

## Oregon Menu Component Review

Site/Program \_\_\_\_\_

Food Group	Servings per meal/portion size	Meal 1	Meal 2	Meal 3
<b>Proposed meal</b>	Brief description of proposed meal.			
<b>Bread, cereal, rice, pasta</b>	<b>2 servings</b> 1 serving equals 1 slice bread; 1/2 cup cooked pasta, rice or cereal; 1 cup cold cereal. At least 1 serving should be whole grain products	1.	1.	1.
		2.	2.	2.
<b>Vegetable</b>	<b>2 servings</b> 1 serving equals ½ cup; 1 cup leafy; ¾ cup 100% vegetable juice. An additional vegetable may be served in place of a fruit; If corn, peas, squash, or other starchy vegetable, count as bread and include another vegetable. Look for dark green, red, orange or yellow vegetables.	1.	1.	1.
		2.	2.	2.
<b>Fruit</b>	<b>1 serving</b> 1 serving equals one medium whole fruit; ½ cup chopped, cooked, or canned; 1/2 cup 100% fruit juice			
<b>Milk or Milk Alternate</b>	<b>1 serving</b> 1 serving equals 1 cup fluid milk; 1 cup yogurt; 1 cup tofu processed with calcium salt; 1 1/2 oz. natural cheese. Select low or nonfat products.			
<b>Meat or Meat Alternate</b>	<b>1 serving</b> 1 serving equals 2.5-3 oz meat, fish poultry; ¾ cup cooked beans, peas, or lentils; 7 oz soy burger; 3 Tbsp peanut butter; 3 eggs; 1 1/2 cups tofu			

## Food Preparation Tips and Guidelines

- Include a variety of foods, especially fruits, vegetables and whole grains.
- Prepare most foods without adding salt. To flavor foods, use salt-free herbs and spices, salt-free seasonings, lemon juice, lime juice or vinegar.
- When using high sodium condiments such as ketchup, barbeque and teriyaki sauce, prepared mustard, seasoned salts, bouillon, pickles and olives, balance the menu with low sodium choices.
- Light soy sauce should be used to replace regular soy sauce and used infrequently. Monosodium glutamate (MSG) should not be used in food preparation.
- When feasible, select low sodium versions of canned soups, tomatoes, vegetables and salad dressings in place of regular canned/bottled items. If possible, prepare low sodium, low fat soup and gravy stocks rather than purchase. Make sauces and gravies without fat. Add starch to cold liquid, instead of blending starch with fat, before cooking for thickeners.
- Use low fat cooking methods such as baking, broiling or steaming. Do not add fat to cooked meats or vegetables.
- Use all types of fish, lean cuts of meat, and poultry without skin.
- Substitute beans, peas, and lentils for some meat. For example, modify recipes to include well-cooked lentils along with meat in pasta sauce or use whole-wheat flour as a thickener or extender in some dishes.
- Select low fat, low sodium bread and cheese when feasible.
- Substitute vegetable oils (ex. canola oil) for shortening, soft margarine for butter. Lard should not be used.
- Use products that indicate zero grams of trans fat per serving on the label and no partially hydrogenated oils in the ingredient list.
- Offer fruit desserts: fruit cup, fruit crisp, fruit cobbler, fruited gelatin (containing ½ cup fruit)
- Offer water with meals. Avoid offering sugary beverages such as fruit punch, lemonade, sodas and sports drinks. Sugary beverage consumption is linked to obesity and many health problems, including diabetes, coronary heart disease, and high blood pressure.
- Use food servers/scoops to help provide appropriate serving sizes.