

Nutrient Assessment Requirement for Certification

Nutrition Services
Nebraska Department of Education
September, 2012



1

Simplified Nutrient Assessment vs. Nutrient Analysis

- For each menu submitted the SFA must complete either Option 1 or Option 2.
 1. Complete Nutrient Analysis (Option 1)
 - * Only schools with approved USDA software
 2. Simplified Nutrient Assessment (Option 2)
 - * Majority of schools will complete this option



2

Option 1 – A Nutrient Analysis

- SFA must have an approved USDA software.
- Complete a full nutrient analysis showing the calories and saturated fat for the week.
 - *and the completed Certification Worksheet*
 - *Not required to complete the Simplified Nutrient Assessment (Tab 12) in the worksheet.*
- SFA may use Option 2 - Simplified Nutrient Assessment instead.



3

Option 2 – The Simplified Nutrient Assessment

- Remainder of this presentation is how to complete Tab 12 inside of the Certification Worksheet for the Simplified Nutrient Assessment requirement.



4

Simplified Nutrient Assessment Option 2

- Required for SFAs that do not submit a full nutrient analysis as part of their Certification application.
- Certification Worksheet, Tab 12
- The Simplified Nutrient Assessment is meant to be a proxy for a full nutrient analysis



5

Tab 11 – Nutrient Instructions

Simplified Nutrient Assessment Instructions

REMEMBER TO PERIODICALLY SAVE THE WORKSHEET AS IT IS BEING COMPLETED!!!!

Key Information

SFAs must provide calorie and saturated fat information for all meal items, side items with grains and/or meat/meat alternates, and desserts. The Simplified Nutrient Assessment does NOT have this capability. Information can be collected from nutrition labels, product specifications, or other sources (including nutrient analysis software or an online system such as the CNPP SuperTracker).

SFAs do not need specific calorie or saturated fat information for milk, fruits, or vegetables. Estimates for these components have been preprogrammed.

SFAs that have nutrient analysis software may still choose the FNS simplified assessment option if desired.

Friday / Weekly Report / **Nutrient Instructions** / Simplified Nutrient Assessment /



6

Hyperlinks

Main Dish Simplified Nutrient Data Entry

The middle section is entitled "Main Dish Simplified Nutrient Data Entry."

All meals offered over the week have been pre-populated (column M1).

In column M2, enter the Main Dish, the part of the meal associated with the information entered in columns M3-M5 (calories, saturated fat, number of planned weekly servings).

For each meal, the user must enter calories, saturated fat and the number of main dishes prepared over the course of the entire week (columns M3 through M5). If a meal is served more than once per week, add the number of servings for all days offered together.

Only include the calories and saturated fat for the main dish and any components included as part of the main dish.

Use standard rounding procedures to two decimal points.

Some double counting may occur with main dishes containing large amounts of fruits or vegetables (e.g. chef salad). If possible to report calorie and saturated fat information for main dish and exclude vegetables/fruits it contains, this is acceptable. Otherwise, report calorie and saturated fat information in entire main dish.

Include calorie and saturated fat information for condiments in Main Dish section (columns M3-M5), OR in the Desserts, Sides, and

NEBRASKA DEPARTMENT OF EDUCATION 7

Tab 12 Simplified Nutrient Assessment

Simplified Nutrient Assessment for Lunch, Grades K-5

[Click here to go to Optional Serving Size and Fraction Calculator](#)

Main Dish Simplified Nutrient Data Entry

Enter the calories and saturated fat for one serving of the main dish and the number of servings planned during the week. Only include the calories and saturated fat for the main dish and any components included as part of the main dish. The number of planned serving should include all sites serving the menu type.

The standard rounding procedure is to two decimal points.

M1	M2	M3	M4	M5
Meal Name	Main Dish	Calories/serving (cal)	Saturated Fat/serving (g)	Number of planned servings for the week
This column is pre-populated with the meal names entered on the "All Meals" tab	The part of the meal associated with the information entered in columns M3-M5			
Example: Chicken nuggets w/ roll and honey sauce	Chicken Nuggets	250		4
				100

NEBRASKA DEPARTMENT OF EDUCATION 8

Key Information

- Estimates for calorie and saturated fat information for milk, fruits, and vegetables are pre-programmed, based on the questions in the worksheet
- SFAs must provide calorie and saturated fat information for all main dish items, side items with grains and/or meat/meat alternates, desserts, and condiments. Information can be collected from nutrition labels and product specifications.
- Scratch recipes must be standardized. Sources such as nutrient analysis software products or web-based tools (e.g., the CNPP SuperTracker) can be used to determine calories and saturated fat for standardized recipes.

NEBRASKA DEPARTMENT OF EDUCATION 9

SuperTracker

- SuperTracker:
- SuperTracker Website: <https://www.choosemyplate.gov/SuperTracker/default.aspx>
- Select a similar menu item or use MyCombo to enter the ingredients by individual serving.



Choose **MyPlate**.gov

NEBRASKA DEPARTMENT OF EDUCATION 10

Nutrient Assessment Sections

- Fruit
 - ✓ Percent with added Sugar and Fat
- Milk
 - ✓ Variety
- Vegetable Subgroups
 - ✓ Percent with added Fat
 - ✓ For Red/Orange group percent with added Fat & Sugar
- Main Entrée and Sides
 - ✓ Calorie, Saturated Fat & Number of Portions

NEBRASKA DEPARTMENT OF EDUCATION 11

Fruit, Vegetable, & Milk Sections

- You will select the best option on how each component is offered throughout the week regarding added fat or/and sugar.
- Estimates for these components have been preprogrammed based on your selection

NEBRASKA DEPARTMENT OF EDUCATION 12

 **NEBRASKA DEPARTMENT OF EDUCATION**
Nutrition Services

2

Fruit Section

- Fruits prepared as cobblers or crisps should be entered under Other Items: Sides, Desserts, or Condiments, where you will enter calories, saturated fat and planned servings

13

Common Sources of Fat/Sugar added to Fruit or Vegetables

Common sources of fats

- Butter
- Margarine
- Vegetable oil (soybean, canola, olive, nut based)
- Salad dressing
- Mayonnaise
- Cream/whipped cream/sour cream
- Shortening
- Bacon crumbles

Common sources of added sugars

- Brown or white sugar
- Honey
- Maple and/or fruit syrup

 NEBRASKA DEPARTMENT OF EDUCATION

14

Fruit Section

Select the option best representing how each component is offered throughout the week. Only select one option per component. Include fat and sugars used during preparation of the food as well as any additional fats and/or sugars offered with the component.

Fruit (cups)			
Average serving size:	0	Total Weekly servings:	0
Fruit is offered throughout the week with added fat:		Fruit is offered throughout the week with added sugar:	
<input type="radio"/> Less than 30% of the total fruit offerings <input type="radio"/> 30% to 70% of the total fruit offerings <input type="radio"/> More than 70% of the total fruit offerings <input type="radio"/> Fruit not offered		<input type="radio"/> Less than 30% of the total fruit offerings <input type="radio"/> 30% to 70% of the total fruit offerings <input type="radio"/> More than 70% of the total fruit offerings <input type="radio"/> Fruit not offered	

 NEBRASKA DEPARTMENT OF EDUCATION

15

Fruit Section

Fruit Example 1:

5 cups of fruit offered over the week
 2 cups canned in light syrup, 3 cups fresh/plain fruit, no fat added.

Fat
 Result: select "Less than 30% of the total fruit offerings"

Sugar
 $2 \div 5 = .4$ or 40% of the time
 Result: select "30% to 70% of the total fruit offerings"

 NEBRASKA DEPARTMENT OF EDUCATION

16

Fruit Section

Select the option best representing how each component is offered throughout the week. Only select one option per component. Include fat and sugars used during preparation of the food as well as any additional fats and/or sugars offered with the component.

Fruit (cups)			
Average serving size:	1	Total Weekly servings:	5
Fruit is offered throughout the week with added fat:		Fruit is offered throughout the week with added sugar:	
<input type="radio"/> Less than 30% of the total fruit offerings <input type="radio"/> 30% to 70% of the total fruit offerings <input type="radio"/> More than 70% of the total fruit offerings <input type="radio"/> Fruit not offered		<input type="radio"/> Less than 30% of the total fruit offerings <input type="radio"/> 30% to 70% of the total fruit offerings <input type="radio"/> More than 70% of the total fruit offerings <input type="radio"/> Fruit not offered	

 NEBRASKA DEPARTMENT OF EDUCATION

17

Milk Section

Milk (cups)			
Average serving size:	0	Total weekly servings:	0
What two types of milk are offered most during the week?			
<input type="radio"/> Nonfat unflavored & nonfat flavored <input type="radio"/> Nonfat unflavored & low-fat (1%) unflavored <input type="radio"/> Low-fat (1%) unflavored & nonfat flavored <input type="radio"/> Milk not offered			

 NEBRASKA DEPARTMENT OF EDUCATION

18

Milk Section

- Select the button describing which 2 milk offerings are most frequently served this week.
- Only ONE selection can be made.
- Refer to historical usage, inventory records, etc., and select the best choice.

 NEBRASKA DEPARTMENT OF EDUCATION 19

Milk Variety Example

4 Days a week	Skim White & 1% White
Friday Only	Skim White & Skim Chocolate

Select "Nonfat unflavored & low-fat unflavored"

 NEBRASKA DEPARTMENT OF EDUCATION 20

Milk Section

Milk (cups)			
Average serving size:	1	Total weekly servings:	5
What two types of milk are offered most during the week?			
<input type="radio"/> Nonfat unflavored & nonfat flavored <input type="radio"/> Nonfat unflavored & low-fat (1%) unflavored <input type="radio"/> Low-fat (1%) unflavored & nonfat flavored <input type="radio"/> Milk not offered			

 NEBRASKA DEPARTMENT OF EDUCATION 21

Vegetable Subgroups

Each of the vegetable subgroups is in a separate colored box

First box is dark green vegetables.
Select the button that best describes added fat in offered dark green vegetables.

Only ONE selection can be made.

For red/orange, select both an added fat option and an added sugar option.

 NEBRASKA DEPARTMENT OF EDUCATION 22

Dark Green Subgroup

Vegetable Subgroups Select the option that best represents how each subgroup is offered throughout the week. Include fats and sugars added during preparation as well as any additional fats and/or sugars offered with the vegetables.	
Dark Green Vegetables (cups)	
Weekly maximum dark green vegetables to select:	2
Dark Green vegetables are offered throughout the week with added fat:	
<input type="radio"/> Less than 30% of the total dark green offerings <input type="radio"/> 30% to 70% of the total dark green offerings <input type="radio"/> More than 70% of the total dark green offerings <input type="radio"/> Dark green vegetables not offered	

Example
 2 creditable cups of dark green vegetables offered
 1 cup raw spinach for a salad
 1 cup broccoli w/cheese sauce

Remember: Since the spinach is a leafy green 2 cups are offered to equal 1 creditable cup

1 cup ÷ 2 cups = .5 or 50%

Select
 "30% to 70% of the total dark green offerings"

 NEBRASKA DEPARTMENT OF EDUCATION 23

Red / Orange Subgroup

Example
 1 ½ cups of red/orange vegetables offered
 ½ cup carrots w/brown sugar/butter,
 ½ cup tomatoes
 ½ cup sweet potato w/marshmallows

Added Fat: $\frac{1}{2} \text{ cup} \div 1 \frac{1}{2} \text{ cups} = .33 \text{ or } 33\%$
Select "30% to 70% of the total red/orange offerings"

Added Sugar: $1 \text{ cup} \div 1 \frac{1}{2} \text{ cups} = .67 \text{ or } 67\%$
Select "30% to 70% of the total red/orange offerings"

 NEBRASKA DEPARTMENT OF EDUCATION 24

Red / Orange Subgroup

Vegetable Subgroups
Select the option that best represents how each subgroup is offered throughout the week. Include fats and sugars added during preparation as well as any additional fats and/or sugars offered with the vegetables.

Red/orange Vegetables (cups)	
Weekly maximum red/orange vegetables to select:	1 ½

Red/orange Vegetables are offered throughout the week with added fat:

<input type="radio"/> Less than 30% of the total red/orange offerings <input type="radio"/> 30% to 70% of the total red/orange offerings <input type="radio"/> More than 70% of the total red/orange offerings <input type="radio"/> Red/orange vegetables not offered	<input type="radio"/> Less than 30% of the total red/orange offerings <input type="radio"/> 30% to 70% of the total red/orange offerings <input type="radio"/> More than 70% of the total red/orange offerings <input type="radio"/> Red/orange vegetables not offered
---	---

25

Beans / Peas (Legumes) Subgroup

Vegetable Subgroups
Select the option that best represents how each subgroup is offered throughout the week. Include fats and sugars added during preparation as well as any additional fats and/or sugars offered with the vegetables.

Beans/peas (legumes) (cups)	
Weekly maximum beans/peas to select:	0

Beans/Peas are offered throughout the week with added fat:

<input type="radio"/> Less than 30% of the total beans/peas (legumes) offerings <input type="radio"/> 30% to 70% of the total beans/peas (legumes) offerings <input type="radio"/> More than 70% of the total beans/peas (legumes) offerings <input type="radio"/> Beans/peas not offered	<input type="radio"/> Less than 30% of the total red/orange offerings <input type="radio"/> 30% to 70% of the total red/orange offerings <input type="radio"/> More than 70% of the total red/orange offerings <input type="radio"/> Red/orange vegetables not offered
--	---

Example
 1 ½ cups of legumes offered:
 ½ cup refried beans
 ¼ cup garbanzo beans
 ¼ cup black beans
 ¼ cup pinto beans

$1/2 \text{ cup} \div 1 \frac{1}{2} \text{ cups} = .33 \text{ or } 33\%$

Select
 "30% to 70% of the total legume offerings"

26

Starchy Subgroup

Vegetable Subgroups
Select the option that best represents how each subgroup is offered throughout the week. Include fats and sugars added during preparation as well as any additional fats and/or sugars offered with the vegetables.

Starchy Vegetables (cups)	
Weekly maximum Starchy Vegetables to select:	0

Starchy vegetables are offered throughout the week with added fat:

<input type="radio"/> Less than 30% of the total starchy offerings <input type="radio"/> 30% to 70% of the total starchy offerings <input type="radio"/> More than 70% of the total starchy offerings <input type="radio"/> Starchy vegetables not offered	<input type="radio"/> Less than 30% of the total red/orange offerings <input type="radio"/> 30% to 70% of the total red/orange offerings <input type="radio"/> More than 70% of the total red/orange offerings <input type="radio"/> Red/orange vegetables not offered
---	---

Example
 1 cup of starchy vegetables offered
 ½ cup green peas
 ½ cup potatoes w/ cheese

$1/2 \text{ cup} \div 1 \text{ cup} = .5 \text{ or } 50\%$

Select
 "30% to 70% of the total starchy vegetable offerings"

27

Other Vegetable Subgroup

Vegetable Subgroups
Select the option that best represents how each subgroup is offered throughout the week. Include fats and sugars added during preparation as well as any additional fats and/or sugars offered with the vegetables.

Other Vegetables (cups)	
Weekly maximum other Vegetables to select:	0

Other vegetables are offered throughout the week with added fat:

<input type="radio"/> Less than 30% of the total other offerings <input type="radio"/> 30% to 70% of the total other offerings <input type="radio"/> More than 70% of the total other offerings <input type="radio"/> Other vegetables not offered	<input type="radio"/> Less than 30% of the total red/orange offerings <input type="radio"/> 30% to 70% of the total red/orange offerings <input type="radio"/> More than 70% of the total red/orange offerings <input type="radio"/> Red/orange vegetables not offered
---	---

Example
 1 cup of other vegetables offered
 ½ cup baked zucchini sticks
 ½ cup cauliflower
 ¼ cup green beans

$1/2 \text{ cup} \div 1 \text{ cup} = .5 \text{ or } 50\%$

Select
 "30% to 70% of the total starchy vegetable offerings"

28

Main Dish Reporting

- Columns: M1 - M5 for reporting the Main Dish
- M1 is pre-populated with the meals from the "All Meals" tab.
- In M2, identify the main dish:
 – The part of the meal associated with the information you will enter in columns M3-M5
- Columns M3 and M4: Calories and saturated fat in main dish
- Do NOT include calorie or saturated fat information for meal components outside of the main dish.

29

Main Dish Reporting

Main Dish Simplified Nutrient Data Entry				
Enter the calories and saturated fat for one serving of the main dish and the number of servings planned during the week. Only include the calories and saturated fat for the main dish and any components included as part of the main dish. The number of planned serving should include all sites serving the menu type. Use standard rounding procedures to two decimal points				
M1	M2	M3	M4	M5
Meal Name	Main Dish	Calories/ serving (kcal)	Saturated Fat/serving (g)	Number of planned servings for the week
This column is pre-populated with the meal names entered on the "All Meals" tab	The part of the meal associated with the information entered in columns M3-M5			

30

Main Dish Calories and Saturated Fat

- Some double counting may occur with main dishes containing large amounts of fruits or vegetables
- Example: Chef salad
 - Report only calorie and saturated fat for the main dish (meat/cheese/croutons)
 - Exclude the vegetables (lettuce/vegetables) which are already counted in your vegetable portion.
 - Otherwise the lettuce/vegetables calories will be counted twice

Main Dish vs. Sides

- Report calorie and saturated fat information for condiments
 - in the *Main Dish* box (columns M3-M5)
- OR**
- in the *Other Items: Sides, Desserts and Condiments* box (columns O1-O4).

Main Dish Planned Servings

- **M5:** Enter the number of planned servings for the week.
- If the item is served more than once that week, add the number of servings for all days offered.
- Rely on production records and historical data.
- For multiple schools record the planned servings for all schools combined.

Example of Main Dish Reporting

Meal name is "Chicken nuggets w/roll and honey sauce."

Example 1

- Only chicken nuggets nutrient information entered.
- M2: type "Chicken nuggets".
- The roll and honey sauce will be entered under *Other Items: Sides Desserts and Condiments*.

Example 2

- Chicken nugget + honey sauce + roll nutrient information entered.
- M2: type "Chicken nuggets w/honey sauce and roll".

Example 1

Main Dish Simplified Nutrient Data Entry				
Enter the calories and saturated fat for one serving of the main dish and the number of servings planned during the week. Only include the calories and saturated fat for the main dish and any components included as part of the main dish. The number of planned serving should include all sites serving the menu type. Use standard rounding procedures to two decimal points				
M1	M2	M3	M4	M5
Meal Name This column is pre-populated with the meal names entered on the "All Meals" tab	Main Dish The part of the meal associated with the information entered in columns M3-M5	Calories/serving (kcal)	Saturated Fat/serving (g)	Number of planned servings for the week
Chicken Nuggets w/ Roll and Honey Sauce	Chicken Nuggets	250	4	100

Example 2

Main Dish Simplified Nutrient Data Entry				
Enter the calories and saturated fat for one serving of the main dish and the number of servings planned during the week. Only include the calories and saturated fat for the main dish and any components included as part of the main dish. The number of planned serving should include all sites serving the menu type. Use standard rounding procedures to two decimal points				
M1	M2	M3	M4	M5
Meal Name This column is pre-populated with the meal names entered on the "All Meals" tab	Main Dish The part of the meal associated with the information entered in columns M3-M5	Calories/serving (kcal)	Saturated Fat/serving (g)	Number of planned servings for the week
Chicken Nuggets w/ roll and honey sauce	Chicken nuggets, roll, honey sauce	450	6	100

Entrée Served Multiple Days

Main Dish Simplified Nutrient Data Entry				
Enter the calories and saturated fat for one serving of the main dish and the number of servings planned during the week. Only include the calories and saturated fat for the main dish and any components included as part of the main dish. The number of planned servings should include all sites serving the menu type. Use standard rounding procedures to two decimal points.				
M1	M2	M3	M4	M5
Meal Name <small>This column is pre-populated with the meal names entered on the "All Meals" tab</small>	Main Dish <small>The part of the meal associated with the information entered in columns M3-M5</small>	Calories/ serving (kcal)	Saturated Fat/serving (g)	Number of planned servings for the week
Hamburger on a Bun	Hamburger on a bun	375	7	500

Hamburger on bun offered
Monday (200 servings) and Thursday (300 servings)

NEBRASKA DEPARTMENT OF EDUCATION 37

Other Items: Sides, Desserts, & Condiments

- Columns O1 – O4
- Do NOT include anything already counted as part of the main dish.
- Condiments: Enter individual planned servings or by bulk

NEBRASKA DEPARTMENT OF EDUCATION 38

Condiment by Serving

Other Items: Sides, Desserts, Condiments Nutrient Data Entry			
Enter the calories and saturated fat for each side, dessert, and condiment offered. Also enter the number of servings planned during the week. Use standard rounding procedures to two decimal points.			
O1	O2	O3	O4
Dessert, Side, or Condiment	Calories/serving (kcal)	Saturated Fat/serving (g)	Number of planned servings for the week
Salad Dressing	73	1.2	256
The salad dressing may be reported per serving			

Serving size 1 T:
256 planned servings,
73 calories 1.2 grams saturated fat

NEBRASKA DEPARTMENT OF EDUCATION 39

Condiment by Bulk

Other Items: Sides, Desserts, Condiments Nutrient Data Entry			
Enter the calories and saturated fat for each side, dessert, and condiment offered. Also enter the number of servings planned during the week. Use standard rounding procedures to two decimal points.			
O1	O2	O3	O4
Dessert, Side, or Condiment	Calories/serving (kcal)	Saturated Fat/serving (g)	Number of planned servings for the week
Salad Dressing	18,688	307.2	1
The salad dressing may be reported as a bulk quantity			

1 gallon offered over the week
18,688 calories, 307.2 grams saturated fat

NEBRASKA DEPARTMENT OF EDUCATION 40

Sides and Desserts

- These items have not been pre-populated.
- Enter all the sides and desserts:
 - Items such as rice pilaf, breadstick or whole grain cookie that were not part of the main dish
- Use nutrition labels or other sources for calorie and saturated fat.
- Enter the number of planned servings for the week.

NEBRASKA DEPARTMENT OF EDUCATION 41

Nutrient Assessment Results

- “Simplified Nutrient Assessment Results” can be viewed from the Instruction tab hyperlink .
- Or scroll down column M5, below the Main Dish section.
- “Daily Amounts Based on the Average for a 5-day week,” shows the average calories and percentage of calories from saturated fat.

NEBRASKA DEPARTMENT OF EDUCATION 42

Simplified Nutrient Assessment

- If the menu meets requirements, the Assessment box turns green.
- If the menu is within 25 calories of the required calorie range, or within half a percentage point of the saturated fat limit, the Assessment box turns yellow.
- This provides SFAs an opportunity to work with Nutrition Services as to why the menu is not within the range, without an immediate rejection.
- If calories or saturated fat are beyond the cautionary range, the Assessment box turns red.

In Target Range

Daily Amounts Based on the Average for a 5-day week			
Nutrient	Measure	Required Range	Assessment
Calories	Daily Average	750-850 kcal	Estimated calories are within the required range
	765.00		
Saturated Fat	Percent of Calories	Less than 10% of total calories	Estimated percent of saturated fat meets the requirement
	8.25%		

Out of Range

Daily Amounts Based on the Average for a 5-day week			
Nutrient	Measure	Required Range	Assessment
Calories	Daily Average	750-850 kcal	Estimated calories are NOT within the required range.
	685		
Saturated Fat	Percent of Calories	Less than 10% of total calories	Estimated percent of saturated fat Does NOT meet the requirement
	11.25%		

DO NOT submit the worksheet you must re-evaluate the menu and adjust meal options as needed to ensure compliance.

Certification Packet

- Menus for the week certifying
- Certification Worksheet Excel Files
- Completed Attestation Statement

Uploading Certification Packet

- Completed packet will be uploaded to the CNP Website.
- Nutrition Services is currently working revising the CNP Website to allow uploading.
- Schools will be notified when the system is ready.
 - E-mail Notification
 - Instructions will be posted on the Website.

Wait for Notification

- Complete the worksheet, assessment and wait for notification from Nutrition Services on how to upload.
- Continue to plan and serve meals that meet the current meal pattern requirements.
- Keep good records of your food service program.

Approval Process

- Nutrition Services will review the Certification Worksheets and Simplified Nutrient Assessments to ensure compliance with the new meal pattern.
- SFAs will be notified in writing of certification.