



DEPARTMENT OF AGING

Nutrient Analysis Menu Standards

Average amounts per meal over one month

This form will not be accepted without check marks based on meals/day and signature

Nutrient	1 Meal per Day	2 Meals per Day	3 Meals per Day
	Minimum	Minimum	Minimum
Energy	660 calories	1,320 calories	2,000 calories
	(No fewer than 600 calories)	(No fewer than 1,200 calories)	(No fewer than 1,800 calories)
Protein	30 grams	55 grams	75 grams
Fat	30% total, ≤10% saturated fat	30% total, ≤10% saturated fat	30% total, ≤10% saturated fat
	Avoid <i>trans</i> fat	Avoid <i>trans</i> fat	Avoid <i>trans</i> fat
	(No more than 35% per meal)	No more than 35%per meal	No more than 35%per meal
Fiber	9 grams	18 grams	28 grams
Calcium	330 mg	660 mg	1,000 mg
Vitamin A	300 mcg	600 mcg	900 mcg
Vitamin B6	0.6 mg	1.2 mg	1.7 mg
Vitamin B12	0.8 mcg	1.6 mcg	2.4 mcg
Vitamin C	30 mg	50 mg	75 mg
Vitamin D	3µg	6 µg	10 µg
Potassium	1,567 mg	3,133 mg	4,700 mg
Maximum amounts per meal averaged over one month			
Sodium	1,400 mg	1,800 mg	2,300 mg
Added Sugars	<17 g	<34g	<51g

I certify that I have reviewed the MDoA Menu Policy and the menu herein meets all nutritional requirements as indicated on this table and within the Menu Policy specifications. PLEASE CHECK APPROPRIATE BOXES TO INDICATE STANDARDS ARE MET FOR ONE, TWO OR THREE MEALS PER DAY.

Menu Dates Approved: _____

Registered Dietitian Signature: _____

Date: _____

