

**Older Americans Act (OAA)
Nutrition Programs**

Congregate or Home Delivered Meals provide a minimum of 1/3 of the Dietary Reference Intakes established by the Food & Nutrition Board, Institute of Medicine, National Academy of Sciences.

The meals follow the Dietary Guidelines for Americans 2010 (DGA 2010) published by the Federal Secretary of Health & Human Services and the Secretary of Agriculture.

www.cnpp.usda.gov/dietaryguidelines.htm

Traditional Menu Pattern for Seniors:

Food Group	Serving Size
Meat/Protein	3 oz* of cooked lean meat, poultry, fish, egg, or meat alternative
Fruits/Vegetables	Two different ½ cup servings of fruit/veg
Bread/Grain	1 serving of enriched or whole grain bread or bread alternative
Milk/Milk Products	8 oz of milk or calcium equivalent

*A 3 oz serving of meat is about the size of a deck of cards

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DASH Eating Plan



► The State of Alaska will transition toward the **DASH** (Dietary Approaches to Stop Hypertension) **Eating Plan** (DGA 2010) as the goal for gradual improvement in menus.

►► **If a meal on the menu form is from the DASH Plan write DASH on Entrée line and attach the DASH menu indicating the Week # and day of week.**

Food Group	DASH Servings
For a 700 calorie meal	
Whole Grains & grain products	2 - 3
Vegetable	1 ½ - 2
Fruit	1 ½ - 2
Low fat Dairy	1
Meat, poultry, fish	2 or less
Sodium	500 mg

For a 2,000 calorie daily intake	
Nuts, seeds & legumes	4-5 per week
Fats & oils	2-3 per day
Sweets	5 or less /week

DASH Plan Recipes

<http://www.mayoclinic.com/health/dash-diet-recipes/RE00089>

DASH Eating Plan Serving Sizes

Food Group	Serving Size
Grains & grain products	1 slice bread, 1 oz dry cereal*, ½ cup cooked cereal, rice, pasta
Vegetables	1 cup leafy raw, ½ cup cut up raw or cooked, ½ cup veg juice
Fruits	1 medium, ¼ cup dried, ½ cup fresh, frozen, canned, 4 oz juice
Milk & milk products	1 cup milk or yogurt fat free or low fat 1 ½ oz cheese
Lean meat, poultry, fish	1 oz, 1 egg
Nuts	1/3 cup or 1 ½ oz nuts, 2 Tbsp peanut butter
Seeds	2 Tbsp or ½ oz seeds
Legumes	½ cup cooked
Fats & oils	1 tsp margarine, veg oil, 1 Tbsp mayo, dressing
Sweets & added sugars	1 Tbsp sugar, jelly/jam, ½ cup sorbet or gelatin

*varies depending on cereal type

