

**IDoA Menu Approval Sheet**  
**for use with Nutritional Analysis for Senior Nutrition Programs**

Nutrient	1 Meal per Day		2 Meals per Day		3 Meals per Day	
	Minimum	Check	Minimum	Check	Minimum	Check
<b>Calories (Kcal)</b>	No less than 600 per meal; 685 averaged over one week		No less than 1235 1370 averaged over one week		No less than 2000 2054 averaged over one week	
<b>Protein</b>	19-21 grams		38 grams		56 grams	
<b>Carbohydrate</b>	43 grams		87 grams		130 grams	
<b>Fat</b>	<26 grams ≤30% calories averaged over one week		<52 grams ≤30% calories averaged over one week		<78 grams ≤30% calories averaged over one week	
<b>Fiber</b>	10 grams average over one week		19 grams average over one week		28 grams average over one week	
<b>Vitamin A (RAE)<sup>†</sup></b>	300 mcg		600 mcg		900 mcg	
<b>Vitamin C</b>	30 mg		60 mg		90 mg	
<b>Vitamin E (AT)<sup>†</sup></b>	5 mg		10 mg		15 mg	
<b>Vitamin B6</b>	.6 mg		1.2 mg		1.7 mg	
<b>Folate (DFE)<sup>†</sup></b>	133 mcg		267 mcg		400 mcg	
<b>Vitamin B12</b>	.8 mcg		1.61 mcg		2.4 mcg	
<b>Calcium</b>	400 mg		800 mg		1200 mg	
<b>Magnesium</b>	140 mg		280 mg		420 mg	
<b>Zinc</b>	3.7 mg		7.3 mg		11 mg	
<b>Potassium</b>	1133 mg		2267 mg		3400 mg	
<b>Sodium</b> <small>Note: <sup>Δ</sup>800mg or less per meal is ideal</small>	<sup>Δ</sup> 800 mg-1000 mg or less (900 mg averaged over one week)		1600 mg or less (1700 mg averaged over one week)		2300 mg or less (2400 mg averaged over one week)	

<sup>†</sup> RAE = Retinol Activity Equivalent; AT = Alpha-tocopherol; DFE = Dietary Folate Equivalent

I certify that, to the best of my knowledge, each meal in the attached menus provides one-third of the current Dietary Reference Intakes of the National Academies of Sciences, Engineering, and Medicine and conforms to the most recent Dietary Guidelines for Americans.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

This Menu Approval Sheet should not be altered in any way and is intended for all nutrition programs.

**Revised October 2021**