



U.S. ARMY



# Army Food Program Nutrition Update: Understanding the DoD Menu Standards



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# Agenda



- **DoD Menu Standards**
- **Go for Green<sup>®</sup> Program**





# Nutrition Standards (What)



- Based on national recommendations
  - Dietary Guidelines for Americans, 2010
  - Dietary Reference Intakes (DRIs)
  - Recommended Dietary Allowances (RDAs)
  - Choose My Plate / Food Pyramid
- Based on military policies and regulations
  - **AR 40-25**-Nutrition Standards and Education
  - **AR 30-22**-Army Food Program
  - **DA PAM 30-22**-Operating Procedures for the Army Food Program

\*\*In military dining facilities, menu planners will establish menus with 30 percent or less of total calories from fat.





# DoD Menu Standards



- **Approved by all Services in December 2010**
- **Standards incorporated into the Operating Procedures for the Army Food Program (DA PAM 30-22) and include Soldier Fueling Standards**
- **All Army Dining Facilities will follow DoD Menu Standards**





# Fruit/ Fruit Juices



- **Vitamin C sources**
- **Seasonal fruits**
- **Fresh, canned fruit (light syrup/own juice)**
- **Dried fruit**
- **Precut fruit**
- **Orange juice fortified with calcium and vitamin D**
- **Blended juices acceptable but must be 100% juice**





# Vegetables



- Two cooked vegetables per meal
  - **Served without added fat**
  - **1 vegetable must be non-starchy and good source of vitamin A & C**
- One additional vegetable is optional
- No more than one fried vegetable per day on main line
- Legumes & beans 3 times per week or more
- No more than 1 starchy vegetable per meal





# Salads/Salad Bar



- Leafy green salad with 50% dark green leaves
- Lower fat salad dressings
- Unsalted nuts and/or seeds
- Salad oils (canola, olive, sesame or blends)
- Vinegar (apple cider, balsamic, red, white)
- Lower fat mayo/dressings for chilled based salads





# Grains: Breads



- Sliced bread contains whole grains (white with whole grains or whole wheat with at least 2.5 g fiber per serving)
- One bread type fortified with **calcium** (150 mg), **folate** (16mcg) and **iron** (0.72mg)



- Lower fat pastries at least 3 times per week
- Option to maintain regular biscuits, pancakes, waffles
  - Whole grain varieties acceptable
  - **IMT Soldier Fueling must serve whole grain waffles and French toast**





# Grains: Cereals



- **Six whole grain cereals**
  - Four must provide at least **2.5 g fiber** per serving
  - Three without sugar coating
  - Two 100% **folate** fortified
  - IMT Soldier Fueling
    - Two 50% **iron** fortified
    - Specific sugar requirements for all cereals
- **One hot whole grain cereal choice without added fats or sugars (i.e. oatmeal)**
- **Cereal bars may be offered with at least 2.5 grams of fiber per serving**





# Grains: Starches



- At breakfast, one starch choice such as potato or rice
- Incorporate whole grain and white whole grain pasta and rice into recipes
- Sauces/gravies served separately unless integral part of recipe
- Lower sodium sauces and gravies





# Meats & Entrees

- Fish served at a minimum of 3 times per week as main entrée
- At least one fish high in omega-3 served once per week



- Lower fat breakfast meats
  - Less than 12 g fat per serving (patties/links)
  - Less than 5 g fat per serving (turkey bacon, Canadian bacon)
  - Non-pork option can be the lower fat option





# Meats & Entrees



- Lean ground beef & lean ground turkey **(fat content not to exceed 10%)**
- No more than one fried entrée on main line per meal
- Provide one or more vegetarian main entrees based on demand





# Deli Bar



- Minimum of 3 lean deli meat choices
  - Lean Ham (3oz) less than 95 calories, 3.5 g fat, 1000 mg of sodium
  - Lean Turkey (3oz), less than 85 calories, 1.5 g fat, 900 mg sodium
  - Lean Roast Beef (3oz), less than 105 calories, 3g fat, 1050 mg sodium
  - Other deli meats/deli salads may be offered based on demand

- Minimum of 2 cheese choices
  - American,
  - Monterrey Jack,
  - Swiss
  - Provolone
- Whole grain breads or rolls





# Short Order



- Offer at least 1 baked chip product
- Offer lower fat/fat free mayo portion packets
- Consider bakeable fries / oven fried products





# Dairy and Eggs



- All milk fortified with vitamins A & D
- 1% milk as the primary milk choice
- Offer lactose free alternatives, based on demand
- Lower fat/reduced fat cheese
- Low fat yogurt
- Egg whites, egg substitutes
- DHA enhanced eggs, when available





# Soups



- Offer one reduced sodium soup per day (if more than one soup choice is provided)
- Include vegetarian soups in rotation
- Soup optional in IMT





# Dessert Bar



- Fresh fruit on all dessert bars
- Offer at least one reduced fat dessert
- Trans-fat free baked products (0 g trans fat, no partially hydrogenated)
- No Sugar-Free type desserts!





# Fats, Oils, & Sodium



- Trans fat free oils (baking and frying)
- Trans fat free margarine type spreads
- Reduced fat/lower fat salad dressings, mayo
- Sodium free seasonings available at every meal
- Use of lower sodium products





# Beverages



- Milk at every meal
- *Soy milk/lactose free milk fortified with nutrients similar to cow's milk*
- 100% juices at breakfast
  - IMT Soldier Fueling 100% juice at all meals
- Coffee, tea (unsweet/sweet)
- Carbohydrate-electrolyte beverages
- Sodas (mix of caffeine/caffeine free/diet)
  - No sodas in IMT Soldier Fueling
- Sugar free beverages based on demand





# Condiments



- Coffee creamers must contain zero grams of trans fat
- Flavored coffee creamers, reduced fat varieties
- Fruit spreads or low sugar jam/jelly
- Sugar free syrup based on demand
- Artificial sweeteners available





# Product, service, and preparation standards



- Prepare entrees more often using lower fat preparation methods rather than deep fat frying
- Use lower fat/reduced fat cheese in cooking when appropriate
- Offer low fat/reduced fat cottage cheese, sour cream, cream cheese, shredded/sliced cheese





# Ingredients of Concern



- Monosodium glutamate (MSG)
- Partially hydrogenated
- Herbals
- Proprietary blends
- Caffeine
- Nutritional review
  - Ingredients
  - Nutritional panel
    - Fats, Cholesterol
    - Sodium
    - Dietary Reference Intakes (DRIs)





# What is Soldier Fueling (SF)?

Concept of promoting and incorporating healthier foods in the dining facilities

## Initial Military Training SF

- DOD Menu Standards
- Standardized menus, recipes, preparation methods
- Enhanced nutrition specifications
- Limitations/reduced frequency of certain food items
  - No deep fat frying
  - Vending machines with healthier selections
- Performance Nutrition Class
- Go for Green<sup>®</sup> Nutrition Education

## Permanent Party SF

- DOD Menu Standards
- No mandatory menu
- Expanded healthier options across the menu
  - Moderate portions on indulgent foods
- Go for Green<sup>®</sup> Nutrition Education





# Go for Green<sup>®</sup> Program



- Army wide Nutrition Education Program
- Providing a quick visual guide for diner product selections based on nutritional value profiles
- Food items are labeled green, amber, or red depending on overall benefits
- Soldiers are encouraged to Go for Green<sup>®</sup>
- The program has posters providing explanation of the color coding system:
  - Green – High-Performance Foods
  - Yellow – Moderate-Performance Foods
  - Red – Low-Performance Foods



**GO FOR GREEN**

**Eat like an Athlete  
Train like a Pro  
Perform like a Champion**

**High Performance Foods**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient dense
- *Go for Green: Choose frequently*

**Moderate Performance Foods**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

**Performance Limiting Foods**

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake





# Go For Green<sup>®</sup> Program Criteria

Working Revisions August 2014



## 2014 Summary Criteria

<b>Go/Engage at Will:</b> Serve Often/Great Choices	<b>Choose with Caution/Watch Quantity:</b> Serve Occasionally/Watch Portions	<b>Stop/Check Fire:</b> Serve Sparingly/Limit Amounts
<ul style="list-style-type: none"> <li>• ≤30% Total Fat* and</li> <li>• ≤10% Saturated Fat *<sup>1</sup></li> <li>• For Desserts and Snacks: &lt;200 kcals</li> </ul> <p>*% of total calories</p>	<ul style="list-style-type: none"> <li>• ≤31-49% Total Fat* and</li> <li>• ≤11-15% Saturated Fat*</li> <li>• For Desserts and Snacks: 200-300 kcals</li> </ul> <p>*% of total calories</p>	<ul style="list-style-type: none"> <li>• &gt;50% Total Fat* and</li> <li>• &gt;16% Saturated Fat*</li> <li>• For Desserts and Snacks: &gt;300 kcals</li> </ul> <p>*%of total calories</p>
Least-processed foods Whole foods Nutrient-packed High in fiber Low in added sugar Healthy fats	Foods with some processing Lower in fiber Added sugar or artificial sweeteners Poor-quality fats	Most-processed foods Lowest-quality nutrients Added sugar Excess fats and/or trans fats Fried foods
Exceptions: <ul style="list-style-type: none"> <li>• Avocado*</li> <li>• Nuts*</li> <li>• Seed*s</li> </ul> <p>*Can be eaten daily with close attention to portion size</p>	Exceptions: <ul style="list-style-type: none"> <li>• Eggs</li> <li>• Sports Drinks</li> <li>• 100% Juice</li> </ul>	Exceptions: <ul style="list-style-type: none"> <li>• Energy Drinks</li> <li>• Soda</li> <li>• Fruit Punch</li> <li>• Lemonade</li> <li>• Fruit Drinks</li> <li>• Bug Juice</li> <li>• Alcohol</li> </ul>





## 2014 Interim<sup>‡</sup> Sodium Criteria

Sodium is part of the Go For Green<sup>®</sup> program. Sodium levels of foods are labeled by the Low, Moderate, or High salt-shaker symbols shown below.

The sodium criteria work together with the Green/Yellow/Red criteria to help diners choose foods that are acceptable for them. Sodium needs vary from person to person, depending on activity level and health concerns.

Sodium Content	 LOW	 MODERATE	 HIGH
<b>Full-plate Meal*</b>	< 800 mg	800-1500 mg	>1500 mg
<b>Entrée** Protein, vegetables, starch</b>	< 650 mg	650-1100 mg	>1100 mg
<b>Entrée** Protein and vegetables</b>	< 450 mg	450 -800 mg	> 800 mg
<b>Entrée** Protein and starch (carb)</b>	< 600 mg	600-950 mg	> 950 mg
<b>Protein only</b>	< 350 mg	350-800 mg	> 800 mg
<b>Grains &amp; Other Starches</b>	< 300 mg	300-700 mg	> 700 mg
<b>Vegetables</b>	< 150 mg	150-400 mg	> 400 mg
<b>Soup</b>	< 800 mg	800-950 mg	> 950 mg
<b>Dairy</b>	< 150 mg	150-300 mg	> 300 mg
<b>Condiments, Gravies</b>	< 200 mg	200- 300 mg	> 300 mg
<b>Dessert</b>	< 300 mg	300- 600 mg	> 600 mg
<b>Beverages</b>	Will not be labeled for sodium		
<b>Fruits</b>	Will not be labeled for sodium		

<sup>‡</sup> Sodium values will be revised at three-year intervals, as more reduced-sodium products and recipes become available.

\* Full-plate meal includes fruit and dairy.

\*\* Entrees exclude fruit and dairy.

