



Great Plates Delivered

Nutritional Requirements

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Food provider meals must meet the following nutritional requirements:

- Provide 3 meals a day
- Do not provide sugary drinks (see below definition) - allowable beverages:
 - ✓ Water, unsweetened tea and coffee
 - ✓ Fruit-based and vegetable-based drinks that are 100% juice (without added sweeteners)
 - ✓ Milk products, including 1%, nonfat, soy, rice, & other similar non-dairy milk without added sweeteners
 - ✓ Other beverages that do not exceed 25 calories per 8 ounces
- All meals should be low in sodium (see below guidelines)
- Lunch and dinner must follow food group and serving guidelines (see below chart)

Definition of Sugary Drinks:

All sodas, fruit drinks, sport drinks, low-calorie drinks and other beverages that contain added caloric sweeteners, such as sweetened tea, rice drinks, bean beverages, sugar cane beverages and nonalcoholic wines.

Guidelines for Low-Sodium Meals:

If including pre-packaged items:

- ✓ Beverages and sides should contain no more than 230mg sodium per serving
- ✓ Entrees should contain no more than 600mg sodium per serving
- ✓ The total meal (beverages, sides, and entrée included) should contain no more than 800mg per serving

If preparing entirely fresh:

- ✓ Use low-sodium sauces and flavorings
- ✓ Use no more than 1/3 teaspoon standard table salt per each full meal

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Food Group	Required Servings Per Meal	Dietary Guidelines Servings Per Meal
Protein	3 ounces	<ul style="list-style-type: none"> ✓ 3 oz servings whole or ground meats, chicken or fish. Limit ground meat three times per week.
	2 ounces	<ul style="list-style-type: none"> ✓ 2 oz meat or meat alternate used in salad entrée recipes. ✓ 2 oz meat or meat alternate used in sandwich recipes. ✓ Limit sandwiches to 3 times per week.
Vegetable/Fruit	2-3 servings	<p>Vegetables:</p> <ul style="list-style-type: none"> ✓ For most vegetables, one serving is ½ cup; for salad greens, one serving 1 full cup ✓ Must be non-starchy; potatoes are counted in the grain/starch food group ✓ Should not be fried; okay to serve raw, steamed, baked, grilled, or cooked into the entree <p>Fruit:</p> <ul style="list-style-type: none"> ✓ ½ cup or 1 piece of fruit for dessert counts as 1 serving. ✓ If canned, should be packed in unsweetened juice or water (not syrup)
Grain/Starch	1 serving	<ul style="list-style-type: none"> ✓ 1 serving per meal such as 1 slice whole grain bread or ½ cup rice or pasta. ✓ Frequently use brown rice, whole grain pasta, or half brown and white rice mixture. ✓ Try to incorporate grains like quinoa, bulgur, or barley. ✓ Should have 3 grams fiber/serving. ✓ Half of all grains must be whole grains.
Beverages	1 serving	<ul style="list-style-type: none"> ✓ 6 to 8 oz water (for others, refer footnote #2)