Nutrient Assessment Requirement for Certification

Nutrition Services
Nebraska Department of Education
September, 2012

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

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.

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.

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

Tab 11 – Nutrient Instructions

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

Key Information
SFAs must provide calorie and saturated fat information for all menu items, side items with grains and/or non-starchy vegetables, 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 InputTracker). SFAs do not need specific calorie or saturated fat information for milk, fish, or vegetables. Estimates for these components have been preprogrammed.
SFAs that have current analysis software may still choose the PNS simplified assessment option if desired.
Hyperlinks

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.

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

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.

SuperTracker

- SuperTracker Website: https://www.choosemyplate.gov/SuperTracker/default.aspx

- Select a similar menu item or use MyCompo to enter the ingredients by individual serving.
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

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

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 fat and/or sugars offered with the component.

### Fruit (cups)

<table>
<thead>
<tr>
<th>Average serving size</th>
<th>Total Weekly servings</th>
<th>Fruit is offered throughout the week with added fat</th>
<th>Fruit is offered throughout the week with added sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>0</td>
<td>☐ less than 30% of the total fruit offerings</td>
<td>☐ less than 30% of the total fruit offerings</td>
</tr>
<tr>
<td>0</td>
<td>0</td>
<td>☐ 30% to 70% of the total fruit offerings</td>
<td>☐ 30% to 70% of the total fruit offerings</td>
</tr>
<tr>
<td>0</td>
<td>0</td>
<td>☐ More than 70% of the total fruit offerings</td>
<td>☐ More than 70% of the total fruit offerings</td>
</tr>
<tr>
<td>0</td>
<td>0</td>
<td>☐ Fruit not offered</td>
<td>☐ Fruit not offered</td>
</tr>
</tbody>
</table>

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 fat and/or sugars offered with the component.

### Milk (cups)

<table>
<thead>
<tr>
<th>Average serving size</th>
<th>Total weekly servings</th>
<th>Milk is offered throughout the week</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td></td>
<td>☐ Nonfat unflavored &amp; nonfat flavored</td>
</tr>
<tr>
<td>0</td>
<td></td>
<td>☐ Nonfat unflavored &amp; low-fat (1%) unflavored</td>
</tr>
<tr>
<td>0</td>
<td></td>
<td>☐ Low-fat (3%) unflavored &amp; nonfat flavored</td>
</tr>
<tr>
<td>0</td>
<td></td>
<td>☐ Milk not offered</td>
</tr>
</tbody>
</table>

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
- $2 \times 5 = 10$ or 40% of the time
- Result: select “30% to 70% of the total fruit offerings”

Milk Section

<table>
<thead>
<tr>
<th>Milk (cups)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Average serving size</td>
</tr>
<tr>
<td>0</td>
</tr>
</tbody>
</table>

What two types of milk are offered most during the week?

- ☐ Nonfat unflavored & nonfat flavored
- ☐ Nonfat unflavored & low-fat (1%) unflavored
- ☐ Low-fat (3%) unflavored & nonfat flavored
- ☐ Milk not offered
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.

Milk Variety Example

<table>
<thead>
<tr>
<th>4 Days a week</th>
<th>Skim White &amp; 1% White</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday Only</td>
<td>Skim White &amp; Skim Chocolate</td>
</tr>
</tbody>
</table>

Select "Nonfat unflavored & low-fat unflavored"

Milk Section

<table>
<thead>
<tr>
<th>Weekly serving size</th>
<th>1</th>
<th>Total weekly servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>What two types of milk are offered most during the week?</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Nonfat unflavored &amp; nonfat flavored</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Nonfat unflavored &amp; low-fat (1%) unflavored</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Low-fat (1%) unflavored &amp; nonfat flavored</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Milk not offered</td>
<td></td>
</tr>
</tbody>
</table>

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.

Dark Green Subgroup

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"

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: ½ cup ÷ 1 ½ cups = .33 or 33%
Select "30% to 70% of the total red/orange offerings"

Added Sugar: 1 cup ÷ 1 ½ cups = .67 or 67%
Select "30% to 70% of the total red/orange offerings"
Red / Orange Subgroup

Example
1 cup of starchy vegetables offered
½ cup green peas
½ cup potatoes w/ cheese
1/2 cup + 1 cup = .5 or 50% 
Select “30% to 70% of the total starchy vegetable offerings”

Beans / Peas (Legumes) Subgroup

Example
1 ½ cups of legumes offered:
½ cup red beans
½ cup garbanzo beans
½ cup black beans
1/2 cup + 1 ½ cups = .33 or 33% 
Select “30% to 70% of the total legume offerings”

Starchy Subgroup

Example
1 cup of starchy vegetables offered
½ cup green peas
½ cup potatoes w/ cheese
1/2 cup + 1 cup = .5 or 50% 
Select “30% to 70% of the total starchy vegetable offerings”

Other Vegetable Subgroup

Example
1 cup of other vegetables offered
½ cup zucchini sticks
½ cup green beans
1/2 cup + 2 cup = .5 or 50% 
Select “30% to 70% of the total starchy vegetable offerings”

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.
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

<table>
<thead>
<tr>
<th>Main Dish Name</th>
<th>Meal Name</th>
<th>Servings</th>
<th>Calories</th>
<th>Saturated Fat</th>
<th>Planning Column</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken Nuggets w/ Roll and Honey Sauce</td>
<td>Chicken Nuggets</td>
<td>250</td>
<td>2</td>
<td>100</td>
<td></td>
</tr>
</tbody>
</table>

### Example 2

<table>
<thead>
<tr>
<th>Main Dish Name</th>
<th>Meal Name</th>
<th>Servings</th>
<th>Calories</th>
<th>Saturated Fat</th>
<th>Planning Column</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken Nuggets w/ roll and honey sauce</td>
<td>Chicken Nuggets</td>
<td>450</td>
<td>6</td>
<td>100</td>
<td></td>
</tr>
</tbody>
</table>

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10/1/2012
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**Entrée Served Multiple Days**

<table>
<thead>
<tr>
<th>Name</th>
<th>Calories</th>
<th>Fat</th>
<th>Saturated Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hamburger on a Bun</td>
<td>375</td>
<td>7</td>
<td>500</td>
</tr>
</tbody>
</table>

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

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**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

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**Condiment by Serving**

<table>
<thead>
<tr>
<th>Dessert, Side, or Condiment</th>
<th>Calories/Serving (kcal)</th>
<th>Saturated Fat/Serving (g)</th>
<th>Number of Planned Servings for the Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salad, dressing</td>
<td>73</td>
<td>1.2</td>
<td>256</td>
</tr>
</tbody>
</table>

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

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**Condiment by Bulk**

<table>
<thead>
<tr>
<th>Dessert, Side, or Condiment</th>
<th>Calories/Bulk (kcal)</th>
<th>Saturated Fat/Bulk (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salad, dressing</td>
<td>18,688</td>
<td>307.2</td>
</tr>
</tbody>
</table>

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

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**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.

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**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.
### 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

<table>
<thead>
<tr>
<th>Nutrient Measure</th>
<th>Required Range</th>
<th>Assessment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>Daily Average</td>
<td>750-850 kcal Estimated calories are within the required range</td>
</tr>
<tr>
<td></td>
<td>Less than 10%</td>
<td>Estimated percent of saturated fat meets the requirement</td>
</tr>
</tbody>
</table>

### Out of Range

<table>
<thead>
<tr>
<th>Nutrient Measure</th>
<th>Required Range</th>
<th>Assessment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>Daily Average</td>
<td>685 Estimated calories are NOT within the required range</td>
</tr>
<tr>
<td></td>
<td>Less than 10%</td>
<td>Estimated percent of saturated fat does NOT meet the requirement</td>
</tr>
</tbody>
</table>

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.