

# Wisconsin Elder Nutrition Program

## Nutrition Standards at a Glance

### Meal Pattern (One Meal) – Lunch and Dinner

<u>Meal Component</u>	<u>Minimum # of Servings per Meal</u>	<u>Serving Size Examples</u>
<b>Grains</b>	1	1 regular slice bread, ½ cup cooked, 1 cup ready-to-eat cereal, 1 6” tortilla, ½ regular size bun
<b>Fruit and/or Vegetable</b>	3	½ cup fresh, frozen, or canned (cooked or raw), ¼ cup dried fruit, 1 cup raw leafy greens, ½ cup 100% fruit or vegetable juice
Dark Green Vegetable	1 serving per week*	
Red/Orange Vegetable	2 servings per week*	
Beans/Peas	1 serving per week*	
Starchy Vegetable	2 servings per week*	
<b>Fluid Milk</b>	1	8 fluid ounces or 1 cup
<b>Protein Foods</b>	1	3 oz. equivalent
<b>Fats and Oils</b>	1	1 teaspoon served on side or used in cooking
<b>Dessert (optional)</b>	1	1/2 cup
		Fruit or vegetable contained in a dessert may count toward the fruit or vegetable component, respectively.

\* Based on 5-day week. See below for guidance on requirements for less than five days per week.

### Meal Pattern (One Meal) – Breakfast

<u>Meal Component</u>	<u>Minimum # of Servings per Meal</u>	<u>Serving Size Examples</u>
<b>Grains</b>	1	1 regular slice bread, ½ cup cooked, 1 cup ready-to-eat cereal, 1 6” tortilla, ½ regular size bun
<b>Fruit and/or Vegetable*</b>	2	½ cup fresh, frozen, or canned (cooked or raw), ¼ cup dried fruit, 1 cup raw leafy greens, ½ cup 100% fruit or vegetable juice
<b>Fluid Milk</b>	1	8 fluid ounces or 1 cup
<b>Protein Foods</b>	1	3 oz. equivalent
<b>Fats and Oils</b>	1	1 teaspoon served on side or used in cooking
<b>Additional Required Item</b>	1	Choose one of the following: <ul style="list-style-type: none"> <li>• ½ cup serving of fruit/vegetable</li> <li>• 1 serving of grains</li> </ul>

\* Include a variety of colors of fruits and/or vegetables throughout the week.

## Vegetable Subgroups

In order to count a particular food toward the vegetable requirement, at least 1/8 cup must be offered.

Based on their nutrient content, vegetables are organized into five subgroups: dark green vegetables, red/orange vegetables, starchy vegetables, beans and peas, and other vegetables. Listed below are samples of commonly-eaten vegetables found in each of the required vegetable subgroups. The list is not all-inclusive.

<b>DARK GREEN</b> fresh, frozen and canned		<b>RED/ORANGE</b> fresh, frozen and canned	<b>BEANS AND PEAS (LEGUMES) *</b> Canned, frozen or cooked from dry	
<ul style="list-style-type: none"> <li>■ arugula</li> <li>■ beet greens</li> <li>■ bok choy</li> <li>■ broccoli</li> <li>■ broccoli rabe (rapini)</li> <li>■ broccolini</li> <li>■ butterhead lettuce (Boston, bibb)</li> <li>■ cabbage, Chinese or celery</li> <li>■ chicory</li> <li>■ cilantro</li> <li>■ collard greens</li> <li>■ endive</li> <li>■ escarole</li> <li>■ fiddle heads</li> <li>■ grape leaves</li> <li>■ kale</li> <li>■ mesclun</li> <li>■ mustard greens</li> <li>■ parsley</li> <li>■ spinach</li> <li>■ Swiss chard</li> <li>■ red leaf lettuce</li> <li>■ romaine lettuce</li> <li>■ turnip greens</li> <li>■ watercress</li> </ul>	<ul style="list-style-type: none"> <li>■ carrots</li> <li>■ chili peppers (red)</li> <li>■ orange peppers</li> <li>■ pimientos</li> <li>■ pumpkin</li> <li>■ red peppers</li> <li>■ salsa (all vegetables)</li> <li>■ sweet potatoes/yams</li> <li>■ tomatoes</li> <li>■ tomato juice</li> <li>■ winter squash (acorn, butternut, Hubbard)</li> </ul>	<ul style="list-style-type: none"> <li>■ black beans</li> <li>■ black-eyed peas (mature, dry)</li> <li>■ cowpeas</li> <li>■ fava beans</li> <li>■ garbanzo beans (chickpeas)</li> <li>■ Great Northern beans</li> <li>■ kidney beans</li> <li>■ lentils</li> <li>■ lima beans, mature</li> <li>■ mung beans</li> <li>■ navy beans</li> <li>■ pink beans</li> <li>■ pinto beans</li> <li>■ red beans</li> <li>■ refried beans</li> <li>■ soy beans/edamame</li> <li>■ split peas</li> <li>■ white beans</li> </ul>	<p>* Does not include green peas, green lima beans and green (string) beans</p>	
<b>STARCHY</b> fresh, frozen and canned	<b>OTHER</b> fresh, frozen and canned			
<ul style="list-style-type: none"> <li>■ black-eyed peas, fresh (not dry)</li> <li>■ corn</li> <li>■ cassava</li> <li>■ cowpeas, fresh (not dry)</li> <li>■ field peas, fresh (not dry)</li> <li>■ green banana</li> <li>■ green peas</li> <li>■ jicama</li> <li>■ lima beans, green (not dry)</li> <li>■ parsnips</li> <li>■ pigeon peas, fresh (not dry)</li> <li>■ plantains</li> <li>■ potatoes</li> <li>■ poi</li> <li>■ taro</li> <li>■ water chestnuts</li> </ul>	<ul style="list-style-type: none"> <li>■ artichokes</li> <li>■ asparagus</li> <li>■ avocado</li> <li>■ bamboo shoots</li> <li>■ bean sprouts (alfalfa, mung)</li> <li>■ beans, green and yellow</li> <li>■ beets</li> <li>■ Brussels sprouts</li> <li>■ cabbage, green and red</li> <li>■ cactus (nopales)</li> <li>■ cauliflower</li> <li>■ celeriac</li> <li>■ celery</li> <li>■ chayote (mirliton)</li> <li>■ chives</li> <li>■ cucumbers</li> <li>■ daikon (oriental radish)</li> </ul>	<ul style="list-style-type: none"> <li>■ eggplant</li> <li>■ fennel</li> <li>■ garlic</li> <li>■ horseradish</li> <li>■ iceberg lettuce</li> <li>■ kohlrabi</li> <li>■ leeks</li> <li>■ mushrooms</li> <li>■ okra</li> <li>■ olives</li> <li>■ onions</li> <li>■ peas in pod, e.g., snap peas, snow peas</li> <li>■ pepperoncini</li> <li>■ peppers (green sweet bell, green chilies, purple, yellow)</li> </ul>	<ul style="list-style-type: none"> <li>■ pickles (cucumber)</li> <li>■ radishes</li> <li>■ rhubarb</li> <li>■ shallots</li> <li>■ sauerkraut</li> <li>■ snap peas</li> <li>■ snow peas</li> <li>■ spaghetti squash</li> <li>■ tomatillo</li> <li>■ turnips</li> <li>■ wax beans</li> <li>■ yellow summer squash</li> <li>■ zucchini squash</li> </ul>	

<sup>1</sup> All vegetables are credited based on volume except raw leafy greens count as half the volume served and tomato paste and puree are credited based on the volume as if reconstituted (see the USDA's *Food Buying Guide*). Vegetable juice must be pasteurized 100 percent full-strength juice and cannot count for more than half of the weekly vegetables component.

<sup>2</sup> For more information, see the Dietary Guidelines at <http://health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf> and the vegetables group in Choose My Plate at <http://www.choosemyplate.gov/food-groups/vegetables.html>.

## Minimum Number of Weekly Vegetable Servings by Subgroup

Number of Days per Week Meals are Served	Minimum Number of Vegetable Servings that Must Be Offered Per Week			
	Red/Orange	Starchy	Beans/Peas	Dark Green
5	2	2	1	1
4	2	2	1	1
3	1	1	1 every 2 weeks	1 every 2 weeks
2	1	1	1 every 3 weeks	1 every 3 weeks
1	1 every 2 weeks	1 every 3 weeks	1 every 4 weeks	1 every 4 weeks

## Nutrient Standards for Nutrition Program Meals

Nutrition Standards for Average of Weekly Menu			
Minimum Requirements (unless otherwise noted)			
	1 meal per day	2 meals per day	3 meals per day
<b>Calories</b>	675 calories	1350 calories	2000 calories
<b>Protein</b>	19 g	38 g	56 g
<b>Dietary Fiber</b>	8 g	16	24
<b>Saturated Fat</b>	<10% of calories		
<b>Calcium</b>	400 mg	800 mg	1200 mg
<b>Potassium</b>	1565 mg	3140 mg	4700 mg
<b>Sodium</b>	1200 mg or less*	2400 mg or less*	3600 mg or less*
<b>Magnesium</b>	110 mg	220 mg	330 mg
<b>Zinc</b>	4 mg	8 mg	11 mg
<b>Vitamin A</b>	275 mcg RAE	535 mcg RAE	800 mcg RAE
<b>Vitamin B6</b>	0.6 mg	1.1 mg	1.6 mg
<b>Vitamin B12</b>	0.8 mcg	1.6 mcg	2.4 mcg
<b>Vitamin C</b>	30 mg	60 mg	90 mg
<b>Vitamin D</b>	120 IU	240 IU	360 IU
<b>Folate/Folic Acid</b>	135 mcg	270 mcg	400 mcg

\*target value is 1200 mg. Up to 1400 mg is allowable.

## Wisconsin Elder Nutrition Program Document Library

<https://connect.wisconsin.gov/wienp/>

- Menu approval forms
- Recipe ideas
- Most up-to-date Chapter 8 policy

Contact Sara Koenig or your GWAAR Nutrition Team representative with questions.