

DEPARTMENT OF ELDER AFFAIRS PROGRAMS AND SERVICES HANDBOOK

Chapter 3: Older Americans Act (OAA)

Section III: Service Requirements

Nutrition Program Policies

- 3. Nutrient Requirements:** All meals, regardless of development method, will provide each participating older individual with a minimum of 33 1/3 percent of the current Dietary Reference Intake (<http://fnic.nal.usda.gov/dietary-guidance/dietary-reference-intakes>) and comply with the current Dietary Guidelines for Americans. The values required meet the nutritional needs of a moderately active 70+ female, reflecting the predominant state wide demographic. The AAA may authorize a Nutrition Program to alter the nutrient requirements of their menus if most the senior population served by the Nutrition Program differs from the statewide demographic. DOEA must be provided advance notification, in writing of the demographic differences of the site(s) and the exact menu changes.
- 4. Computer Assisted Nutrient Analysis Menu Development:** This method of menu development must comply with the following:

 - a.** DOEA menu development standards ensuring compliance with the most recent edition of the Dietary Guidelines for Americans, published by the Secretary of Health and Human Services and the Secretary of Agriculture (<http://www.health.gov/dietaryguidelines/>);
 - b.** Providing a minimum of 33 1/3 percent of the Dietary Reference Intake/Adequate Intake (DRI/AI) for moderately active 70+ females as established by the Food and Nutrition Board of the Institute of Medicine of the National Academy of Sciences, if one meal is provided per day;
 - c.** Providing a minimum of 66 2/3 percent of the DRI/AI, for a moderately active 70+ female, if two meals are provided per day;
 - d.** Providing 100 percent of the DRI/AI, for a moderately active 70+ female, if three meals are provided per day;
 - e.** Any special dietary needs of program clients to the maximum extent practicable; and
 - f.** Applicable provisions of state or local laws regarding the safe and sanitary handling of food, equipment, and supplies used in the storage, preparation, service, and delivery of meals to an older individual. Ref. Chapter 64-E-11-Food Hygiene, F.A.C. (<http://fac.dos.state.fl.us>).

Computer-Assisted Menu Development Requirements:

Targeted Nutrients: Table One represents the most current Dietary Reference Intakes and daily compliance range for target nutrients. The following nutrients are required to be analyzed for each component of each menu item: calories, protein, fat, fiber, calcium, zinc, sodium, potassium, vitamin B6, vitamin B12, vitamin C, and vitamin A (vegetable-derived/carotenoid sources). Calories, protein, fat, fiber, calcium, vitamin B6, and vitamin C must be provided in adequate amounts daily. Vitamin A, vitamin B12, zinc, magnesium, sodium, and potassium may be averaged over one week. Sodium may be averaged over one week; however, no one-meal amount may exceed 1000 milligrams. It is recommended that fortified foods should be used to meet vitamin B12 needs. Holidays and birthday celebration meals (two or fewer meal types per calendar month) may be excluded from the nutrient analysis.

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	1 meal/day 33 1/3 % DRI/AI	2 meals/day 67% DRI/AI	3 meals/day 100% DRI/AI
Macronutrients			
Kilocalories (1)	600	1200	1800
Protein grams (1) ~20% of total Kcal >14 grams from entrée per meal	30	60	90
Carbohydrate grams (1) ~50% of total Kcal	75	150	225
Fat grams (1) 20-35% of total Kcal	20	40	60
Saturated fat (1) <10% total Kcal	Limit intake		
Added sugars (1) <10% of total Kcal or 45 grams/day	Limit intake		
Dietary Fiber grams (2)	7	14	21
Vitamins			
A *(ug/d)(2)	233	46	700
C (mg/d) (2)	25	50	75
D (mcg/d) (2)	*6.7	*13.3	*20
E (mg/d) (2)	5	10	15
Thiamine (mg/d) (2)	0.37	0.73	1.1
Riboflavin (mg/d) (2)	0.37	0.73	1.1
B6 (mg/d) (2)	0.5	1.0	1.5
Folate (ug/d) (2)	133	267	400
B12 (mcg/d) (2)	0.8	1.6	2.4
Minerals			
Calcium (mg/d) (2)	400	800	1200
Copper (ug/d) (2)	300	600	900
Iron (mg/d) (2)	2.7	45.3	8
Magnesium (mg/d) (2)	106.7	213.3	320
Zinc (mg/d) (2)	2.7	5.3	8
Potassium (mg/d) (1))	1567	3134	4700
Sodium (mg/d) (1)	<767	<1533	<2300

RDA's are in bold type and AI's are in ordinary type followed by an asterisk ().

- (1) Value for 70+, moderately active female, USDA interpretation of the Dietary Guidelines for Americans 2015 U.S. Department of Agriculture. U.S. Department of Health and Human Services. <http://www.health.gov/dietaryguidelines/2015/guidelines/appendix7/>
- (2) Used highest DRI value for ages > 70-year-old female by Food and Nutrition Board of the Institute of Medicine of the National Academy of Sciences, includes the 2015 updated recommendations for calcium and vitamin D.