AzNN Nutrient Standards
October 4, 2016

FY17 Policies and Procedures

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Nutrition Information:
Per Serving
Calories, 264;
Carbohydrate, 27 gm;
Protein, 22 gm; Total Fat, 9 gm;
Saturated Fat, 2 gm;
Trans Fat, 0 gm; Cholesterol, 39 mg;
Fiber, 4 gm; Total Sugars, 3 gm; Sodium, 126 mg;
Calcium, 114 mg;
Folate, 32.5 mcg; Iron, 2.6 mg; Calories from Fat, 30%.
Recipes

• Why do we have recipes?
Ability to Control....

Quality

Consistency

Cost

Yield

Nutritional Content
Taste!!
AzNN Recipes

- Low-cost
- Simple
- Quick
- Tasty
- Healthy

ARIZONA DEPARTMENT OF HEALTH SERVICES
Health and Wellness for all Arizonans
Revisiting AzNN Nutrient Standards

- Nutrient Standards Subcommittee—summer 2015
  - What are the benefits of current standards?
  - What are the challenges with the current standards?
  - What are other sources of standards to pull insight from?
Benefits of Current Standards

• Align with ADHS food and health programs
• Aligns with FVMM and thus FVMM logo recognition for our recipes
• Provides framework for consistently healthful recipes
Challenges of Current Standards

• Difficult to use in some settings
• Requirement to meet each nutrient criteria can limit selection
• Nutrient specific perspective does not always align with total diet approach
• Comparisons of nutrient criteria:
  – Smart Snacks
  – FVMM
  – Dietary Guidelines
  – ADHS Nutrient Standards
  – USDA Mixing Bowl

<table>
<thead>
<tr>
<th></th>
<th>Smart Snack</th>
<th>FVMM</th>
<th>Dietary Guidelines</th>
<th>ADHS Nutrient Standards</th>
<th>USDA Mixing Bowl</th>
</tr>
</thead>
<tbody>
<tr>
<td>Be “Whole Grain rich” grain product</td>
<td>✔️</td>
<td></td>
<td></td>
<td></td>
<td>Recipes are “MyPlate inspired” and emphasize nutrient-rich options from the food groups including whole grains, vegetables, fruits, fat-free and low-fat dairy and lean proteins.</td>
</tr>
<tr>
<td>First ingredient a fruit, vegetable, dairy or protein</td>
<td>✔️</td>
<td></td>
<td></td>
<td></td>
<td>Minimize the use of ingredients that provide/contribute empty calories.</td>
</tr>
<tr>
<td>Contain at least ¼ fruit or vegetable</td>
<td>✔️</td>
<td>✔️ (½ cup per 250 cal)</td>
<td></td>
<td>✔️</td>
<td>Recipes can be used in the context of a total diet to build healthy meals when paired with other meal components, such as serving a fruit or vegetable side dish along with your main entrée.</td>
</tr>
<tr>
<td>Calcium, Potassium Vitamin D, Fiber</td>
<td>✔️ (10% DV of any)</td>
<td>✔️ Fiber (0.014g/kcal)</td>
<td>14 g Fiber/1000 kcal</td>
<td>✔️ Calcium, Fiber (100 mg, 0.014g/kcal)</td>
<td>Total calories per serving will not exceed a reasonable proportion of an average person’s daily calorie needs. Careful consideration is given to the nutrient profile of each recipe; key nutrients from the What’s Cooking? USDA Mixing Bowl include total calories, saturated fat, and sodium.</td>
</tr>
<tr>
<td>Calorie Limit</td>
<td>✔️ (200, 350)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fat Limit (Total Fat, Saturated Fat, Trans Fat)</td>
<td>✔️ (35%, 10%, 0g)</td>
<td>✔️ (35%, 10%, 0.5g)</td>
<td>✔️ (&lt;10%/day)</td>
<td>✔️ (35%, 10%, 0.5g)</td>
<td></td>
</tr>
<tr>
<td>Cholesterol Limit</td>
<td>✔️ (100 mg)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sodium Limit</td>
<td>✔️ (230 mg, 480 mg)</td>
<td>✔️ (600mg for recipe, meal product, and main dish, 480 mg for individual F/V products)</td>
<td>✔️ (&lt;2300 mg/day)</td>
<td>✔️ (480 mg)</td>
<td></td>
</tr>
<tr>
<td>Sugar Limit</td>
<td>✔️ (25% weight)</td>
<td>✔️ (15% added sugar)</td>
<td>✔️ (&lt;10% added sugar/day)</td>
<td>✔️ (15% added sugar)</td>
<td></td>
</tr>
<tr>
<td>Prep Time</td>
<td></td>
<td></td>
<td></td>
<td>✔️</td>
<td></td>
</tr>
<tr>
<td>Ingredients Limit</td>
<td></td>
<td></td>
<td></td>
<td>✔️ (&lt; 10)</td>
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</tbody>
</table>

1. Fat found naturally in fruits and vegetables does not contribute to the limits (1/4 oz. nuts per serving).
2. Fiber standard does not apply to low-fat dairy recipes.
3. Calcium standard applies only to low-fat dairy recipes.
4. All other DGA nutrient goals are consistent with the corresponding DRI (AMDR, AI, or RDA) depending on age, sex, and calorie level.
So where did we land?

HEALTHY COOKIE RECIPE

1. PULVERIZE ALL INGREDIENTS
2. SHAPE INTO PATTIES
3. BAKE AT 350 FOR 10 MINUTES
FY17 AzNN Nutrient Criteria

- Changes:
  - Total fat limit
  - Fiber requirement
  - FVMM logo recipe criteria

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>Recipe Standards</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>≤ 35% Kcals</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>≤ 10% Kcals</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>≤ 0.5 g/serving</td>
</tr>
<tr>
<td>Sodium</td>
<td>≤ 480 mg/serving</td>
</tr>
<tr>
<td>Fiber</td>
<td>≥ 0.014 g/Kcal¹</td>
</tr>
<tr>
<td>Added Sugars</td>
<td>≤ 15% Kcals</td>
</tr>
<tr>
<td>Calcium</td>
<td>≥ 100 mg/serving²</td>
</tr>
</tbody>
</table>

¹Fiber standard only applies to vegetables, fruits, and whole grain recipes.
²Calcium standard applies only to low-fat dairy recipes.

More Matters® logo must provide one (1) serving of fruit or vegetable per 250 calories and ≤35% total calories from total fat. One serving of fruit or vegetable is: 1 medium piece of fruit; ½ cup of cut-up fruit or vegetable, cooked or raw; ½ cup (4 oz.) unsweetened 100% fruit or vegetable juice; 1 cup leafy salad greens; ¼ cup dried fruit; or ½ cup cooked dry peas, beans, lentils, and/or kidney beans.
FY17 AzNN Nutrient Criteria Cont’d

• “gm” to “g”
• Remove Calories from Fat
• ADHS recipe review

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Chapter 2: Nutrition Education and Obesity Prevention

Procedures

ADHS provides many recipes that meet the criteria outlined above. They are available at www.eatwellbewell.org. It is recommended that these recipes be used by Contractors whenever possible.

Any recipes that are not provided by ADHS must be analyzed using Food Processor, SQL Edition, Version 9.8.1 or above. Any other recipes can be analyzed using Nutritionist Pro or other software approved by the ADHS Nutrition Specialist. ADHS staff will analyze a limited number of recipes for Contractors.

Required nutrients in the nutritional analysis are: Calories (Cal); Carbohydrate (gm); Protein (gm); Total Fat (gm); Saturated Fat (gm); Trans fat (gm); Cholesterol (mg); Fiber (gm); Total Sugars (gm); Sodium (mg); Calcium (mg); Folate (mcg); Iron (mg) and Calories from Fat (%). Optional nutrients in nutritional analysis are: Vitamin A (RE); Vitamin C (mg); and Potassium (mg).

Foods (or recipes) containing ≥ 20% Daily Value for a nutrient may be indicated by the following phrases: “High In” or “Excellent Source of” or “Rich In.” Foods (or recipes) containing 10-19% Daily Value for a nutrient may be indicated by the following phrases: “Good Source” or “Contains” or “Provides.”

ADHS may request to review recipes used by Contractors at any time. All recipes should be MyPlate inspired and emphasize nutrient-rich options from the food groups including whole grains, vegetables, fruits, fat-free and low-fat dairy and lean proteins. Any recipe deemed not to align with this philosophy may be considered unacceptable for use.

No recipes containing alcohol will be used in Arizona Nutrition Network materials or activities.
FY17 AzNN Nutrient Criteria Cont’d

• Appendix G updated according to changes
  – Follow this to see if recipe meets recipe and nutrient criteria

• Continue to share feedback on recipe likes, dislikes, or needs
Questions?
THANK YOU

AzNN Policies and Procedures FY17 | Network Nutrition Specialist

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