

## What we use to make our meals

As the name suggests, breakfast breaks the overnight fasting period. It replenishes your supply of glucose (sugar) to boost your energy levels and alertness, while also providing essential nutrients required for good health. Breakfast can improve your energy level and your ability to concentrate in the short term, and can help with better weight management, reduced risk of type 2 diabetes and heart disease.

### Meal Types

#### 1 Congregate Meals:

- A hot or other appropriate meal served in a center strategically located to maximize access by older persons within a community.

#### 2 Home Delivered Meals:

- HDM Cold Meal
- HDM Shelf Stable Meal
- HDM Frozen Meal
- HDM Hot Meal

### Meal Requirements

A minimum of 33 1/3 percent of the Dietary Reference Intakes (DRI) as established by the Food and Nutrition board of the Institute of Medicine of the National Academy of Sciences, if the participant is offered one meal per day:

A minimum of 66 2/3 percent of the allowances if the participant is offered two meals per day; and

100 percent of the allowances if the participant is offered three meals per day. When planning breakfast for congregate meal participants, the meal must meet 1/3 of the DRI in and of itself, unless it is assured that the breakfast participant will also receive lunch (or dinner) that day at the meal site.

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**Nutrition services are provided to assist older Americans to live independently by promoting better health through improved nutrition and reduced isolation through a program coordinated with other supportive services. For more information on eligibility requirements please check with your local senior nutrition program.**

## Requirements by Group

### Meat or Meat Alternate

Three ounces (providing at least 19 g protein) of lean meat, poultry, fish or meat alternate should generally be provided for the lunch or supper meal. Meat serving weight is the edible portion, not including skin, bone, or coating.

#### Examples:

- 1 medium egg
- 1-ounce cheese (nutritionally equivalent measure of pasteurized process cheese, cheese food, cheese spread, or other cheese product)
- ½ cup cooked dried beans, peas or lentils

### Vegetables/Fruit

- A serving of vegetable is generally ½ cup cooked or raw vegetable; or ¾ cup 100% vegetable juice, or 1 cup raw leafy vegetable.
- For pre-packed 100% vegetable juices, a ½ cup juice pack may be counted as a serving if a ¾ cup pre-packed serving is not available.
- Fresh, frozen or unsalted canned vegetables are preferred
- Fruits A serving of a fruit is generally a medium apple, banana, orange, or pear; ½ cup chopped, cooked, or canned fruit; or ¾ cup 100% fruit juice.

### Grain, Bread, Bread Alternate

A serving of grain or bread is generally 1 slice (1 ounce), whole grain or enriched; ½ cup cooked whole grain or enriched pasta or grain product; or 1 ounce of ready-to-eat cereal.

Priority should be given to serving whole grains.

#### Examples:

- 1 pancake,
- 4" diameter ½ bagel
- 1 small sandwich bun (<3" diameter)
- ½ cup cooked cereal
- 4-6 crackers (soda cracker size)

### Milk and Milk Alternate

- One cup skim, low fat, whole, buttermilk, low-fat chocolate milk, or lactose-free milk fortified with Vitamins A and D should be used.
- Low fat or skim milk is recommended for the general population.
- Powdered dry milk (1/3 cup) or evaporated milk (½ cup) may be served as part of a home-delivered meal.