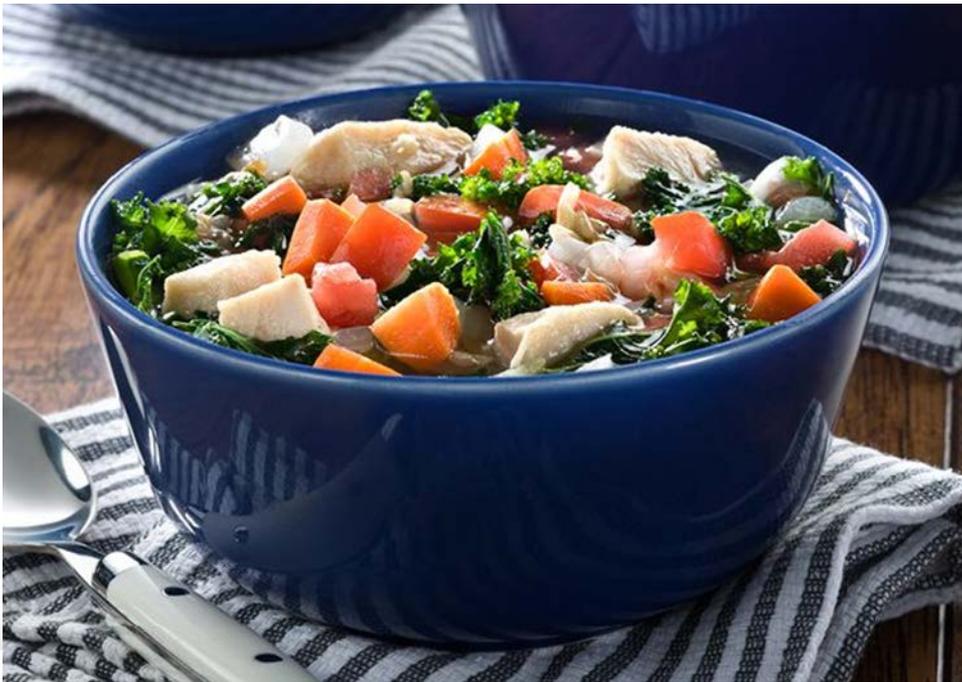


AzNN Nutrient Standards

October 4, 2016

FY17 Policies and Procedures

Noelle Veilleux, RDN | Nutrition Specialist



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%.



ARIZONA DEPARTMENT
OF HEALTH SERVICES

Health and Wellness for all Arizonans

Recipes

- Why do we have recipes?



ARIZONA DEPARTMENT
OF HEALTH SERVICES

Health and Wellness for all Arizonans

Ability to Control....



Quality



Consistency



Cost

Yield

Nutritional Content



ARIZONA DEPARTMENT
OF HEALTH SERVICES

Health and Wellness for all Arizonans



Taste!!



ARIZONA DEPARTMENT
OF HEALTH SERVICES

Health and Wellness for all Arizonans

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

	Smart Snack	FVMM	Dietary Guidelines ⁴	ADHS Nutrient Standards	USDA Mixing Bowl
Be "Whole Grain Rich" grain product	✓				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.
First ingredient a fruit, vegetable, dairy or protein	✓				
Contain at least ¼ fruit or vegetable	✓	✓ (½ cup per 250 cal)		✓	Minimize the use of ingredients that provide/contribute empty calories.
Calcium, Potassium Vitamin D, Fiber	✓ (10% DV of any)	✓ Fiber (0.014g/kcal)	✓ 14 g Fiber/1000 kcal	✓ ^{2,3} Calcium, Fiber(100 mg, 0.014g/kcal)	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.
Calorie Limit	✓ (200, 350)				
Fat Limit (Total Fat, Saturated Fat, Trans Fat)	✓ (35%, 10%, 0g)	✓ ¹ (35%, 10%, 0.5g)	✓ (<10%/day)	✓ ¹ (35%, 10%, 0.5g)	Total calories per serving will not exceed a reasonable proportion of an average person's daily calorie needs.
Cholesterol Limit		✓ (100 mg)			Careful consideration is given to the nutrient profile of each recipe; key nutrients from the <i>What's Cooking? USDA Mixing Bowl</i> include total calories, saturated fat, and sodium.
Sodium Limit	✓ (230 mg, 480 mg)	✓ (600mg for recipe, meal product, and main dish, 480 mg for individual F/V products)	✓ (<2300 mg/day)	✓ (480 mg)	
Sugar Limit	✓ (35% weight)	✓ (15% added sugar)	✓ (<10% added sugar/day)	✓ (15% added sugar)	
Prep Time				✓ (< 30 minutes)	
Ingredients Limit				✓ (< 10)	

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?



ARIZONA DEPARTMENT
OF HEALTH SERVICES

Health and Wellness for all Arizonans

FY17 AzNN Nutrient Criteria

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

○ Page 31

NUTRIENTS:

Nutrients	Recipe Standards
Total Fat	≤ 35% Kcals
Saturated Fat	≤ 10% Kcals
Trans Fat	≤ 0.5 g/serving
Sodium	≤ 480 mg/serving
Fiber	≥ 0.014 g/Kcal ¹
Added Sugars	≤ 15% Kcals
Calcium	≥ 100 mg/serving ²

¹Fiber standard only applies to vegetables, fruits, and whole grain recipes.

²Calcium standard applies only to low-fat dairy recipes.

In addition to the criteria above, each recipe that carries the Fruits & Veggies-

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

○ Page 32

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 $\geq 20\%$ 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?



ARIZONA DEPARTMENT
OF HEALTH SERVICES

Health and Wellness for all Arizonans

THANK YOU

AzNN Policies and Procedures FY17 | Network Nutrition Specialist

Noelle.veilleux@azdhs.gov | 602-364-3316

azhealth.gov

@azdhs

facebook.com/azdhs



ARIZONA DEPARTMENT
OF HEALTH SERVICES

Health and Wellness for all Arizonans