

## **Guidelines for Recipes used in ISU Extension Nutrition Programs**

### **POLICY**

Recipes must support the Dietary Guidelines and Extension program goals. Recipes distributed should comply with copyright laws.

### **BACKGROUND**

Extension nutrition programs represent ISU Extension, ISU, and the federal government. All materials distributed including recipes, must be of high quality. Quality standards include complying with copyright laws, appropriate use of logos and disclaimers, supporting Dietary Guidelines recommendations and program goals, and meeting the needs of the intended audience.

In the face of the obesity epidemic in the US, nutrition programs need to promote nutritional health by using recipes that model healthy choices. Part of the mission of Extension nutrition programs is to "promote positive nutrition practices" and one of the core values is "Wellness: physical and emotional health, including optimal nutritional health, chronic disease prevention..." Recipes used in Extension programs must promote our Mission. Although there are many recipes available in cookbooks, magazines and on the Internet, these recipes do not necessarily promote nutritional health and should not be distributed as part of ISU Extension nutrition teaching.

### **PROCEDURE**

Choose recipes that support the lesson being taught. For instance, if a lesson is promoting fruit and vegetable intake, choose a recipe in which the main ingredients are fruits or vegetables.

The following checklist should be used to help educators choose recipes that promote nutritional health and that are appropriate for specific audiences:

### **EVALUATING RECIPES FOR AUDIENCE APPROPRIATENESS**

- The recipe is culturally appropriate for the intended audience.
- The recipe is affordable and readily available ingredients are used.
- Supplies and equipment needed for the recipe are available to participant.
- Time to prepare the recipe appears to be reasonable for the audience.
- Short sentences and simple words are used to describe the steps of the recipes.
- Ingredients are listed in the order they are used.
- The recipe has 15 or less ingredients.
- The recipe has 35 percent or fewer calories from fat. *It is highly recommended that recipes have 25 percent or fewer calories from fat.*

- Recipes in which the only substantial ingredient is meat, such as meatloaf, may have a higher percentage of fat, but no more than 50 percent of calories from fat and no more than 15 grams of fat per serving. Mixed dishes, such as casseroles, must have less than 35 percent of calories from fat. Recipes should use lean meat. Instructions for preparing meat in recipes should include tips such as trimming off visible fat, removing skin from poultry, and draining or skimming fat from cooked meats.
- The recipe has minimal added sugars.
  - A recipe with more than 2 teaspoons of added sugar per serving must **NOT** be used with nutrition program participants.
- Dairy products in the recipe are low fat and milk is nonfat or 1%.
- Recipe instructions reinforce good food safety practices.
- The recipe has been successfully tested for taste and overall appeal prior to lesson.
- Logos and disclaimers are appropriately located on the recipe.
- A nutrient analysis is included with the serving size, number of servings in the recipe, calories per serving, fat grams per serving, and fiber.
  - A nutrient analysis is **strongly encouraged**.
  - The percent of calories from fat must be provided somewhere on the recipe, if not in the nutrient analysis.

Recipes may be modified to model healthy choices (for example, modify the recipe to decrease fat and added sugars, increase fiber, or increase amount of fruits or vegetables). However, quality of the recipe, e.g. taste, should be maintained.

### **COPYRIGHT**

Follow the same copyright procedures for recipes as with other materials.

### **GUIDANCE**

Program participants have different skills, interests, nutritional needs, and reading levels. The educator is to choose recipes based on what he/she knows about the program participants.

### **RESOURCES**

The USDA has a free database that can be used to do nutrient analyses of foods:

<http://www.nal.usda.gov/fnic/foodcomp/search/>.

Food Stamp Nutrition Recipe finder: <http://foodstamp.nal.usda.gov/recipes.php>

All the Nutrition and Health Field Specialists have software to analyze recipes.