slice of bread • 1/2 English muffin, bun, small bagel, or pita bread • 1-6-inch tortilla • 1 1/4" square cornbread • 1-2" diameter biscuit or muffin • 4-6 crackers • 3/4 cup ready-to-eat cereal • 1/2 cup cooked cereal, pasta, or bulgur <p>Special Instructions</p> <ol style="list-style-type: none"> 1. Whole grain products are encouraged. For example if only one meal per day is served a whole grain food should be provided a minimum of three (3) times per week. If two meals per day are served, a minimum of six (6) whole grain foods should be provided per week. 2. Brown rice may be used as an inexpensive whole grain product. 3. Quick breads such as cornbread, biscuits, and muffins should be limited due to a higher fat and sodium content.
<u>Milk or Milk Alternate</u>	1 serv.	2 serv.	3 serv.	<p>Serving Sizes:</p> <ul style="list-style-type: none"> • 1 cup Vitamin D fortified skim, 1% or 2% low fat • 8 oz low fat yogurt (Vitamin D fortified preferred) • 1 cup soy beverage fortified with Vitamin D and Calcium • 1 1/2 oz natural cheese • 2 oz processed cheese • 1 cup pudding made with fortified milk • 1 cup Calcium/Vitamin D fortified juice <p>Special Instructions:</p> <ol style="list-style-type: none"> 1. Limit natural and processed cheese and unfortified yogurt as a alternate since these products are not Vitamin D fortified

<u>Desserts</u>	Optional	Optional	Optional	<p>Special Instructions:</p> <ol style="list-style-type: none"> Nutrient rich desserts that include fruit, whole grains, low-fat milk products, and/or products with limited sugar can be counted towards meeting the appropriate food group required servings. (e.g., apple crisp with oatmeal topping, low-fat pudding, canned fruit, gelatin with fruit, ice cream, or frozen yogurt) Other desserts such as cakes, pies, cookies shall be restricted to once per week if one meal per day is served.
<u>Oils or fats</u>	Optional- No more than 1 serving	Optional- No more than 2 servings	Optional- No more than 3 servings	<p>Serving Sizes:</p> <ul style="list-style-type: none"> 1 teaspoon soft margarine made from unsaturated oils 1 teaspoon oil (Olive, peanut, canola, safflower, corn, sunflower, soy and cottonseed) 1 Tbsp mayonnaise 2 Tbsp salad dressing <p>Special Instructions:</p> <ol style="list-style-type: none"> Limit total fat to no more than 30% of total calories by providing an oil or fat serving only to enhance the flavor or presentation of the meal.
<u>Other Foods</u>	Optional	Optional	Optional	<p>Low fat gravies, sauces, condiments, catsup</p> <p>Special Instructions:</p> <ol style="list-style-type: none"> Optional to make up additional calories as needed. Select low or lower sodium and lower fat products. Utilize optional other foods to enhance the flavor of the meal or to help maintain holding temperatures.
<u>Beverages</u>	Optional	Optional	Optional	<p>Water or unsweetened other beverages may be provided with a meal to promote hydration. Examples include coffee, tea or unsweetened beverages.</p>

Sodium:

Limit foods high in sodium. Examples of foods higher in sodium:

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|-------------------------|----------------|----------------------------------|
| Canned soup/ bouillon | Cottage cheese | Processed foods |
| Canned tuna fish | Ham | Salted foods |
| Cheese | Hot dogs | Sausage |
| Cold cuts | Olives | Soy sauce |
| Prepared cooking sauces | Pickles | Quick breads-Biscuits, cornbread |

Potassium:

Include daily foods high in potassium. Examples of potassium rich foods:

- | | | |
|------------|------------|----------------|
| Apricots | Cucumber | Spinach |
| Bananas | Lima beans | Sweet Potatoes |
| Beans | Milk | Tomatoes |
| Broccoli | Orange | Watermelon |
| Cantaloupe | Potatoes | |
| Carrots | Raisins | |

Vitamin C:

Include daily foods high in Vitamin C. Examples of Vitamin C rich foods.

Fruits:

Cantaloupe
Grapefruit/juice
Honeydew melon

Oranges/juice
Pineapple/juice
Strawberries

Tangerines

Vegetables:

Asparagus
Broccoli
Brussels sprouts
Cabbage
Cauliflower

Greens
Peppers, sweet red and green
Okra
Potatoes (baked, broiled, steamed)
Potatoes, instant, Vit. C fortified

Spinach
Sweet potatoes
Tomatoes
Turnip greens
Vegetable juice (low sodium)

Fiber:

Include daily a fiber rich food source. Examples of fiber rich foods.

Beans or legumes
Berries
Bran or bran enriched food
Fruits, with skin

Greens
Peas
Potatoes, with skin
Squash, with skin

Whole grain bread or product

Vitamin A:

Include Vitamin A plant food sources (beta carotene sources) at least three times per week. Examples of Vitamin A rich plant foods.

Fruits:

Apricots
Cantaloupe
Cherries, red sour

Purple plums (canned)
Nectarines,
Peaches

Prunes

Vegetables:

Asparagus, green
Beet greens
Broccoli
Carrots,
Chili peppers, red

Greens
Mixed vegetables
Peas and carrots
Peppers, sweet red
Pumpkin

Spinach
Squash, winter
Sweet potatoes
Tomatoes