

How to Use this Cookbook

The meal pattern contribution for recipes contained in the cook book are based on the required serving sizes for children ages three to five years of age. If you are serving children younger or older, you will need to decrease or increase the portion size accordingly to meet the minimum meal pattern requirements for children ages one and two and children ages six to twelve. Please note that combination dishes (i.e., recipes containing foods from more than one meal component) should only be credited for no more than two meal pattern components to ensure that children do not go hungry when a combination dish is disliked or not eaten.

Some recipes may contain a fat content that exceeds the recommended percent of calories from fat (greater than thirty percent of calories from fat). However, the 30% of calories from fat is the average daily intake of food, not the intake of any one food. It is important to plan menus carefully to balance higher fat food with lower fat foods. The percentage of fat in a recipe can be calculated by multiplying the total fat grams in one serving by 9 (number of calories per gram of fat), then divide this by the total number of calories in one serving (i.e., Tater Tot Casserole: $(21.2 \text{ grams total fat} \times 9) \div 307 \text{ calories} = 62\%$ of calories from fat). See the companion booklet for ways to trim fat.

Nutrient Analysis

A nutrient analysis has been included for all of the recipes in this book indicating the number of calories as well as amounts of cholesterol, sodium, fiber, iron, calcium, vitamin A, vitamin C, protein, carbohydrates, total fat and saturated fat in one serving.

To help make sense of all the numbers, below are Dietary Reference Intakes (DRI) for children ages 2–8 according to the National Academy of Sciences. The lower number of the range (when applicable) is for 2–3 year olds while the higher number is for 4–8 year olds. See how the recipes you like stack up to these guidelines. Keep in mind that each recipe is only one small part of the child's overall diet.

Calories, 1000–1600

Cholesterol, <300 Mg

Sodium, 1000–1900 Mg

Dietary Fiber, 14–23 G

Iron, 7–10 Mg

Calcium, 500–800 Mg

Vitamin A, 1000–1333 RE

Vitamin C, 15–25 Mg

Protein, 13–19 G

Carbohydrates, 130 G

Total Fat, 33–62 G

Saturated Fat, 12–18 G

Helpful Reminders about Nutrient Analysis

- Numbers in the box refer to the amounts in ONE serving of the recipe. Nutrients listed in milligrams (Mg) are rounded to the nearest whole number, while nutrients listed in grams (G) are rounded to one decimal place.
- When a recipe calls for a whole fruit or vegetable, a medium sized piece is used to determine the nutrient analysis.
- If a recipe calls for eggs, large eggs are used to determine the nutrient analysis.
- 1% milk is used to determine the nutrient analysis whenever fluid milk is an ingredient in a recipe.
- Ground beef (27% fat) is used to determine the nutrient analysis whenever hamburger is used in a recipe. Using lean ground beef is an easy way to lower fat in main dishes.
- “Regular” products like sour cream, evaporated milk, peanut butter, soups, and salad dressing are used to determine the nutrient analysis whenever a recipe calls for them. Using “light” or “fat free” products lowers the total fat and/or calories in your menus.
- If an amount for an item in a recipe is not listed, that food was not included in the nutrient analysis.
- If a recipe does not state a specific ingredient type (i.e. fruit, juice, fish) to use, the items used for the nutrient analysis are listed in a note underneath the nutrient analysis box.

