

Home Delivered Meals Guidelines

Nutrient Analysis Guidelines

1. When developing menus, MDHHS encourages every attempt to include key nutrients and to follow other dietary recommendations that relate to lessening chronic disease and improving the health of MI Choice participants. Diabetes, hypertension, and obesity are three prevalent chronic conditions among all adults in Michigan. Providers should pay special attention to nutritional factors that can help prevent and manage these and other chronic conditions.
2. Develop menu standards to sustain and improve a participant's health through the provision of safe and nutritious meals using specific guidelines.
3. Each meal served by the provider must meet the current U.S. Department of Agriculture/ Health and Human Services Dietary Guidelines and minimally contain 33 1/3 percent of the current DRI as established by the Food and Nutrition Board of the National Academy of Science, National Research Council.
4. The provider must offer meal components meeting the 33 1/3 percent of the DRI if the provider serves one meal per day. If the provider serves two meals per day, the provider must offer meal components meeting 66 2/3 percent of the DRI. If the provider serves three meals per day, the provider must offer meal components with 100 percent of the DRI.
5. Providers must design menu planning to:
 - a. Include a variety of foods, especially fruits, vegetables, and whole grains.
 - b. Increase the use of fresh or frozen fruits and vegetables, especially those high in potassium.
 - c. Avoid too much total fat, saturated fat, trans fat, and cholesterol. Encourage mono- and polyunsaturated fats.
 - d. Include foods with adequate complex carbohydrates and fiber.
 - e. Avoid too much refined carbohydrates and added sugars.
 - f. Encourage nutrient dense foods.
 - g. Avoid too much sodium by using salt free herbs and spices, cooking from scratch, and using less processed and manufactured foods.
 - h. Provide an appropriate number of calories to help maintain ideal body weight.
6. Providers must use person-centered planning principles when doing menu planning. Examples of person-centered menu planning include offering rather than serving food and providing choices of food as often as possible.
7. Providers should track the nutrients in the chart below on a daily basis and may average them weekly. The target value represents 1/3 of the DRI for a > 70 year old male and is the minimum amount. Compliance range represents acceptable minimum and maximum values as specified by the State to allow flexibility and participant satisfaction. Use fortified foods to meet Vitamin B12 needs.

<u>Nutrient</u>	<u>Target Values (Minimum)</u>	<u>Compliance Values Averaged over one week</u>
Calories	700	600-850
Protein	19 grams per meal	>=19 grams per meal
Total Fat Saturated Fat Trans Fat	<30% of calories <10% of calories No trans fat	<30% of calories No meal > 35% fat As low as possible
Fiber	10 grams	7 grams or higher
Calcium	400 mg	400 mg or higher
Magnesium (suggested food sources: bananas, raisins, legumes, nuts, whole grains, oatmeal, vegetables, milk, and milk products)	116 mg	116 mg or higher
Vitamin B6 (suggested food sources: fish, beef liver and other organ meats, potatoes and other starchy vegetables, fruit (excluding citrus), and fortified cereals)	0.6 mg	0.6 mg or higher
Vitamin B12 (suggested food sources: fish, red meat, poultry, eggs, milk and milk products, and fortified cereals)	0.8 mcg	0.8 mcg or higher
Vitamin C	30 mg	25 mg or higher
Sodium	800-1,200 mg	1,200 mg or less

8. These nutrients have been targeted for tracking because older adults frequently do not get enough of these nutrients, which affect bone and muscle health. Deficiencies can lead to balance problems and exacerbate existing chronic conditions.
9. Special Menus: To the extent practicable, adjust meals to meet any special dietary needs of the participants for health reasons, ethnic and religious preference, and to provide flexibility in designing meals that are appealing to participants.
10. Providers must be able to produce a nutrient analysis for a meal when requested by MDHHS, the waiver agency, a participant, a participant's family, or a medical provider. The provider does not have to list nutrient analysis on the menu.
11. Key recommendations from the USDA Dietary Guidelines for Americans (DGA) to consider when planning meals:
 - a. Consume a healthy eating pattern that accounts for all foods and beverages within an appropriate calorie level.
 - i. A variety of vegetables from all of the sub-groups- dark green, red and orange, legumes (beans and peas), starchy, and other.
 - ii. Fruits, especially whole fruits
 - iii. Grains, at least half of which are whole grains
 - iv. Fat-free, or low-fat dairy, including milk, yogurt, and cheese
 - v. A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes, nuts and seeds.
 - vi. Oils
 - b. Nutrient dense meals shall be planned using preparation and delivery methods that preserve the nutritional value of foods.
 - i. Consume less than 10% of calories per day from added sugars
 - ii. Consume less than 10% of calories per day from saturated fats

- iii. Consume less than 2300 grams of sodium per day (This may be averaged in your meal plans)
- c. The target for carbohydrate per meal is 75 grams. If the provider is following one of the suggested meal patterns from the Dietary Guidelines for Americans, the CHO grams should follow that pattern.

Meal Planning Guidelines

1. The provider may serve vegetarian meals as part of the menu cycle or as an optional menu choice. Vegetarian meals must include a variety of flavors, textures, seasonings, colors, and food groups in the same meal.
2. Breakfast meals may include any combination of foods that meet the meal planning guidelines.
3. Providers may present hot, cold, frozen, or shelf-stable meals as long as the meals conform to the meal planning guidelines.
4. Each meal should include the following food groups: bread or bread alternative, vegetables, fruit, dairy, and meat or meat alternatives. The provider should refer to <http://www.choosemyplate.gov> for serving sizes of each meal component.
5. Each program shall utilize a menu development process, which places priority on healthy choices and creativity, and includes, at a minimum:
 - a. Use of written or electronic standardized recipes.
 - b. Provision for review and approval of all menus by one of the following: a registered dietitian (R.D.), or an individual who is dietitian registration eligible, or a DTR.
 - c. Posting of menu to be served in a conspicuous place at each meal site, and at each place food is prepared. The provider must be able to provide information on the nutrition content of menus upon request; and
 - d. Modified diet menus may be provided, where feasible and appropriate, which take into consideration participant choice, health, religious and ethnic diet preferences.
6. Each provider shall use standardized portion control procedures to ensure that each meal served is uniform. At the request of a participant, standard portions may be altered or less may be served than the standard serving size. A participant may refuse one or more items. Less than standard portions shall not be served in order to 'stretch' available food to serve additional persons.

a. **Bread or Bread Alternatives** may include, but is not limited to:

Muffin	Cornbread	Biscuit	Waffle	French toast
English muffin	Tortilla	Pancakes	Bagel	Crackers
Granola	Graham Cracker	Dressing	Stuffing	Pasta
Sandwich bun	Cooked cereal	Bread, all types		

A variety of enriched or whole grain bread products, particularly those high in fiber, are recommended.

- b. **Vegetables** include traditional vegetables and dried beans, peas, lentils, 100% vegetable juice, raw leafy vegetables, and other beans.
- c. **Fruits** include traditional fruits; chopped, cooked, or canned fruit; 100% fruit juice; fresh, frozen, freeze-dried, juice, or canned fruit.
- d. **Milk or Milk Alternatives** include traditional milk products and may include, but is not limited to:

Buttermilk	Low-fat chocolate milk	Lactose-free milk
Powdered milk	Evaporated milk	Yogurt
Cottage cheese milk	Tofu	Calcium fortified soy, rice, or almond milk
Natural or processed cheese		

- e. **Meat or Meat Alternatives** include traditional meat products and may include, but is not limited to:

Eggs	Nuts	Cheese	Cottage Cheese	Dried beans
Dried lentils	Tofu	Nut butter	Tempeh	

A meat or meat alternative may be served in combination with other high protein foods. Avoid serving dried beans, nut butter, nuts, or tofu for consecutive meals or on consecutive days, except to meet cultural or religious preferences or for emergency meals.

Imitation cheese is made from vegetable oil, not from milk or milk products, and may not be served as a meat alternative.

Consider serving cured and processed meats (ham, smoked or Polish sausage, corned beef, dried beef) no more than once per week to limit sodium content of the meals.

- f. **Accompaniments**
Include traditional meal accompaniments as appropriate, e.g., condiments, spreads, and garnishes. Examples include mustard or mayonnaise with a meat sandwich; tartar sauce with fish; salad dressing with tossed salad; margarine with bread or rolls. Whenever feasible, provide fat alternatives. Minimize use of fat in food preparation. Fats should be primarily from vegetable sources and in a liquid or soft (spreadable) form that are lower in hydrogenated fat, saturated fat, trans fats, and cholesterol.
- g. **Desserts**
Serving a dessert is encouraged, but optional. Dessert suggestions include, but are not limited to fruit, fruit crisps with whole grain toppings, pudding with double milk, gelatin with fruit, low-fat frozen yogurt, and Italian ices. Limit the use of baked, commercial desserts to once per week.

h. Beverages

Fluid intake should be encouraged, as dehydration is a common problem in older adults. It is a good practice to have drinking water available.

Congregate: Milk and water must be offered with every meal. Coffee and/or tea, or other beverages, are optional.

Home Delivered: Milk, or a milk substitute, must be offered with every meal. If requested, water shall be provided.

Milk may be skim, 1%, 2%, full-fat or chocolate. It should be available to participants but is not required.