

# Food and Nutrition Requirements

Yuba/Sutter MOW

Bidders Conference 2024

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**Table 1. Nutritional Goals Per Day and Per Meal for Target Nutrients**

Nutrient	Source*	Target per Day	Target per Meal
Calories (Kcal)	AMDR	1600	550 - 650
Protein (g) *	RDA	≥ 46	≥ 15 (from protein and dairy/soy alternative groups)
Fat (% of total calories)	ADMR	20 - 35%	20 - 35%
Saturated Fat (% of total calories)	DGA	≤ 10%	≤ 10%
Fiber (gm)	AI	≥ 22	≥ 7 (weekly average)
Calcium (mg)	RDA	≥ 1200	≥ 400 (weekly average)
Magnesium (mg)	RDA	≥ 320	≥ 105 (weekly average)
Potassium (g)	AI	≥ 2600	≥ 860 (weekly average) **
Sodium (mg)	AI and CDRR	≤ 2300	≤ 760 (weekly average)
Vitamin A (mcg RAE***)	RDA	≥ 700	≥ 233 (2 - 3 meals out of 5 meals per week)
Vitamin D (IU)	RDA	600	200 (weekly average)
Vitamin C (mg)	RDA	≥ 75	≥ 25
Vitamin B12 (ug)	RDA	2.4	0.8 (weekly average)

# Portion Sizes

At a minimum, all meals must meet one-third of the minimum RDA/DRI's for persons over the age of sixty, and include **at least**:

- 2 oz. cooked edible portion meat, fish, poultry, or protein equivalent (must equal 15 gm protein per serving).
  - Protein Equivalents
    - Beans or Lentils (about 1 cup cooked)
    - Nut butters and nuts (1/4 cup butter, 1/2 c. nuts)
    - Eggs (2-3)

**Note: Plant based proteins such as beans cannot be counted as protein and vegetable simultaneously**

# Portion Sizes-Continued

- 1-2 servings of vegetables daily ( $\frac{1}{2}$  cup cooked or 1 cup raw)
  - Wide variety of types and colors important
  - Vitamin A and C content important
    - Vitamin C: 25 mg/day
    - Vitamin A 233 RE/ 2-3 days per week
- 1 serving fruit (1 medium piece fresh or  $\frac{1}{2}$  c. cut fruit- fresh, frozen, canned in juice)
  - Vitamin A and C content important
- 1-2 servings of bread or grains daily
  - at least half must be whole grains
    - Bulghur, quinoa, brown rice, barley, whole wheat (bread, pasta, crackers) etc

# Portion Sizes-Continued

- 1 Dairy or Dairy Equivalent (select one type per meal)
  - 8 oz. milk (nonfat or 1%)
  - 8 oz fortified soy beverage
  - 1½ oz cheese
  - 8 oz yogurt daily.
- Butter/spread (optional)
- Dessert (optional)
  - Grain based desserts (such as pie or cobbler) may not be used to meet the grain requirement.

# Menu Structure

- All MOW participants will receive the same meal daily.
- A monthly menu will be set up and sent to the diners so they are aware what they will be receiving each day.
- Any substitutions will need to be nutritionally equivalent and must be cleared by the program dietitian.

# Food Safety and Sanitation

- Cold foods should be held at 41 F or lower during delivery
- Hot foods should be held at 135 F or higher during delivery
- Foods typically held at room temperature such as bread have no temperature holding regulations
- All foods must be delivered within 2 hours of leaving the kitchen
- Equipment designed to support safe food temperatures should be used such as ice chests with cold packs and hot boxes (such as a Cambro) with hot packs especially if food will be delivered more than 1 hour after leaving the kitchen.