

Criteria for Recipes Healthy Food Bank Hub

Recipes meet all of the following criteria, which promote good nutrition and ease of use. If you would like to submit a recipe to the Healthy Food Bank Hub, please use the checklist on page 2.

Nutrition Criteria:

The nutrition criteria follow the [2010 Dietary Guidelines](#) for food groups, saturated and *trans* fat, added sugar, and sodium as follows:

Nutrition Criteria	Rationale
Main ingredient is <i>one</i> of the following: whole grain, vegetable, fruit, lean protein, or low-fat/skim or non-fat dairy.	Ideally, this criterion would be for <i>all</i> ingredients; so whenever possible, switch whole grains for refined, lean proteins for higher fat proteins, and low fat/skim or non-fat dairy for higher fat dairy.
Saturated + <i>trans</i> fat is less than 10% of calories.	This is the recommendation in the Dietary Guidelines for Americans to promote heart health.
Added sugar is 4% of calories or less.	Based on 2400 calorie USDA food pattern, which allows 14% of calories to be from solid fats and added sugars. After subtracting 10% of calories for saturated + <i>trans</i> fat allowance, 4% of calories remained for added sugar allowance.
Sodium is less than 30% Daily Value for meals.	Using the limit of 2,300 mg per day, this is 690 mg for each meal.
Sodium is less than 10% Daily Value for side dishes or snacks.	Using the limit of 2,300 mg per day, this is 230 mg for each side dish or snack.

Ease of Use Criteria:

- Includes yield or serving size, ingredient list, and easy to follow instructions.
- Is written below a 6th grade reading level.
- Contains nine ingredients or fewer. This includes all ingredients, except water.
- Only includes commonly found ingredients.
- Requires zero or few electric kitchen tools.

Nutrition criteria rationale by:

Alison Kaufman, MS, RD, LDN, Director of Hunger and Nutrition, [JF&CS](#)

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Please use the checklist below to determine if a recipe meets the Healthy Food Bank Hub criteria.

Required Criteria			Notes
Is the main ingredient from MyPlate? <i>fruit, vegetable, whole grain, lean protein, low-fat or skim/non-fat dairy</i>	Yes	No	
Is the saturated + trans fat content less than 10% of total calories? <i>Add grams of saturated fat+ grams of trans fat Multiply ((grams saturated + trans fat) x 9 calories/gram = calories from saturated + trans fat Divide calories from saturated + trans fat by total calories</i>	Yes	No	
Is added sugar less than 5% of total calories? <i>Multiply the grams of added sugar x 4 calories/gram = calories from added sugar Divide calories from added sugar by total calories</i>	Yes	No	
For meals: Is sodium less than 690mg? For side dishes and snacks: Is sodium less than 230mg?	Yes	No	
Does the recipe include yield/serving size, ingredient list, <u>and</u> easy to follow instructions?	Yes	No	
Is the recipe written below a 6th grade reading level? <i>Use Microsoft Word Readability Statistics</i>	Yes	No	
Are there 9 or fewer ingredients? <i>Count all ingredients, not including water</i>	Yes	No	
Does the recipe consist of only commonly found ingredients?	Yes	No	
Does the recipe require zero or few electric kitchen tools?	Yes	No	
DID THE RECIPE MEET ALL OF THE ABOVE CRITERIA (RECEIVED ALL "YES" RESPONSES)?	YES*	NO	

*If recipe meets all criteria, please email nutritionhub@feedingamerica.org to submit your recipe for consideration with the Healthy Food Bank Hub.

Nutrition criteria rationale by:
 Alison Kaufman, MS, RD, LDN, Director of Hunger and Nutrition, [JF&CS](#)