



Iron	Nutrient standards are set using the RDA's and ages of students. Most current scientific studies do not indicate a health risk for students if target level is exceeded. If 100% of the standard is not met a corrective action will be required.	Ch 4 (pg 122) Append 9(266)	Appendix M, N
Calcium	Nutrient standards are set using the RDA's and the ages of students. Most current scientific studies do not indicate a health risk for students if target level is exceeded. If 100% of the standard is not met a corrective action will be required.	Ch 1 (pg 9) Ch 4 (pg 121-122)	Ch 4 (pg 53-54) Appendix M
Vitamin A	Nutrient standards are set using the RDA's and the ages of students. If 100% of the standard is not met a corrective action will be required.	Ch 4 (pg 123) Append 9 (272)	Ch 4 (pg 51-52) Appendix M
Vitamin C	Nutrient standards are set using the RDA's and the ages of students. If 100% of the standard is not met a corrective action will be required.	Ch 4 (pg 123-124) Append 9 (271)	Ch 4 (pg 51-52) Appendix M
Protein	Nutrient standards are set using the RDA's and the ages of students, however, on your analysis you will see the percentage of calories from protein in place of the nutrient target. It is rare to see calories from protein too low when schools are following meal pattern requirements, which include milk and a meat/meat alternate. One gram of protein supplies <b>4 calories</b> .	Ch 4 (pg 121)	
Carbohydrates	There is no set nutrient standard for carbohydrates; however, the American Dietetic Association recommends menus supply 55-60% of calories from carbohydrates. A gram of carbohydrate provides <b>4 calories</b> . Sufficient carbohydrates are very important as the body's main energy source, fueling everything from the students' physical activities to their digestion and breathing.		
Total Fat	The Dietary Guidelines for Americans set the nutrient standards for this nutrient. They state that from about age five our diets should contain no more than 35% of calories from total fat. USDA has set a limit of no more than 30% of Calories from fat. If your analysis shows more than 30% calories from fat for the week, you will be asked for a corrective action. It is important, if you are asked to decrease the amount of fat in your menus, that you also consider the calorie level your average meal supplies. A gram of fat provides <b>9 calories</b> . When lowering the fat content of your menus you want to make sure the calories remain sufficient.	Ch 1, 4 and 6	Ch 4 (pg 52-53, 55-57) Appendix P, Q and R
Saturated Fat	The Dietary Guidelines for Americans set the nutrient standards for this nutrient. They state that less than 10% of calories should be from saturated fat. If your analysis shows that 10% or more of the calories for the week are from saturated fat, you will be asked for a corrective action.	Ch 1, 4 and 6	Ch 4 (pg 52-53, 55-57) Appendix P, Q and R

Attached is a sample of what your nutrient analysis will look like. In *script* are explanations to help you understand the tables and how this information can help you.