



ATTACHMENT 2

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Iowa Nutrition Program Guide and Requirements

AoA Requirements (OAA 339(2)(A)(i)(ii), 17 IAC 7.14(1)(2016))

Each Nutrition Program meal must comply with the most recent Dietary Guidelines for Americans (DGA's)¹, and provide to each participating individual:

- A minimum of 33 1/3 percent of the Dietary Reference Intakes (DRI's)² per meal, if the project provides one meal per day.
- A minimum of 66 2/3 percent of the DRIs if the project provides two meals per day, and
- 100 percent of the DRIs if the project provides three meals per day.

Nutrition Program and Menu Planning Requirements

Offer versus Serve

The Nutrition Program must offer participants all menu items and provide nutrition information about the menu/meal that meets their requirements and maximizes health; however, participants 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. These meals must comply with the Iowa Guide for Menu Planning.

Ethnic Meals

Iowa Nutrition Programs are encouraged to provide culturally appropriate meals for an ethnically diverse population. These meals must meet the most recent DGA's and provide a minimum of one third of the DRI's.

Choice Menus

Menu choice is encouraged to allow for consumer choice and increase participant satisfaction. Choice Menus will comply with menu planning requirements. If more than one menu item is offered, the food item that has lower nutrient value will 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.

¹ <http://health.gov/dietaryguidelines/2015/>

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

Target Nutrient Requirements

The target nutrient requirements are based on the characteristics of the predominate population of the Iowa Nutrition Program³ and the Nutrients of Public Health concern from the most recent DGA's. The 2015-2020 DGA's and DRI's weekly averages for menu planning are to meet the requirements of our average target population, a 75-year-old sedentary female (1600 Calories) and male (2200 Calories).

The most recent under-consumed nutrients of public health concern are calcium, potassium, fiber, and vitamin D. The over-consumed nutrients of public health concern are saturated fat, sodium, and added sugar. Protein, vitamin C, vitamin B6, and vitamin B12 are of concern for older adults due to decreased absorption and utilization rates among those 50 years and older.⁴ It is noted that vitamin D is unique in that sunlight on the skin enables the body to make vitamin D. Therefore, vitamin D will not be listed in the target nutrient requirements.

Sodium and Added Sugar

The over-consumed nutrients of public health concern should be limited. 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. Nutrient-rich desserts that contain fruit, whole grains, low-fat milk product are encouraged.

Carbohydrate Identification

Carbohydrate identification per menu item needs to be available to all consumers. This can be provided on the menu itself or on a separate flyer. If using Computer Analysis, then the number of grams 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.

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.⁵

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 Health in Iowa Annual Report From the Behavioral Risk Factor Surveillance System Iowa 2016
<http://idph.iowa.gov/Portals/1/Files/BRFSS/2016BRFSSAnnualReport.pdf>

⁴ Eggersdorfer, M., Akobundu, U., Bailey, R., et al. (2018). Hidden Hunger: Solutions for America's Aging Populations. *Nutrients*, 10(9), 1210. MDPI AG. Retrieved from <http://dx.doi.org/10.3390/nu10091210>

⁵ USDA Choose MyPlate.gov. <https://www.choosemyplate.gov/>

Iowa Menu Approval Sheet

Computer Analysis

Menu Dates: _____

Locations menu will be used: _____

Additional Instructions: Menus analyzed with computer analysis must meet the DGA/DRI requirements as a weekly average. 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	Weekly Average Menu Requirement	Weekly Average Documentation (Identify each week separately e.g., week 1, 2, etc.)
Calories	533-730	533-730	
Protein	10-35% of calories	10-35% of calories	
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 grams	≥7 grams	
Sodium	≤ 767milligrams	≤ 1000 mg	
Potassium	≥ 1567 milligrams	≥ 1100 milligrams	
Calcium	≥ 330 mg	≥ 330 mg	
Vitamin C	≥ 25 mg	≥ 25 mg	
Vitamin B6	≥0.50 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 conforms to the 2015-2020 Dietary Guidelines for Americans.

Dietitian Signature _____ Date _____

Iowa License Number _____

Email address _____

Iowa Menu Approval Sheet

Iowa Guide for Menu Planning

Menu Dates: _____

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 toward 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	<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.</p> <p>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 	
Lean Protein Source	3 oz equivalent	<p>Meats should be baked, broiled, grilled, or roasted. Limit processed meats to one 3 oz 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 • ½ cup tofu • ¼ cup low-fat cottage cheese • ½ oz nuts or seeds • 1 Tablespoon peanut butter 	

Grains	2 servings	At least half of grains should be whole grain. 1 serving is equivalent to: <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	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 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 	
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 	
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.	
Beverages	optional	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, low-fat milk product are encouraged.	

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 conforms to the 2015-2020 Dietary Guidelines for Americans.

Dietitian Signature _____ Date _____

Iowa License Number _____

Email address _____