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RESTAURANT TOOLKIT

Resources for Meeting Nutrition Standards

I. AHA KIDS MEALS NUTRITION STANDARDS

- If the meal includes a beverage, that beverage must be:
 - Water, sparkling water or flavored water, with no added natural or artificial sweeteners;
 - Nonfat or 1 percent milk or non-dairy milk alternative containing no more than 130 calories per container and/or serving as offered for sale; or
 - 100 percent juice, with no added sweeteners, in a serving size of no more than eight ounces.

- The meal must contain no more than:
 - 600 calories
 - 770 milligrams of sodium
 - 35% of calories from total sugars
 - 35% of calories from fat
 - 10% of calories from saturated fat
 - 0.5 grams of trans fat

- The meal must include at least 0.5 cup (or equivalent) of non-fried fruit or non-fried vegetables (excluding white potatoes), and at least one of the following:

- A whole grain product that contains no less than 51% by weight whole grain ingredients or lists whole grains as the first ingredient;
- A lean protein food, consisting of at least two ounces of meat; one ounce of nuts, seeds, dry beans, or peas; or one egg. A lean protein contains less than 10 grams of fat, 4.5 grams or less of saturated fat, and less than 95 milligrams of cholesterol per 100 grams and per labeled serving; or
- At least 0.5 cup of nonfat or 1 percent milk or low-fat yogurt, or 1 ounce of reduced fat cheese.

II. NUTRITION CALCULATORS AND TOOLS

- USAD SuperTracker - <https://supertracker.usda.gov/myrecipe.aspx>
- MyFitnessPal - <https://www.myfitnesspal.com/>
- Self Nutrition Data - <http://nutritiondata.self.com/>
- EATracker - https://www.eatracker.ca/recipe_analyzer.aspx

III. CALCULATING FAT AND SUGAR CONTENT

Total Fat Content

Multiply the Fat Grams by 9 (there are 9 calories per gram of fat)
= Total Fat Content (in calories)

Divide Total Fat Content by Total Calories and multiply by 100
= Percentage of Calories from Total Fat

Saturated Fat Content

Multiply the Saturated Fat Grams by 9 (9 calories per gram of sat. fat)
= Total Saturated Fat Content (in calories)

Divide Total Saturated Fat Content by Total Calories and multiply by 100
= Percentage of Calories from Saturated Fat

Sugar Content

Multiply the Sugar Grams by 4 (4 calories per gram of sugar)
= Sugar Content (in calories)

Divide Sugar Content by Total Calories and multiply by 100 =
Percentage of Calories from Sugar

- Example: Chicken Wrap Recipe
 - *The nutrition information for a chicken wrap recipe is as follows:*

- Calories – 308
 - Fat – 6 grams
 - Saturated Fat – 3 grams
 - Sugar – 13 grams
- *Total Fat*
 6 grams X 9 = 54 calories from total fat
 54 calories / 308 calories X 100 =
17.5% of calories from total fat
 - *Saturated Fat*
 3 grams X 9 = 27 calories from saturated fat
 27 calories / 308 calories X 100 =
8.8% of calories from saturated fat
 - *Sugar*
 13 grams X 4 = 52 calories from sugar
 52 calories / 308 calories X 100 =
16.9% of calories from sugar

IV. DEVELOPING HEALTHY RECIPES

- *Harvard T.H. Chan School of Public Health Food Service Recipes*
<https://www.hsph.harvard.edu/nutritionsource/recipes-2/food-service-recipes/>
 - Recipes follow HSPH’s Department of Nutrition’s guidance and each yield 100 servings.
- *Health Care Without Harm’s – Balanced Menus Recipe Toolkit*
https://noharm-uscanada.org/sites/default/files/documents-files/471/Balanced_Menus_Recipe_Toolkit_0.pdf
 - Entrée recipes submitted from healthcare centers across the country designed to yield 50 servings.
- *USDA “What’s Cooking?”* - <http://www.whatscooking.fns.usda.gov/>
 - Recipe database designed to meet national school nutrition standards, but many could be useful to other institutions with the option to filter recipes by calories, sodium and/or saturated fat.

- *The Humane Society of the United States' Plant Strong Entrée Recipes*
<http://www.bringfoodforward.org/wp-content/uploads/2015/05/HSUS-Plant-Strong-Entree-Recipes.pdf>
 - Recipes largely adapted from schools. Each recipe has directions to yield 50 or 100 servings.

V. RECIPE MODIFICATION AND MEAL PREPARATION TIPS

- *Adding Fruits and Vegetables*
 - USDA's Tricks of the Trade - Preparing Fruits and Vegetables
http://www.fns.usda.gov/sites/default/files/tricks_trade.pdf
 - Includes tips for handling, recipes, training for staff, preparation
- *Managing Calories*
 - Cut portion sizes, place healthy foods at the beginning of buffet lines, eliminate deep fat frying, use smaller plates, use smaller serving utensils.
- *Addressing Taste, while Reducing Sodium*
 - Harvard T.H. Chan School of Public Health's Tasting Success with Cutting Salt - <http://www.health.harvard.edu/PDFs/tasting-success-with-cutting-salt.pdf>
 - USDA's What's Shaking?
<https://healthymeals.fns.usda.gov/whatsshaking>
 - A resource bank for food service professionals including tips for reducing salt, using seasonings, culinary skills for produce, and recipes with reduced sodium content.
 - CDC Resource - Strategies for Sodium Reduction in Worksites
http://www.cdc.gov/salt/pdfs/sodium_reduction_worksites.pdf
 - Institute for Child Nutrition's (ICN) Reducing Sodium Fact Sheet (designed for schools, but useful for other institutions)
<http://www.nfsmi.org/documentlibraryfiles/PDF/20120102035310.pdf>

- USDA Tools for Reducing Sodium (designed for schools)
<http://www.fns.usda.gov/healthierschoolday/tools-schools-sodium>

- *Cooking with Whole Grains*
 - USDA Resources for Cooking with Whole Grains
<https://healthymeals.fns.usda.gov/state-resources/cooking-whole-grains>
 - Designed for schools but useful to other food service institutions

 - Whole Grains Council Foodservice Recipes and Videos
<http://wholegrainscouncil.org/recipes/foodservice-recipes-and-videos>
 - At the bottom of the page, there are videos with tips for cooking and using whole grains, as well as a couple of recipe banks highlighting whole grains

 - ICN's Whole Grain Training -
<http://www.nfsmi.org/ResourceOverview.aspx?ID=390>
 - Resource to identify whole grains in foods and determine the proportion of whole grains in a prepared dish.

 - InHarvest Recipes – <http://www.inharvest.com/recipes>
 - Recipe bank of whole grain, rice, and legume options

 - Moderating Saturated Fat
 - Use vegetable oil in place of butter for sautéing. offer vinegar based salad dressings, switch to low-fat dairy options, limit servings of cheese, serve smaller portions of red meat or substitute chicken, fish or vegetable-based proteins.