Writing Menus that Pass the Test

Jean Lloyd, M.S., Consultant
San Francisco, CA Title VI Cluster Training, March 14, 2019
Session Overview

• Introductory Questions
• Older Americans Act Nutrition Program
• Menu Planning
• Food Production & Service
• Traditional Foods
• Resources
Questions

• So what test are we talking about?
• Why do we care about menus?
• Who plans your menus...does a dietitian approve?
• How do you produce your meals?
• How do you know participants like the meal?
• Can you make meals taste better? Are the salt shakers on the table?
• Does your tribe use traditional foods in your meals?
• Do you receive Title III funds or coordinate with Title III?
• Do menu costs influence what you serve?
Older Americans Act
Nutrition Program
Older Americans Act Nutrition Requirements
Sections 339, 601, 602, 614

• Meals are to meet:
  • 2015-2020 Dietary Guidelines for Americans
  • Dietary Reference Intakes
  • Food Safety Code
  • Appealing to program participants
  • If practical, meet special dietary needs
Title VI Requirements

• Nutrition services comparable to Title III (Section 601)

• “...provided in a manner that preserves and restores their respective dignity, self-respect, and cultural identities” (Section 602)

• Nutrition services provided to be “substantially in compliance with the requirements for Title III” (Section 614)

• The application will “contain assurances that the tribal organization will coordinate services provided under this part with services provided under title III in the same geographical area.” (Section 614)

• “....the Assistant Secretary shall provide maximum flexibility to an applicant that seeks to take into account subsistence needs, local customs, and other characteristics that are appropriate to the unique cultural, regional, and geographic needs of the Indian populations to be served.” (Section 614)
Title VI and Title III Requirements

• If your Tribe receives only Title VI funds, you are required to meet the requirements of Title VI, using the guidelines that are provided in the Title VI Manual on the Administration for Community Living’s (ACL) website and reporting and fiscal instructions from the ACL.

• If your Tribe receives Title III funds from your State Unit on Aging (SUA), you need to meet the Title VI requirements PLUS the programmatic and fiscal reporting and menu requirements of the State.
Dietary Guidelines for Americans (DGAs) 2015-2020

• Published by the Secretaries of Health & Human Services and Department of Agriculture, every 5 years, the DGAs 2015-2020 are evidence-based statements about how to eat to maintain health and reduce the risk of chronic disease.

• They are not designed for disease treatment, such as diabetes.

• DGAs form the basis for federal food, nutrition and health programs and policies, including menu planning and nutrition education for the Title VI program.
Dietary Reference Intakes

• Established by the Food and Nutrition Board of the National Academy of Medicine of the National Academy of Sciences and provides reference values for:
  – Vitamins and Minerals
  – Energy, total calories
  – Carbohydrates and Fats
  – Protein
  – Fiber
  – Water, electrolytes

• For older adults
  – Ages 51-70, men & women
  – Age 70+, men & women
2017 Food Code Is the Basis for Tribal Food Code

• Adopted by most States, Territories & Tribes

• Published by the Food & Drug Administration and U.S. Public Health Service of Department of Health & Human Services, https://www.fda.gov/food/guidanceregulation/retailfoodprotection/foodcode/ucm595139.htm

• Used by many Indian Health Service sanitarians & Tribal environmental health departments
Menu Planning
# Common Menu Pattern Form, Develop One or Ask for One

<table>
<thead>
<tr>
<th>Food</th>
<th>Monday</th>
<th>Tuesday</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Protein food</td>
<td></td>
<td></td>
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<tr>
<td>Grain #1, may substitute for starchy veg</td>
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<tr>
<td>Grain #2</td>
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<tr>
<td>Vegetable #1 Starchy</td>
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<tr>
<td>Vegetable #2 Non-Starchy</td>
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<tr>
<td>Fruit</td>
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<tr>
<td>Milk/Alternate</td>
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<tr>
<td>Dessert Optional</td>
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<tr>
<td>Beverage</td>
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</tbody>
</table>
How Do We Plan Menus to Meet the Requirements and Still be Appealing?

• Focus on:
  – Food variety
  – Nutrient density or nutrients/calorie
  – Serving size

• Limit calories from
  – Added sugars
  – Saturated or solid fats
  – Salt
What are Food Variety, Nutrient Density?

- **Variety** = diverse assortment of food
  - 1 starchy vegetable such as squash or potatoes & 1 non-starchy like tomatoes and/or peppers or green beans or broccoli or spinach
  - Consume different colorful vegetables and fruits
  - Consume a variety of lean protein sources such as fish, poultry, game
  - Consume a variety of whole grains

- **Nutrient density** = food & drink with little added sugars, solid fat, refined starch, but plenty of vitamins & minerals/calorie
  - Orange juice but not orange drink or fruit punch (added sugar)
  - Baked, braised, grilled, stewed chicken or fish, not fried (added fat)
  - Fresh berries, not blueberry pie (added refined starch, sugar and saturated fat) with ice cream (added sugar, saturated fat)
Portions Today & 20 Years Ago

Today

- Fries (6.9 oz): 610 calories
- Burger: 590 calories
- Drink (20 oz): 220 calories

Total: 1420 calories

20 Years Ago

- Fries (2.4 oz): 210 calories
- Burger: 333 calories
- Drink (6.5 oz): 85 calories

Total: 628 calories

More today: 792 calories
Are Portion Size and Serving Size the Same?

- **Portion size=** Amount of food served at an eating occasion

- **Serving size=** A serving size is a standard amount of food served like an ounce or cup or the number of crackers, often listed on food labels

What would be the serving size for the dessert at the left?
## Serving Sizes Used in the Title VI Program

<table>
<thead>
<tr>
<th>Food</th>
<th>Servings</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein foods</td>
<td>1 oz/ 3-4 oz/meal</td>
<td>3 oz meat/poultry/fish; 1 egg=1 oz protein; 1 T peanut butter=1 oz protein; or ½ oz nuts/seeds=1 oz protein</td>
</tr>
<tr>
<td>Grain</td>
<td>2/meal</td>
<td>1 slice bread, 1 small piece cornbread, 1 small tortilla, 1 roll, ½ c rice/pasta</td>
</tr>
<tr>
<td>Vegetables</td>
<td>2/meal</td>
<td>½ c cooked or raw; 1 c leafy greens; serve 1 starchy, 1 non-starchy</td>
</tr>
<tr>
<td>Beans/legumes</td>
<td>1 or more/week</td>
<td>½ c; ¼ c=1 oz meat</td>
</tr>
<tr>
<td>Fruit</td>
<td>1</td>
<td>1 small raw; ½ c canned/frozen; ½ c juice, ¼ c dried</td>
</tr>
<tr>
<td>Milk/alternate</td>
<td>1</td>
<td>1 c fluid, 1 c yogurt, 1.5 oz natural cheese, 2 oz processed cheese</td>
</tr>
<tr>
<td>Nuts/seeds</td>
<td></td>
<td>½ oz</td>
</tr>
<tr>
<td>Oils</td>
<td>1</td>
<td>Fat is liquid at room temperature, 1 T such as olive oil on vegetables, 1-2 T salad dressing</td>
</tr>
</tbody>
</table>
Title VI Meal – Are These the Right Serving Sizes?

Traditional Native Recipes: [www.aihd.ku.edu/recipes/index.html](http://www.aihd.ku.edu/recipes/index.html) (American Indian Health & Diet Project)
## What are Added Sugars, Saturated Fats & Sodium?

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Added sugars</td>
<td>Table sugar, brown sugar, syrup, corn syrup, jam, sweetened drinks like soda, energy drinks, fruit punch, sweet tea, desserts like cookies, cake, pie, ice cream, donuts, candy</td>
</tr>
<tr>
<td>Saturated fat</td>
<td>Fats that are solid at room temperature, butter, lard, fat on meat/poultry, many solid (not soft)margarines, coconut oil</td>
</tr>
<tr>
<td>Sodium</td>
<td>Salt, table salt, sea salt, found in processed foods such as bread, macaroni &amp; cheese, pizza; canned vegetable and meat products; canned soup; processed meats like ham, sausage, lunch meat; processed dairy like cheese; mixed dishes; desserts; chips, snack foods</td>
</tr>
</tbody>
</table>

Why are these items important?
Which of these Foods Contain Added Sugars?
Which of these Foods Contain Saturated Fats?
Which Foods are Higher in Salt?

2, 1 oz slices deli ham

½ cup chocolate pudding

2 oz canned tuna

2, 1 oz slices American cheese

2 oz pork chop, baked

½ cup cottage cheese with pineapple
Which Foods are Higher in Salt?

- 2 1 oz slices deli ham
  - 246 mg sodium

- 2 oz canned tuna, drained
  - 236 mg sodium

- 3 oz pork chop, baked
  - 47 mg sodium

- ½ cup chocolate pudding made with 2% milk
  - 131 mg sodium

- 2 1 oz slices American cheese
  - 936 mg sodium

- ½ cup cottage cheese with pineapple
  - 389 mg sodium
Add Potassium to Meals

• Potassium is found in fruits, vegetables, milk, fish, meat

• Potassium helps blunt the adverse effect of sodium on blood pressure

• Consume at least 5 servings of fruits and vegetables a day, preferably 7 (women) to 10 (men)

Chicken, Brown Rice, Green Vegetables

Seafood Stew
Why is it important to emphasize fruits, vegetables and low-fat dairy in the meal?

• Nationally, participants in Title VI programs stated that they:
  • Had a condition that changed the kind or amount of food they ate -23%
  • Ate few fruits/vegetables or milk products – 26.3%
  • Ate fewer than 2 meals/day – 16.3%

• Higher fruit and vegetable intake is related to:
  • Better weight management (Title VI -43% obese), better control of high blood pressure (Title VI-56%) and diabetes (Title VI-39%), and lower rates of heart disease and cancer

• Higher consumption of lower fat dairy is related to:
  • Lower rates of osteoporosis (Title VI-10%)
  • Better management of high blood pressure (Title VI-56%)

National Title VI Needs Assessment Data, University of North Dakota
Vegetables, Fish, Dairy, Fruit are High In Potassium; Potassium is related to Managing High Blood Pressure and Heart Disease

<table>
<thead>
<tr>
<th>Include these foods in the menu</th>
<th>Include these foods in the menu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Potatoes, white &amp; sweet</td>
<td>Tuna</td>
</tr>
<tr>
<td>Canned tomato products, paste, juice, no added salt</td>
<td>Snapper</td>
</tr>
<tr>
<td>Beans, cooked, refried</td>
<td>Milk, non-fat, evaporated</td>
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<tr>
<td>Yogurt</td>
<td>Banana</td>
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<tr>
<td>Salmon</td>
<td>Dried fruit like prunes, apricots</td>
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<tr>
<td>Orange juice</td>
<td>Trout</td>
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<tr>
<td>Cooked greens</td>
<td>Pork</td>
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<tr>
<td>Acorn squash</td>
<td>Halibut</td>
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</tbody>
</table>
ChooseMyPlate.gov
My Native Plate - Indian Health Service

MY NATIVE PLATE

Use your plate as a guide to help you eat in a healthy way:
1. Fill half of your plate with vegetables.
2. Fill the other half of your plate with a grain/starch and a protein.
3. Add a side of fruit.

Pictured here:
- Mixed berries
- Broccoli
- Steamed squash with popcorn and herbs
- Steamed wild rice
- Grilled chicken with sage
- Water

Take a picture with your next meal. Look at the picture later as a reminder!

Produced by:
Indian Health Service, Division of Diabetes Treatment and Prevention.

Remember:
- Stay active
- Drink water
- Use a 9-inch plate

Notes:

Fill in the Traditional Plate!

- **Bread Group**
  - Bannock
  - Wild Rice
  - Corn

- **Meat Group**
  - Big game
  - Game birds
  - Eggs
  - Nuts/Beans
  - Fish/Seafood

- **Fruits and Vegetables**
  - Shoots
  - Roots
  - Greens
  - Berries
  - Tree fruits
  - Squash

- **Dairy**
  - Breast milk
  - Fish & game bones
  - Greens & roots

More protein

Less grain
Principles of Menu Planning

**Aesthetic appeal:**
- Enhance *taste*
- Strive for *balance*
- Emphasize *variety*
- Add *contrast: texture & temperature*
- Think about *color*
- Consider eye *appeal*
Consider Preferences

- Culture, traditions
- Religion, holidays, celebrations
- Family
- Region of the country
- Health
- Age, generational cohort
- Gender
- What do Elders want?
Use Customer Input

- Menu committees
- Product sampling
- Taste panels
- Food preference surveys
- Satisfaction focus groups
- “Secret diner”
- Comment cards
Steps in Planning Healthy Meals

- **Allow** a block of **time**, gather recipes & resources
- Determine length of **menu cycle**
- Identify **main dish, side dishes**
- Visualize what each meal will look like
- Think about **variety**, day to day, week to week
- Plan menus that can be made with **available staff, equipment, space & time**
- Use readily available food
- Use **traditional foods**
- **Do not plan** for second helpings
Steps in Planning Healthy Meals

- Think about nutritional content
- Think about preferences
- Think about participants' needs
- Think about the selecting healthy foods, variety
- Think about food safety, equipment, staff time
- Think about food cost
- Get approval by dietitian

Do not expect that everyone will like everything that you serve

People can refuse an item

We all have individual tastes
### Start with the Protein

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<td>Protein food</td>
<td>Baked fish 3-4 oz</td>
<td>Roast duck 3-4 oz</td>
<td>Venison 3-4 oz</td>
<td>Lentil Soup 1.5 c</td>
</tr>
<tr>
<td>Grain #1</td>
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<tr>
<td>Grain #2</td>
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<tr>
<td>Vegetable #1</td>
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<tr>
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<tr>
<td>Milk/Alternate</td>
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<tr>
<td>Dessert</td>
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<td>Optional</td>
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<td>Beverage</td>
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Make sure you don’t repeat any protein in a week (pork chop suey, pork chops, pulled pork sandwiches) AND try to keep one day meatless!
# Next Do the Grains

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<td>Lentil Soup 1.5 c</td>
</tr>
<tr>
<td>Grain #1</td>
<td>Oven-roasted Potatoes (= to 1 small potato)</td>
<td>Brown and Wild Rice (1 cup)</td>
<td>Baked Potato with Sour Cream (1 small)</td>
<td>Grilled Cheese Sandwich</td>
</tr>
<tr>
<td>Grain #2</td>
<td>White Dinner Roll</td>
<td>Not needed—gave a whole cup of rice!</td>
<td>Whole Grain Roll</td>
<td>Whole Grain bread from sandwich</td>
</tr>
<tr>
<td>Vegetable #1</td>
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<tr>
<td>May be Starchy</td>
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<tr>
<td>Vegetable #2</td>
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</table>
Then do the Vegetables  
Keep them colorful

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<td>Whole Grain bread from sandwich</td>
</tr>
<tr>
<td>Vegetable #1</td>
<td>Fiddlehead Ferns/Asparagus (½ cup)</td>
<td>Winter Squash (½ cup)</td>
<td>Spinach/ Wild Greens (½ cup)</td>
<td>Carrot Sticks (5 pieces)</td>
</tr>
<tr>
<td>Vegetable #2</td>
<td>Sliced Tomatoes (2 slices)</td>
<td>Tossed Salad (1 cup)</td>
<td>Cauliflower with Cheese (½ cup)</td>
<td>Coleslaw (½ cup)</td>
</tr>
<tr>
<td>Fruit</td>
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<tr>
<td>Milk/ Alternate</td>
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</table>
# Now do fruit & dessert

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<td>Tossed Salad (1 cup)</td>
<td>Cauliflower with Cheese (½ cup)</td>
<td>Coleslaw (½ cup)</td>
</tr>
<tr>
<td>Fruit</td>
<td>Strawberries ½ c</td>
<td>Cranberry sauce ¼ cup</td>
<td>Orange slices (1/2 c)</td>
<td>Mixed berries (1/2 c)</td>
</tr>
<tr>
<td>Milk/ Alternate</td>
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</tr>
<tr>
<td>Dessert Optional</td>
<td>Pudding (1/2 c) Parfait w/strawberries</td>
<td></td>
<td></td>
<td>2 vanilla wafers</td>
</tr>
<tr>
<td>Beverage</td>
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</tbody>
</table>
## Don’t Forget the Milk (or substitute) & Other Beverages

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<td>Cauliflower with Cheese (½ cup)</td>
<td>Coleslaw (½ cup)</td>
</tr>
<tr>
<td>Fruit</td>
<td>Strawberries ½ c</td>
<td>Cranberry sauce ¼ cup</td>
<td>Orange slices (1/2 c)</td>
<td>Mixed berries (1/2 c)</td>
</tr>
<tr>
<td>Milk/Alternate</td>
<td>Milk (1 cup) + ½ c milk in pudding</td>
<td>OJ w/ Calcium (½ cup)</td>
<td>Cheese (1 oz) with cauliflower</td>
<td>Cheese from Sandwich (1½ oz)</td>
</tr>
<tr>
<td>Dessert Optional</td>
<td>Pudding (1/2 c) Parfait w/strawberries</td>
<td></td>
<td></td>
<td>2 vanilla wafers</td>
</tr>
<tr>
<td>Beverage</td>
<td>Coffee/tea</td>
<td>Coffee/tea</td>
<td>Nettle Tea</td>
<td>Coffee/tea</td>
</tr>
</tbody>
</table>
Let’s Evaluate

Aesthetic Appeal
• Taste
• Balance
• Variety
• Contrast: temperature, texture
• Color
• Eye appeal
• Cooking methods
• Preferences

Nutrient Content-Healthy Food Selections
• Serving size
• Fruits & vegetables
• Lean protein
• Whole grains
• Low-fat dairy
• Lower fat content & preparation
• Lower sodium foods
• Lower added sugars
Are These Healthy Menus? Are They Appetizing?

1 c chili (ground venison, beans, tomatoes, peppers, onions) topped with 1 oz cheese
1 small square of cornbread
½ c coleslaw
½ c watermelon
8 oz 1% milk
8 oz coffee/tea

4 oz baked salmon
1 c brown rice
½ c spinach
½ c tomato, cucumber, onion salad
1 small wheat roll
1 large square cherry cobbler
8 oz coffee/tea

1 bacon-cheese burger
1 bun
condiments (3 pks ketcup, 1 pk mustard, 1 pk mayonnaise)
french fries
baked beans
vanilla pudding
8 oz coffee/tea
Are These Healthy Menus? Are They Appetizing?

<table>
<thead>
<tr>
<th>Healthy Menu 1</th>
<th>Healthy Menu 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese omelet w/ peppers, onions, spinach</td>
<td>4 oz country fried pork</td>
</tr>
<tr>
<td>2 sl. whole wheat bread</td>
<td>¼ c gravy</td>
</tr>
<tr>
<td>½ c baked brkfst potatoes</td>
<td>1 piece corn on the cob</td>
</tr>
<tr>
<td>1 banana</td>
<td>1 c BBQ beans</td>
</tr>
<tr>
<td>1 square butter</td>
<td>1 small wheat roll</td>
</tr>
<tr>
<td>1 container jelly</td>
<td>2 squares butter</td>
</tr>
<tr>
<td>8 oz 1% milk</td>
<td>1 large scoop peach betty</td>
</tr>
<tr>
<td>8 oz coffee/tea</td>
<td>8 oz coffee/tea</td>
</tr>
<tr>
<td>8 oz coffee/tea</td>
<td></td>
</tr>
</tbody>
</table>
Is This a Healthy Meal?

Traditional Native Recipes
www.aihd.ku.edu/recipes/index.html
(American Indian Health & Diet Project)
Common Planning Techniques

**Do Plan**
- 1 meat/potatoes meal/week
- 1 casserole/combined meal/week
- 1 soup/sandwich/salad meal/week
- At least 1 poultry meal/week
- At least 2 fish meals/month
- 2 colorful vegetables/meal
- 1 to 2 high sodium meals/month
- Dessert: 2-3 fruit/week; 1 pudding/jello/week; 1 baked item per week

**Do Not**
- Serve fried foods often
- Serve high sodium meals often
- Serve 2 starchy vegetables in 1 meal
- Repeat vegetables/meats, etc. in 1 week
- Serve high calorie desserts daily
- Over portion meals
- Use salt in cooking
Food Production & Service
Food Must be Prepared Safely

• We talked about the menu but thinking about safety is critical when we plan a menu
• Oven space?
• Refrigeration space
• Lots of hand work
• Utensils

• Production order
  – Do not begin with the main course—Why?
  – Begin in the sanitized kitchen with the foods which would not heated again—fruit, salad, Jell-O
  – Prep the vegies
  – Do the main course!
Why do We Care about Food Safety?

• Following food safety rules helps make sure we don’t make people sick; we serve people at risk for food borne illness

• Food and Drug Administration (FDA) indicates major reasons for foodborne illness are:
  – Improper hold temperatures
  – Inadequate cooking
  – Contaminated equipment
  – Food from unsafe sources, and
  – Poor personal hygiene
Recipes Help Control Costs, Assure Consistency Keep Food Safe

- Cooks need to have recipes to prepare the meals
  - Makes foods the same every time, consistency
  - Standardizes the amount and servings available
  - Helps you to know what to order from your purchasing company
  - Helps control costs
  - If the usual cook is ill, the substitute will know what to do

- Make sure you have a recipe for each menu item—look on-line for examples

- Use an existing book like Food for Fifty

- Download for free!
Production – Manage by Menu

• Use quantity recipes
• Follow recipes closely. Adding a “little more” can increase cost and change nutrient content
• Watch for signs of waste, including over production, lazy produce preparation, and improper storage
• Ensure ½ the plate is vegetables/fruits, use whole grains, low-fat dairy, low-fat proteins
• Use measuring spoons & cups for accurate food measurement and scoops and ladles for accurate food portion service
The Menu Can Help Manage Food Service

- Serve attractive, appetizing meals, we eat with our eyes first
- Use appropriate serving utensils
- Watch that servings are measured, too much is not good for diabetes, heart disease and weight management
- Servings that are too large increase cost and waste
- People can refuse food items, we don’t all eat the same
- Keep track of food waste, use different feedback mechanisms
- Revise menus, check food quality when purchasing, check recipes
Traditional Foods
Traditional Foods
American Indian/Alaska Native

- Alaskan Berries
- Fiddlehead Ferns
- Dried Beans
- Squash
- Corn Bread
- Sunflower Seed Bread
- Acorn Bread
- Caribou Stew
- Seafood Stew
- King Salmon
- Elk Roast
- Salmon Soup
Regardless of Tradition, Native American foods are

- Low in sodium
- Low in unhealthy saturated fat
- Low in simple carbohydrates
- Low in added sugars
- High in potassium
- Higher or moderate in good fat
- High in complex carbohydrates
- High in fiber

AND THEY TASTE GOOD!!!!
Program Menus
Include Traditional Foods

• Must be used safely
• Prepare non-traditional foods in traditional ways
• Stay away from convenience, processed foods
• Increase use of vegetables, fruits, whole grains to make the content closer to what people ate in times past
• Consult with tribal environmental health authorities
• Consult with state environmental health authorities
Is this Food or Dish Healthy?
Is this Food or Dish Healthy?
Is this Food or Dish Healthy?
Summary

• Talk with the elders, get their ideas
• Meet the requirements of the Older Americans Act
• Serve healthy, safe food that tastes good and looks appealing
• Serve traditional food
• Use staff skills, kitchen equipment & tools, and space effectively
• Control costs
Resources
Resources

• Department of Health and Human Services
  – http://health.gov/dietaryguidelines/

• United States Department of Agriculture - nutrition
  – http://www.choosemyplate.gov/10-tips-nutrition-education-series
  – http://www.choosemyplate.gov/food-safety
  – https://ndb.nal.usda.gov/
Resources-Food Ordering & Buying

• United States Department of Agriculture - nutrition
Resources

• Indian Health Services
  – https://www.ihs.gov/
  – https://www.ihs.gov/MedicalPrograms/Diabetes/index.cfm?module=resourcesPrintableMaterials

• Centers for Disease Control and Prevention
  – https://www.cdc.gov/
Resources

• Administration for Community Living – Older Indians https://olderindians.acl.gov/
  – Nutrition resource links https://olderindians.acl.gov/links#nutrition
  – Title VI manual https://olderindians.acl.gov/manuals-and-toolkits

• National Resource Center on Nutrition and Aging http://nutritionandaging.org/
  – http://nutritionandaging.org/native-foods/
Health & Human Services Recipe Websites

• Healthy Recipes
  http://www.cdc.gov/healthyweight/healthy_eating/recipes.html

• Keep the Beat: Heart Healthy Recipes

• Recipe books from the National Heart Lung Blood Institute
  http://www.nhlbi.nih.gov/health/educational/lose_wt/eat/recipes.htm

• Recipe books from National Heart Lung Blood Institute
  https://healthyeating.nhlbi.nih.gov/

• Listing of recipes from the Departments of Health and Human Services and Agriculture
  http://www.nutrition.gov/shopping-cooking-meal-planning/recipes
United States Department of Agriculture Recipe Websites

- Recipe Finder http://healthymeals.nal.usda.gov/recipes
- Listing of recipes from the Departments of Healthy and Human Services and Agriculture http://www.nutrition.gov/shopping-cooking-meal-planning/recipes
- Quantity Standardized Recipes from USDA https://www.fns.usda.gov/usda-standardized-recipe
Health Organization Recipe Websites

• American Diabetes Association, food, fitness, recipes, healthy cooking, http://www.diabetes.org

• American Heart Association, recipes, healthy cooking, physical activity http://www.heart.org/
Traditional Foods Sites

• American Indian Health-Recipes

• iGrow South Dakota State University
  http://igrow.org/community-development/local-foods/native-american-gardens/

• Tribal Connections

• Traditional Native Recipes
  www.aihd.ku.edu/recipes/index.html (American Indian Health & Diet Project)

• A list of recipes from Indian Country Today utilizing traditional native foods
  http://indiancountrytodaymedianetwork.com/department/native-recipes

• Intertribal Bison Cooperative
  http://itbcbuffalo.com/view/recipes
Questions & Thanks

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