

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
Calories (Kcal)	No less than 600 per meal; 685 averaged over one week	yes	No less than 1235 1370 averaged over one week		No less than 2000 2054 averaged over one week	
Protein	19-21 grams	yes	38 grams		56 grams	
Carbohydrate	43 grams	yes	87 grams		130 grams	
Fat	<26 grams ≤30% calories averaged over one week	<31% on average	<52 grams ≤30% calories averaged over one week		<78 grams ≤30% calories averaged over one week	
Fiber	10 grams average over one week	8.3g on average	19 grams average over one week		28 grams average over one week	
Vitamin A (RAE)[†]	300 mcg	499 ug on average	600 mcg		900 mcg	
Vitamin C	30 mg	yes	60 mg		90 mg	
Vitamin E (AT)[†]	5 mg	n/a	10 mg		15 mg	
Vitamin B6	.6 mg	yes	1.2 mg		1.7 mg	
Folate (DFE)[†]	133 mcg	112 ug on average	267 mcg		400 mcg	
Vitamin B12	.8 mcg	yes	1.61 mcg		2.4 mcg	
Calcium	400 mg	yes	800 mg		1200 mg	
Magnesium	140 mg	164 mg on average	280 mg		420 mg	
Zinc	3.7 mg	yes	7.3 mg		11 mg	
Potassium	1133 mg	1019 mg on average	2267 mg		3400 mg	
Sodium <small>Note: ^Δ800mg or less per meal is ideal</small>	^Δ 800 mg-1000 mg or less (900 mg averaged over one week)	746 mg on average	1600 mg or less (1700 mg averaged over one week)		2300 mg or less (2400 mg averaged over one week)	

[†] 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: Amanda Daines RDN, LD Date: 4/5/2024

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

Revised October 2021