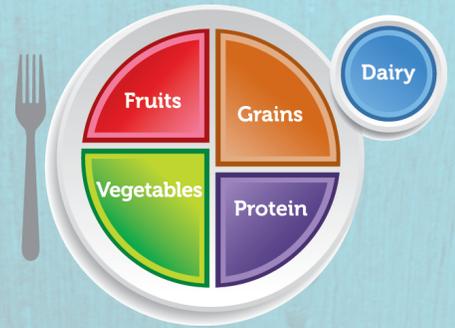


NUTRITION GUIDELINES

Thousands of meals and snacks are served to children, adults, and seniors at hundreds of community centers, hot meal programs, and food pantries every day in the Greater Cleveland Area. These guidelines were developed by greater Cleveland health partners to help direct agencies to provide nutrient-dense options for purchasing and preparing foods.



Choose **MyPlate**.gov

Fruits & Veggies



Vary the color of fruits and vegetables



Canned fruits are packed in water or unsweetened juice.



Canned/frozen veggies should have <300mg sodium per serving



Produce sourced from local farms when available



Juice is 100% juice



Limit starchy vegetables including corn, peas, and potatoes.

Carbs/Starch



>50% of served grains are whole grain



Sliced bread contains 2 grams of fiber or more per serving



Cereals contain less than 10 grams of sugar per serving

Protein



Choose lean protein like skinless chicken, fish, turkey, 85/15 or 90/10 ground beef

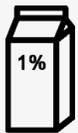
3-4oz.

Limit protein to a maximum of 3-4 ounces per serving



Offer vegetarian protein sources such as beans, eggs, and nuts. Canned beans should be low sodium & rinsed before serving.

Dairy



Milk is 1% or fat-free. Flavored milk is fat-free



Dairy-free milk substances such as soy, almond or rice



Low-fat or fat-free yogurt, part-skim cheeses, & reduced sugar options

Fat



Limit total fat intake w/ most fat coming from healthy unsaturated fats, such as vegetable oils and fish



Avoid trans-fat in any food products that are prepared and served



Avoid deep frying of food

3 Healthy Tips to Maximize Nutrition:

1

Provide a variety of food, high in nutrients, low in sugar and fat

2

Serve healthy beverages, including tap water, 100% juice, unsweetened iced tea, and low fat milk

3

Avoid empty calories and non-nutritive foods (baked good, sugary drinks/soda, overuse of condiments)