

Updated Nutrition Requirements for DSNY Older Adult Food Delivery Contracts

Updated 071420

Food Group/Nutrient	Per Meal	Per Day	Per 6 meals (per box)- lunch and dinner only
<p>Protein Minimum</p> <p><i>Recommend no processed meat</i></p> <p><i>Recommend at least one protein per day is plant-based and features minimally processed plant food such as beans, lentils, peas, nuts, seeds, or soy (e.g. edamame, tofu)</i></p> <p><i>Recommend no more than 1 beef protein per box</i></p>	0-2 oz or equivalent	4 oz or equivalent	12 oz or equivalent
<p>Fruit/Vegetable Minimum</p> <p><i>Whole fruit and vegetables are encouraged</i></p>	2 cup equivalents	<p>4 cup equivalents</p> <p>Must include at least 1 cup equivalent of non-starchy vegetables</p> <p>Must include at least 1 cup equivalent of fruit</p>	<p>12 cup equivalents</p> <p>Must include at least 3 cups equivalent of non-starchy vegetables</p> <p>Must include at least 3 cup equivalents of fruit</p>
<p>Grain/Whole grains Minimum</p> <p><i>Use of all whole grains is encouraged</i></p>	2 ounces	4 ounces	<p>12 ounces minimum</p> <p>6 ounces are whole grain</p>
<p>Dairy Minimum</p> <p><i>Recommend use of unsweetened, low-fat dairy</i></p> <p><i>Dairy cannot be used for protein requirement</i></p>	<p>0-1 cup equivalents</p> <p>(1 recommended)</p> <p>See additional requirements below if serving milk (dairy or soy)</p>	<p>1 cup equivalents</p> <p>(2 recommended)</p> <p>See additional requirements below if serving milk (dairy or soy)</p>	<p>3 cup equivalents</p> <p>(6 recommended)</p> <p>See additional requirements below if serving milk (dairy or soy)</p>
Sodium	500-800 mg	1,000-1,600 mg	3,000-4,800 mg
Calorie	Minimum 600 calories per meal not to exceed 750 calories	Minimum 1,200 Calories per day not to exceed 1,500mg	Minimum 3,600 calories not to exceed 4,500

Saturated Fat	< 10% of total calories	< 10% of total calories	< 10% of total calories
Fiber	N/A	≥ 20g	≥ 60g
Additional Requirements	<p>No deep fried foods, candy, or desserts</p> <p>No beverages other than unsweetened milk or unflavored fluid calcium-fortified soymilk)</p> <p>Recommend soy milk has no more than 9g sugar per 8 fluid ounces</p>		
Additional Recommendation	<p>Recommend <10% of total calories per day come from added sugars</p> <p>Recommend increasing unsaturated plant oils (e.g., olive oil plant oils (e.g, butter, coconut and palm oils).</p>		

Notes:

- Substitutions due to supply chain issues should be made in consultation with City agency nutritionists.
- For all items: recommend limiting added sugars and sodium.
- The amount per meal estimates provision of 1/3 of the DRIs. Use of the meal pattern does not necessarily ensure that meals meet 33 1/3% of the DRIs and the Dietary Guidelines for Americans. Meals are likely to require specific types of fruits and vegetables, whole grains, and high fiber foods in order to ensure the key nutrients are met per USDA ChooseMyPlate.gov.
- “Cups”, “Ounces” and “equivalents” per USDA ChooseMyPlate.gov. For example, vegetable cup equivalents can be found here: <https://www.choosemyplate.gov/eathealthy/vegetables> (see “cup of vegetable table”).
- Caloric Value - USDA ChooseMYPlate.gov recommends the following: To achieve a healthy weight (as opposed to maintaining weight) for a 65 year old male, 194 pounds, 68 inches tall, less than 30 minutes physical activity = 2,000 per day; for a 65 year old female, 166 pounds, 63 inches tall, less than 30 minutes physical activity = 1,600 per day. Average heights and weights taken from average Americans 60+, described here: <https://www.cdc.gov/nchs/data/nhsr/nhsr122-508.pdf>