

Simplified Nutrient Assessment- OPTIONAL

-SFAs have the option of choosing to use the FNS Simplified Nutrient Assessment (SNA) for 6 cents certification (instead of a full nutrient analysis).

-The instructions for the SNA and the actual assessment are located in the final 2 tabs, after the Weekly Report for the menu worksheet.

-Nutrient Instructions provide a snapshot of the complete directions listed here.

Key Information:

-Only **average daily calories** and **% of calories from saturated fat** must be assessed.

-Estimates for calorie or saturated fat information for milk, fruits, or vegetables are pre-programmed.

-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 should be standardized. Sources such as nutrient analysis software products or web-based tools (e.g. CNPP SuperTracker) can be used to determine calories and saturated fat for standardized recipes. SFAs are encouraged to contact their State Agencies for other potential sources for recipe analysis.

-SFAs that have nutrient analysis software may still choose the FNS simplified assessment option if desired, but are encouraged to use their existing software.

-Hyperlinks to instructions and tools available throughout the SNA. Locations listed below.

Calories/Sugars and Fat sources typically added to Vegetables or Fruits:

Common Sources of Added Sugars:

BBQ sauce
Brown or white sugar
Honey or honey mustard
Marshmallows
Maple, chocolate and/or fruit syrup
Pie filling
Crumb topping

Common Sources of Added Fats:

Butter
Margarine
Vegetable oils
Salad dressing
Mayonnaise
Cream/whipped cream/sour cream
Bacon crumbles

Fruit, Milk, and Vegetable Subgroup Simplified Nutrient Selection

-At top of this section, a hyperlink labeled “Go to Instructions” takes users to key instructions.

Fruit

-Average serving size and total weekly servings already calculated from earlier data entered.

-Select the two buttons that best apply to fruit offerings within the 5-day menu entered for the menu worksheet- the percentage of offerings containing added fat and/or added sugar. Include fats and sugars used during preparation of the food as well as any additional fats and/or sugars accompanying the component.

-Default option is “Fruit not offered.”

-Only ONE selection can be made for added sugar, and ONE selection for added fat. Refer to the above list of commonly added ingredients to fruits for assistance. Select the *best choice*.

-Estimates are based on average/typical use of fat and sugar in fruit offerings. Fruits served as part of a grain-based dessert, or with significant (more than 2 teaspoons/cup) added fat and/or sugar may be listed in column O1 (“Dessert, Side or Condiment”) to report, along with total planned servings within the week, exact calorie and saturated fat values.

Fruit Example 1:

5 cups of fruit offered over the week

(2 cups canned in light syrup, 3 cups fresh/plain fruit)

Result: Fruit offered with added sugar 40% of the time (2 divided by 5; select “30% to 70% of the total fruit offerings)

Result: Fruit offered with added fat 0% of the time (0 divided by 5; select “less than 30% of the total fruit offerings”)

Fruit Example 2:

5 cups of fruit offered over the week

(1 cup canned in light syrup, 1 cup w/sweetened nuts, ½ cup w/crumb topping, 2 ½ cups plain)

Result: Fruit offered with added sugar 50% of the time (2 ½ cups divided by 5 cups; select “30% to 70% of the total fruit offerings)

Result: Fruit offered with added fat 30% of the time (1 ½ cups divided by 5 cups; select “30% to 70% of the total fruit offerings)

Milk

-Average serving size and total weekly servings already calculated from earlier data entered.

-Select the button describing which **two** 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*. Default option is “Milk not offered.”

-Estimates based on average usage of standard commercial products. Milk offerings with a unique nutrient profile (e.g. reduced sugar flavored milk) may be listed in column O1 (“Dessert, Side or Condiment”) to report, along with total planned servings within the week, exact calorie and saturated fat values.

Milk Example:

5 cups of milk offered over the week

Nonfat unflavored and lowfat unflavored milk daily, chocolate nonfat milk offered Fridays only.

Using inventory, offered 450 nonfat unflavored, 450 lowfat unflavored, 100 chocolate nonfat

Result: SFA would select the “nonfat unflavored & low-fat (1%) unflavored” option.

Vegetable Subgroups (colored by subgroup)

-Each of the vegetable subgroups also has a selection chart. The first is Dark Green Vegetables.

-This box has already calculated the largest amount of dark green vegetables a child is able to select across the 5-day week from earlier data entered.

-Select the button that *best* describes added fat in offered dark green vegetables. The default option is “Dark green vegetables not offered.” Only ONE selection can be made- refer to the above list of common added ingredients to vegetables and select the *best choice*.

-Proceed with all remaining subgroups, following the same steps described above.

- For Red/Orange only, select both an added fat option and an added sugar option.

Vegetable Example 1:

2 creditable cups of dark green vegetables offered

(1 cup raw spinach for a salad and 1 cup as broccoli with cheese sauce)

Result: Dark green vegetables offered with added fat 50% of the time (1 cup divided by 2 cups; select “30% to 70% of the total dark green offerings”).

Vegetable Example 2:

1 ½ cups of red/orange vegetables offered

(½ cup carrots w/brown sugar/butter, ½ cup tomatoes, ½ cup sweet potato w/marshmallows)

Result: Red/orange vegetables offered with added sugar 67% of the time (1 cup divided by 1 ½ cups; select “30% to 70% of the total red/orange offerings” for sugar)

Result: Red/orange vegetables offered with added fat 33% of the time (½ cup divided by 1 ½ cups; select “30% to 70% of the total red/orange offerings” for fat)

Simplified Nutrient Data Entry

- Next, scroll to the top and begin the "Main Dish Simplified Nutrient Data Entry" section and the "Other items" data entry section.

-All meals offered over the week have been pre-populated. These appear in column M1.

Main Dish Reporting

-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).

-If main dish served more than one day per week, add number of servings for all days offered.

-Do NOT include calorie or saturated fat information for meal components outside of the main dish (fruits, vegetables, milk, or anything reported in the Desserts/Sides/Condiments section).

-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 entrée.*

-Include calorie and saturated fat information for condiments in Main Dish section (columns M3-M5), OR in the Desserts, Sides, and Condiments section (columns O2-O4).

-In last column, enter number of servings of each main dish offered over the course of the week. Rely on production records and historical data if this is a new menu.

-At the top of this section is a link to Optional Serving Size and Fraction Calculators, tools intended to help users with serving size calculations by volume or weight, adding fractions, and converting decimals to fractions.

Main Dish Example 1:

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

Only chicken nugget nutrient information being entered → type "Chicken nuggets" (column M2)

Chicken nugget and honey sauce nutrient information → type "Chicken nuggets w/honey sauce"

Main Dish Example 2:

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

Result: Report 500 servings (column M5)

Main Dish Example 3:

Submarine sandwich served w/Italian dressing

Reported in Main Dish: 300 sandwiches, each including 1 tablespoon dressing in analysis

Reported in Desserts/Sides/Condiments: 300 servings of 1 packet (tablespoon) of dressing

Desserts, Sides or Condiments Nutrient Reporting

- A link at the top jumps to a chart listing calories and saturated fat for commonly used condiments, such as margarine and salad dressings.
- Enter the name of the food item (O1), calories per serving (O2), and saturated fat grams per serving (O3). Use standard rounding procedures to two decimal points.
- These items have NOT been pre-populated. User must enter names of any desserts or sides containing grains or meat/meat alternates (rice pilaf, yogurt cup, whole grain cookie, “snack” items such as cheese sticks, etc). Information can be collected from nutrition labels, product specifications, or other sources.
- Enter the number of servings of each item offered over the course of the week (O4).
- For condiments, amounts may be entered based on a per serving basis or in bulk quantities based on weekly usage data. Total calories and saturated fat over the week is equivalent in either method of reporting. (The denominator for determining averages is the total number of MEALS served over the week [total of all numbers recorded in column O4]).

Condiments Example:

Item offered: salad dressing

Per Serving Reporting: 256 planned servings of 1 Tablespoon amounts (73 calories, 1.2 grams saturated fat per serving)

Bulk Quantity Reporting: 1 planned serving of 1 gallon offered over the week (18,688 calories, 307.2 grams saturated fat)

Nutrient Assessment

- Scroll to the bottom/middle of the screen (past the bottom of the Main Dish and Dessert/Side/Condiment chart).
- This section, “Daily Amounts Based on the Average for a 5-day week,” calculates daily average calories and percentage of calories from saturated fat. The values based on the entered menu are in grey boxes. The required range for the menu type is shown in the yellow boxes.
- 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 their State 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.
- Simplified Nutrient Assessment is now complete- save this file and email or print for State Agency review.