

Menu Planning For Nutritional Adequacy

Facility: _____ Menu Version/Date: _____ Week: _____

Number of Servings									Food Groups
M	T	W	T	F	S	S	Total	Week Avg.	
									Bread, Cereal, Rice, Pasta <i>6-11 servings per day</i> 1 serving is equivalent to 1 slice bread, 1 dinner roll, ½ hamburger or frankfurter bun; 1 small muffin or biscuit; 1 pancake or waffle; 3 graham crackers or 6 saltines; 1 cup ready-to eat cereal; ½ cup cooked cereal, rice, grits, macaroni, or noodles.
									Vegetables & Fruits – Vitamin A-Rich Foods* <i>4 or more servings per week</i> 1 serving is equivalent to ½ cup of greens such as spinach, collards, turnips, kale, mustard; ½ cup carrots, peas & carrots, sweet potato, winter squash, pumpkin, broccoli; 1 cup vegetable soup, ½ cup vegetable juice or ¼ cup cantaloupe.
									Vegetables & Fruits – Vitamin C-Rich Foods** <i>1 or more servings per day</i> 1 serving is equivalent to ½ grapefruit, 1 medium orange, ¼ medium cantaloupe, ½ cup strawberries, orange or grapefruit sections; ½ cup orange, grapefruit, or cranberry juice; ½ cup broccoli, brussel sprouts, ½ green pepper.
									Vegetables & Fruits – Others <i>3 or more servings per day</i> 1 serving is equivalent to ½ cup fruit or vegetable, or a usual serving such as a medium apple, banana, peach, or potato; ½ cup lettuce, tossed, vegetable, or fruit salad.
									Total Fruits & Vegetables <i>5-9 servings per day</i> Includes all Fruits & Vegetables per day
									Milk, Yogurt, Cheese <i>2-3 servings per day</i> 1 serving is equivalent to 1 cup of skim, low-fat, or whole milk, 1 cup buttermilk; 1 cup plain or low-fat yogurt; 1 ½ ounces cheese***; 2 cups low-fat cottage cheese***; 1 ½ cups ice cream.
									Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts <i>2-3 servings per day</i> Minimum 6 ounces/equivalents per day 1 equivalent is 1 ounce of cooked, edible lean meat, poultry, or fish, or variety meat such as frankfurter (10/lb), 1 ounce luncheon meat; 1 ounce cheese***, ¼ cup cottage cheese***; 1 egg, ½ cup cooked dried beans & peas; 2 Tablespoons peanut butter; ¼ to ½ cup nuts, sesame or sunflower seeds.
									Fats, Oils, & Sweets <i>Use Sparingly</i> 3 or more teaspoons daily used as spread or in cooking – butter, margarine or vegetable oils.
Overall Evaluation Y=Yes N=No G=Good F=Fair P=Poor									
									Is there at least one serving of a vegetable and/or fruit in each meal (Y/N)?
									Is there variety in color in each meal (G/F/P)?
									Is there variety in texture in each meal (G/F/P)?
									Is there variety in flavor in each meal (G/F/P)?
									Is there variety in preparation in each meal (Y/N)?

* Vitamin A-Rich Foods – 1000 IU or more of Vitamin A per serving
 ** Vitamin C-Rich Foods – 60 mg or more of Vitamin C per serving
 *** If cheese is being counted as a milk equivalent, it should not be counted as a meat equivalent

Comments: _____

Completed by: _____ Date: _____



Adapted with permission of
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