



# **MEALS PARTNERSHIP COALITION 2010 NUTRITION EDUCATION SERIES SEMINAR 1**

**April 23, 2010  
2:00 – 4:00 PM  
South Park Neighborhood Center  
8201 10th Avenue S  
Seattle, WA 98108**

# INTRODUCTION

## Presenters

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# OBJECTIVES

- We have split our discussions into 4 sections: today is breakfast, next is lunch, dinner, and then a fourth general discussion.
- During each session, we will discuss a different macronutrient such as carbohydrate, protein, or fat, certain disease states we feel are important to the clients you serve, micronutrients in foods that are important to sustain health.
- We have prepared menus for each meal that may meet nutrient needs as well as be appealing to the clients, and easy for us all to prepare in the kitchens.



# OBJECTIVES

- Lecture vs. discussion
- Questions are welcome and encouraged
- Our objectives are to present real, concrete information to you that you can use to serve your clients better. We would like to help develop some nutritious and interesting meals you feel comfortable preparing and serving on a regular basis.





# HOMELESS AND RISK OF NUTRITION RELATED DISEASES

Risk of health problems is 3 to 6 times greater for homeless persons

- Living conditions - tight quarters
- Poor hygiene
- High-risk behaviors
- Inadequate nutrition
- Lack of health insurance



Source: Edgington, S. (2009). *Disaster Planning for People Experiencing Homelessness*. Nashville: National Health Care for the Homeless Council, Inc.

# HOMELESS AND RISK OF NUTRITION RELATED DISEASES

A Public Health Report, *Nutrition and Health Services Among the Homeless*, indicated that homeless adults eat fewer meals and a smaller variety of foods per day.

In addition, nutrients for which more than a third of diet recalls were below 2/3 of 1989 RDAs were:

- zinc (66 percent)
- vitamin B6 (51 percent)
- vitamin A (49 percent)
- calcium (34 percent)



The report cited a national study of homeless adult outpatients where nutritional deficiencies were 20 times more prevalent among the homeless than among housed ambulatory health care users.

# HOMELESS AND RISK OF NUTRITION RELATED DISEASES

Certain health problems common among homeless adults have a nutritional component in their etiology or treatment:

- Alcoholism
- Anemia
- Dental problems
- Gastric ulcers
- Other gastrointestinal complaints
- Cardiovascular disease
- Hypertension
- High cholesterol
- Acute and chronic infectious diseases (upper respiratory, skin, TB, AIDS, Hepatitis)
- Nutritional deficiencies

Source: Wiecha JL, Dwyer JT, Dunn-Strohecker M. Nutrition and Health Services Among the Homeless. *Public Health Reports*. July-August 1991 106:4-363-374.

# THE POWER OF FOOD

## *“FOOD IS MEDICINE”*

To promote optimal health and prevent chronic disease, whole nutrient-rich food plays a critical role.

What is a whole food?

- Can I imagine growing it?
- How many ingredients does it have?
- What's been done to the food since it's been harvested?

Examples: Foods with no nutrition label in the grocery store: fruits, vegetables, meat, seafood



# THE POWER OF FOOD

## *“FOOD IS MEDICINE”*

Researchers have found that nutrient-rich foods are important for the prevention of disease because they contain a blend of nutrients including not only protein, carbohydrates, fats, vitamins and minerals, but they also contain over 8,000 phytonutrients such as antioxidants.



# THE POWER OF FOOD

## *“FOOD IS MEDICINE”*

The media gives a lot of attention to specific supplements for their health promoting benefits, but there is nothing more powerful than food itself.

Example:

- Apples vs. vitamin C supplement

1500 mg



RDA 90 mg



# THE POWER OF FOOD

## *“FOOD IS MEDICINE”*

For the homeless population that you serve, food is not just a means to reduce hunger.

You provide the one key element they need to maintain their health and lower the risk of chronic disease – **FOOD!**



## DISCUSSION



1. What are some examples of whole or nutrient rich foods typically served in your facilities?
2. Which foods can be served for breakfast?
3. What are some possible ways to increase nutrient rich foods served for breakfast?





# RISK OF DISEASE

Today's focus:



Chronic conditions commonly seen among people who are homeless include:

- hypertension (high blood pressure)
- diabetes (type 2)
- cardiovascular disease, including high triglyceride and cholesterol levels.





## RISK OF DISEASE

Both hypertension and diabetes are risk factors for cardiovascular disease.

**Hypertension** contributes to cardiovascular disease development by causing blood vessel injury and damage to the heart muscle.

**Diabetes** is a risk factor for cardiovascular disease since uncontrolled blood glucose levels increase microvascular complications.

Related condition: Metabolic Syndrome



# RISK OF DISEASE

## *METABOLIC SYNDROME*

Metabolic syndrome is characterized by a group of metabolic risk factors in one person:

- Abdominal obesity
- Elevated triglyceride levels
- Low HDL cholesterol
- Elevated blood pressure
- Elevated fasting blood glucose levels



The dominant underlying risk factors for this syndrome appear to be abdominal obesity and insulin resistance. Insulin resistance is a generalized metabolic disorder, in which the body can't use insulin efficiently.



# RISK OF DISEASE

## *METABOLIC SYNDROME*

People with the metabolic syndrome are at increased risk of coronary heart disease and other diseases related to plaque buildups in artery walls (e.g., stroke and peripheral vascular disease) and type 2 diabetes.

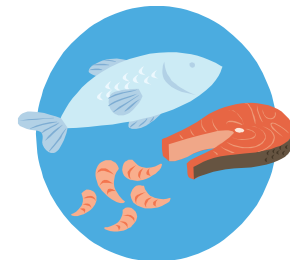


# HYPERTENSION, DIABETES AND CARDIOVASCULAR DISEASE

Nutrition management of these closely connected diseases overlap on many factors.

Diet recommendations beneficial for all three chronic diseases include the following:

- Consume a diet rich in vegetables and fruits for antioxidants and fiber.
- Choose whole grain, high-fiber foods.
- Consume fish, especially oily fish, at least twice a week to add omega-3 fatty acids.



# HYPERTENSION, DIABETES AND CARDIOVASCULAR DISEASE NUTRITION MANAGEMENT



## **Decrease**

Saturated fat and  
cholesterol  
Refined carbohydrates  
(sugar, white flour)  
High sodium foods



## **Increase**

Unsaturated fat including  
omega-3 fatty acids  
Complex carbohydrates  
(whole grains, vegetables)  
Potassium rich foods

Physical activity is also important but is outside the  
scope of our discussion today.



# HYPERTENSION, DIABETES AND CARDIOVASCULAR DISEASE NUTRITION MANAGEMENT

○ Decrease



○ Increase



# DIABETES – ADDITIONAL CONSIDERATIONS



For persons with diabetes, the timing of carbohydrate intake throughout the day is critical for maintaining normal blood glucose levels.

Intake of 45-60 g of carbohydrates at each meal and a 15-30 g carbohydrate snack is most often recommended.





# DIABETES – ADDITIONAL CONSIDERATIONS

Food groups contributing to carbohydrate include starches (bread, pasta, cereal, rice), fruits and dairy products.

More information on Carbohydrates, Fiber, and Glycemic Index will be presented in the next section.



# EXAMPLES OF CARBOHYDRATE FOOD COMBINATIONS



<b>Carboydrate Level</b>	<b>Breakfast</b>	<b>Lunch or snack</b>	<b>Dinner</b>
15 g Carbohydrate	1 slice bread	$\frac{3}{4}$ oz pretzels or 3 cups popcorn or 1 cup berries	1 cup yogurt or 4-6 crackers
30 g Carbohydrate	$\frac{1}{2}$ English muffin, 1 small banana	2 slices bread	1 hamburger bun
45 g Carbohydrate	1/2 cup oatmeal, $\frac{1}{4}$ cup dried fruit, 8 oz milk	1 cup pasta, 1 small apple	1 small baked potato, $\frac{1}{2}$ cup corn
60 g Carbohydrate	$\frac{3}{4}$ cup cereal, 8 oz milk, 8 oz. unsweetened juice	1 cup rice, $\frac{1}{2}$ cup beans, 1 small orange, 1 cup milk	1 small sweet potato, $\frac{1}{2}$ cup rice, 1 cup milk



# HYPERTENSION, DIABETES AND CARDIOVASCULAR DISEASE

Practical guidelines for meal planning to best meet the nutritional needs of individuals with hypertension, diabetes, and cardiovascular disease include the following:

- Choose foods across several food groups for each meal: lean protein, starches, vegetables, fruits, lean dairy products, and unsaturated fats.
- Use lean cuts of meat and remove skin from poultry before eating.
- Grill, bake or broil meat, poultry and fish.



# HYPERTENSION, DIABETES AND CARDIOVASCULAR DISEASE

- Select milk and dairy products that are either fat free or low fat.
- Choose foods made from whole grains (whole wheat, oats, rye, barley, corn, brown rice).
- Cut back on pastries and high calorie bakery products (muffins, doughnuts).
- Reduce salt intake by comparing the sodium content of similar products and choosing products with less salt and limit high-salt condiments (full salt soy sauce and ketchup).



# HYPERTENSION, DIABETES AND CARDIOVASCULAR DISEASE

- Limit processed meats that are high in saturated fat and sodium.
- Avoid products with hydrogenated or partially hydrogenated oils (trans fats).
- Increase fiber intake by serving beans, whole grain products, fruits and vegetables.
- Use nonfat, low sodium vegetable or meat-based broth and herbs/seasonings to make food taste good without adding salt.



# DISCUSSION

1. What has your experience been with these diseases and the population you serve?
2. Is there any one condition that is more prevalent than others?
3. What are the most significant challenges you face in providing a diet low in saturated fat and sodium and high in fiber?



# BREAK

Please return in 15 minutes for the rest of our discussion



# OBESITY



- Obesity is a form of malnourishment in the homeless population. Just because they have access to calories does not mean it is nutritious.
- One reason for obesity among this population could be food scarcity followed by binge eating when food is available. High calorie, low quality foods and drinks may be to blame.
- A study done by John's Hopkins University claims that "low-cost, calorie-dense meals and fear of spending time outdoors in high-crime areas are the likely culprits"





# MACRONUTRIENTS

Macronutrients include Protein,  
Carbohydrates, and Fats

Today's Focus:

Carbohydrates and Fiber



# CARBOHYDRATES AND FIBER

Carbohydrates are the body's preferred fuel.

Glucose is the only fuel normally used by brain cells. Because neurons cannot store glucose, they depend on the bloodstream to deliver a constant supply of this precious fuel.

The recommended range of intake of carbohydrates for adults is 45% to 65% of total calories each day.



# CARBOHYDRATES AND FIBER



Food sources rich in carbohydrates are widely available: bread, cereal, rice, beans, pasta, milk, fruit, vegetables, candy, pastries, desserts, fruit juice and sweetened beverages.

There is a big difference between a sugar cookie (refined carbohydrate) and brown rice (whole grain).



# CARBOHYDRATES AND FIBER

There are two important considerations other than vitamin/mineral content when choosing which carbohydrates to include in your diet:

Fiber

Glycemic index



# CARBOHYDRATES AND FIBER



Fiber is classified as soluble and insoluble. In general, soluble fiber is beneficial for reducing cholesterol levels and insoluble fiber provides bulk for colon health and prevention of constipation.



# CARBOHYDRATES AND FIBER

Soluble fiber includes psyllium, gums, oat gum and pectin found in oatmeal and fruits (apples and dried fruits).

Soluble fiber helps reduce the amount of fat absorbed from food, causes cholesterol to be used for bile synthesis and inhibits the synthesis of cholesterol in the body.

This natural reduction of cholesterol may have a positive impact on the risk of cardiovascular disease.



# CARBOHYDRATES AND FIBER

For diabetics, the fiber component of carbohydrates is excluded from the amount of carbohydrates allowed at each meal.

For example,  $\frac{1}{2}$  cup of kidney beans:

20 g of carbohydrate

Less: 7 g of fiber

13 g of carbohydrate



This allows for additional carbohydrate food choices during a meal.



# GLYCEMIC INDEX (GI)

GI is a numerical index that ranks carbohydrate-rich foods according to their effect on blood glucose levels – the higher the number, the greater the rise in blood glucose.

Pure glucose is used as a reference point and is given a GI of 100.

Eating foods with a low GI is a valuable tool to help improve diabetes control through blood glucose levels.





# GLYCEMIC INDEX



When blood glucose gets low, you become tired and/or hungry. Food you eat replenishes glucose for energy.

When blood glucose gets too high, your pancreas secretes more insulin, which brings blood glucose back down by converting much of the excess glucose to stored body fat.

Eating foods that convert to glucose quickly may lead to a never-ending cycle of tiredness, fat storage, hunger, and then overeating.

The GI may be used to identify and avoid foods that cause the greatest increase in blood glucose levels and corresponding increases in insulin.



# GLYCEMIC INDEX

## Potential benefits of eating low GI foods:

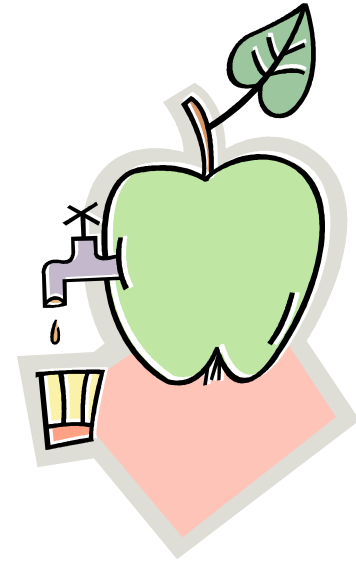
- Weight loss and weight management
- Increase body's sensitivity to insulin (less insulin will be released)
- Improve diabetes control
- Reduce risk for developing heart disease
- Reduce risk for developing Type 2 diabetes
- Reduce blood cholesterol levels
- Control your appetite (reduce hunger and improve satiety)
- Improve physical endurance



# GLYCEMIC INDEX

GI values are affected by:

- Preparation method of food.
- Ripeness of food (e.g. fruit).
- Combination with other foods.



The addition of other foods that contain fiber, protein or fat will typically reduce the GI of the meal.

Also, the rate at which different people digest carbohydrates is variable.



# Examples of foods with a Low, Medium and High GI

<b>Classification</b>	<b>GI range</b>	<b>Examples</b>
Low GI	55 or less	Most fruits and vegetables (except potatoes, watermelon), grainy breads, pasta, legumes, milk, yogurt, products extremely low in carbohydrates (some cheeses, nuts, cooking oil)
Medium GI	56–69	Whole wheat products, basmati rice, sweet potato, table sugar
High GI	70 and above	Corn flakes, rice krispies, baked potatoes, watermelon, croissants, white bread, extruded breakfast cereals, most white rices (e.g. jasmine), straight glucose (100)

# GLYCEMIC INDEX

A good reference source to determine the glycemic index of specific foods is online at

[www.glycemicindex.com](http://www.glycemicindex.com).

This site is the official site of the glycemic index and the glycemic index database. You can search the GI database using the GI. The results include a list of foods with their values, including serving size and carbohydrate/serving.



# DISCUSSION

1. What are some of the carbohydrate rich foods that you typically serve in your facilities?
2. Which of these foods are good sources of fiber?



# SUGAR AND ITS ALTERNATIVES

- Sugar and other sweeteners (natural or unnatural) are controversial at this time.
- Sucrose, fructose and glucose are all “sugars”. They can be combined to make sweeteners such as honey, molasses, agave nectar and corn syrup.
- “Sweeteners” have no calories and include:
  - Stevia
  - Sweet n’ low “saccharin”
  - Equal “aspartame”
  - Splenda “sucralose”



# NATURAL SUGARS



- **Agave:** known as a “natural” sweetener. It comes from the agave plant (the one that is also used to make tequila) in Mexico. It is mainly composed of fructose and is lower on the GI scale.
- **Apple Juice:** Juice concentrates are made up of fructose and glucose. Use  $\frac{3}{4}$  cup for every cup of white sugar and decrease the amount of liquid by 3 tablespoons. (allrecipes.com)
- **Honey:** consists of fructose, glucose, maltose and sucrose. It is 25 to 50% sweeter than sugar and can be used in baking.
- **Maple Syrup:** is made from the sap of sugar maple trees, and is a combination of sucrose and glucose. Maple syrup is only 60% as sweet as sugar. Be careful of the cheap “maple syrup flavored” syrup – it is composed of colored corn syrup!







## SUGAR ALTERNATIVES

- Stevia: an herbal sweetener originally from Paraguay – not currently FDA approved due to lack of information. Sold as a *supplement*.
- Sweet n' low/“saccharin”: the oldest sweetener still available, it was introduced in 1960 and banned in 1970. It is available currently and used in TAB.
- Equal/“aspartame”: controversial due to possible side effects. Is used currently in Dr. Pepper.
- Splenda/“sucralose” : chlorinated sugar rendered indigestible so it has no calories.



# CORN SYRUP



- The most common type of corn syrup used in the US in sodas and packaged goods are made from corn and consists of 55% fructose and 42% glucose. This is a very similar ratio to regular white sugar. Table sugar “sucrose” is made from sugar cane or sugar beets and consists of 50% fructose and 50% glucose. Corn syrup is useful in cooking and candy-making because it does not crystallize like other sugars. Corn syrup is less sweet than sugar and does not add flavor like molasses or honey. Also, it is very cheap and because corn is subsidized by the government, it is more affordable than any other type of sweetener.



# SWEETENER SUBSTITUTIONS

- To replace 1 cup dry sweetener with 1 cup liquid sweetener: reduce another liquid by 1/3 cup or add 4-5 tablespoons flour.
- To replace 1 cup dry sweetener with 3/4 cup honey: reduce another liquid by 1/4 cup or add 1/3 cup flour. Unless the recipe includes sour cream or buttermilk, add a pinch of baking soda to neutralize the acidity.
- To replace 1 cup liquid sweetener with 1 cup dry sweetener: add 1/3 cup water.
- To replace 1 cup liquid sweetener with 3/4 cup honey: add 1/4 cup water. Note: When using thick liquid sweeteners, heat the jar in hot water for five minutes to make pouring easier and spray measuring cups with vegetable spray to prevent sticking.

John Buscher, MSN. From [Veggie Life Magazine](#)  
(author of: ditch the fat, save the flavor)



# DISCUSSION



1. Do you think sugar consumption is a problem with your participants?
2. How do you feel about sugar alternatives?



# BREAK

Please return in 10 minutes for the rest of our discussion



# MICRONUTRIENTS

Micronutrients include all of the vitamins and minerals found in food.

Today's Focus:

- Vitamin C
- Calcium and Vitamin D
- Sodium and Potassium



# MICRONUTRIENTS – VITAMIN C



- Has many functions: structural integrity, serotonin synthesis, antioxidant, assists in iron absorption from food
- Is found in brightly colored fruits and vegetables, not just oranges
- Current recommendations is 75 mg/day for women and 90 mg/day for men. Because it is water soluble, it is considered a large risk for toxicity.



# MICRONUTRIENTS – CALCIUM



Calcium is not well absorbed (30%)

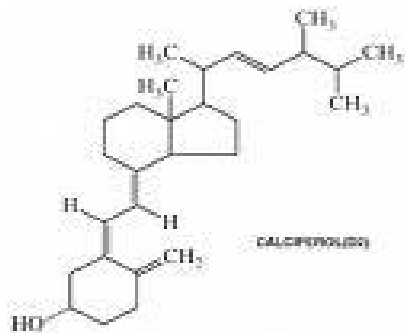
- It is needed for bone and teeth strength, blood clotting, and intracellular signaling.
- Adequate intake: 1000 mg/day
- High levels in fortified juice, dairy products, beans, leafy greens.





# MICRONUTRIENTS – VITAMIN D

- Assists with calcium absorption and bone strength.
- Can be synthesized by the body when skin is exposed to sunlight.
- Current recommendations are set at 400 IU



# MICRONUTRIENTS – SODIUM AND POTASSIUM

Sodium and potassium are important essential nutrients for regulating fluid balance in our bodies.

Sodium and potassium also play a role in nerve transmission and impulse conduction, and muscle contraction.

We have the ability to adapt to a large range of sodium intake through the regulation of sodium excretion by our kidneys.

In the US, dietary deficiency of sodium and potassium is rare due to the prevalence of these nutrients in a variety of foods.



# MICRONUTRIENTS – SODIUM AND POTASSIUM

## Sodium



- It is estimated that we obtain 75% of the sodium consumed in processed foods vs. adding salt to foods we cook at home.
- Foods high in sodium include canned meats and soups, condiments, pickled foods, and salty snacks.
- The adequate intake for sodium is 1500 mg and the upper limit is 2300 mg/day.



# MICRONUTRIENTS – SODIUM AND POTASSIUM

## Sodium – association with Hypertension

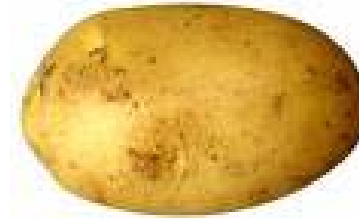
When the concentration of sodium in our blood increases, water is retained in the body vs. excreted in urine to dilute the sodium concentration in the blood stream.

The increased volume in the blood vessels causes an increase in pressure as the heart must push harder to move the higher volume through arteries.

Result = increased blood pressure



# MICRONUTRIENTS – SODIUM AND POTASSIUM



## Potassium

- The richest sources of potassium are fruits and vegetables. Potassium is abundant in unprocessed foods including fruits (bananas, melons), vegetables (avocado, squash, yams, leafy greens, potatoes, mushrooms), milk, yogurt, legumes, nuts, and seeds.
- Diets high in potassium are associated with lower blood pressure.
- The adequate intake of potassium for adults is 4700 mg.



# MICRONUTRIENTS – SODIUM AND POTASSIUM



## Balance of Sodium and Potassium

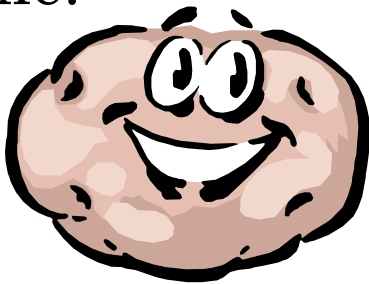
- The daily intake of sodium in Western industrialized cultures is about *three times higher* than the daily intake of potassium (Linus Pauling Institute).
- The relative deficiency of dietary potassium in the modern diet may play a role in the pathology of some chronic diseases including stroke and hypertension.
- Many experts believe that increasing intake of potassium in the diet is more important than reducing sodium to lower blood pressure.
- Research has shown that the blood pressure-lowering effect of potassium was more pronounced in individuals with higher salt intakes.



# MICRONUTRIENTS – SODIUM AND POTASSIUM



- Many of the foods that you have access to, including canned meats, soups, vegetables, tomato sauce and spaghetti sauce, are likely high in sodium content per serving.
- The key in meal planning is to serve foods rich in potassium to balance the sodium and potassium intake.



# POTASSIUM RICH FOODS

<b><u>Food</u></b>	<b><u>Serving</u></b>	<b><u>Potassium (mg)</u></b>
Potato, baked with skin	1 medium	926
Plums, dried (prunes)	1/2 cup	637
Raisins	1/2 cup	598
Prune juice	6 fluid ounces	528
Lima beans, cooked	1/2 cup	485
Acorn squash, cooked	1/2 cup (cubes)	448
Banana	1 medium	422
Spinach, cooked	1/2 cup	420
Tomato juice	6 fluid ounces	417
Orange juice	6 fluid ounces	372
Raisin bran cereal	1 cup	362
Artichoke, cooked	1 medium	343
Molasses	1 tablespoon	293
Tomato	1 medium	292
Sunflower seeds	1 ounce	241
Orange	1 medium	237
Almonds	1 ounce	200

Source: *Linus Pauling Institute website.*





# MENU DEVELOPMENT - BREAKFAST

Our approach to developing menu plans included the following:

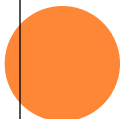
- Include a variety of options throughout a week.
- Select foods low in saturated fat and cholesterol.
- Limit consumption of refined carbohydrates.
- Include whole foods as available.
- Select items adaptable to feeding large groups.



# MENU DEVELOPMENT - BREAKFAST

Day 1	Day 2	Day 3	Day 4
Egg burrito with beans and salsa	Oatmeal prepared with milk	French toast (whole grain bread)	Vegetable Frittata
Fresh fruit	Dried Fruit and Nuts	Blueberry compote	Fresh fruit
Milk	Orange juice	Milk	Milk

Day 5	Day 6	Day 7
Pumpkin pancakes	Potato Cakes w/salmon	Scrambled eggs
Blueberry compote	Sour cream and cheese toppings	Pumpkin mini muffins
Milk	Fresh fruit	Milk



# NUTRITION CONTENT

	Day 1 Egg Burrito		Day 5 Pumpkin Oatmeal Pancakes		Day 6 Potato Cakes w/Salmon		Egg, Bacon, Toast, Milk, Orange Juice	
Protein	28 g	23%	16 g	15%	26 g	22%	33 g	19%
Carbohydrates	56 g	47%	73 g	65%	63 g	54%	68 g	39%
Fat	16 g	30%	10 g	20%	12 g	24%	33 g	<b>42%</b>
Saturated fat	7 g		3 g		5 g		13 g	
Cholesterol	241 mg		70 mg		158 mg		<b>480 mg</b>	
Fiber	6 g		7 g		5 g		<b>2 g</b>	
Vitamin C	35 mg	39%	32 mg	36%	19 mg	21%	107 mg	119%
Calcium	530 mg	53%	444 mg	44%	438 mg	44%	447 mg	44%
Vitamin D	3.0 mcg	60%	2.9 mcg	58%	2.7 mcg	54%	4.2 mcg	84%
Sodium	977 mg	42%	594 mg	26%	616 mg	27%	<b>975 mg</b>	42%
Potassium	716 mg	15%	268 mg	6%	782 mg	17%	1165 mg	<b>25%</b>

# MENU DEVELOPMENT - BREAKFAST

## Group Exercise

Using the list of foods provided and/or your knowledge of foods available to your facility, create three breakfast meals to promote the health of your participants.



# QUESTIONS AND DISCUSSION

Do you have any specific questions about the materials presented?

What other information would you find useful in planning breakfast options in your facility?



# Thank you for your participation!

We hope to see you at our discussion  
on “Lunch” including:

**Macronutrients:** Protein, Fluids

**Micronutrients:** Iron, B12, B6, Folate, Zinc

**Diseases:** Anemia, Dental/Digestive issues

**Lunch** menu development



Recipe: Breakfast Burrito

Breakfast Burrito

Number of Servings: 100 (222.28 g per serving)

Weight: 22228.00 g

Recipe

Item Name	Quantity	Measure	ESHA Code
Eggs, whole, raw, lrg	100	Each	19501
Mushrooms, brown, fresh, slices	6 1/4	Quart	15817
Beans, kidney, all types, mature, cnd, USDA	6 1/4	Quart	15348
Salsa, rts	3	Quart	53466
Cheese, cheddar, shredded	3	Quart	1008
Tortilla, flour, rtb, 7" to 8"	100	Each	42026

Nutrients

Nutrients	Per Serving	Nutrients	Per Serving
Basic Components		Vitamin C (mg)	1.35
Calories (kcal)	336.58	Vitamin D - IU (IU)	19.13
Calories from Fat (kcal)	121.32	Vitamin D - mcg (mcg)	0.48
Calories from SatFat (kcal)	48.21	Vitamin E - Alpha-Toco (mg)	0.99
Protein (g)	17.74	Folate (mcg)	100.57
Carbohydrates (g)	36.12	Folate, DFE (mcg)	130.01
Dietary Fiber (g)	5.42	Vitamin K (mcg)	6.10
Soluble Fiber (g)	1.25	Pantothenic Acid (mg)	1.21
Total Sugars (g)	3.77	Minerals	
Monosaccharides (g)	0.22	Calcium (mg)	216.90
Disaccharides (g)	1.42	Chromium (mcg)	0.20
Other Carbs (g)	26.93	Copper (mg)	0.34
Fat (g)	13.48	Fluoride (mg)	0.02
Saturated Fat (g)	5.36	Iodine (mcg)	31.72
Mono Fat (g)	5.16	Iron (mg)	3.51
Poly Fat (g)	1.71	Magnesium (mg)	43.42
Trans Fatty Acid (g)	0	Manganese (mg)	0.42
Cholesterol (mg)	225.74	Molybdenum (mcg)	57.12
Water (g)	150.98	Phosphorus (mg)	310.69
Vitamins		Potassium (mg)	475.15

Recipe: Breakfast Burrito

Nutrients cont.

Nutrients	Per Serving	Nutrients	Per Serving
Vitamin A - IU (IU)	469.07	Selenium (mcg)	33.48
Vitamin A - RAE (RAE)	110.42	Sodium (mg)	821.61
Vitamin A - Carotenoid RE (RE)	11.87	Zinc (mg)	1.83
Vitamin A - Retinol RE (RE)	104.48	Other Fats	
Beta-Carotene (mcg)	70.29	Omega 3 Fatty Acid (g)	0.17
Vitamin B1 - Thiamin (mg)	0.38	Omega 6 Fatty Acid (g)	1.53
Vitamin B2 - Riboflavin (mg)	0.54	Other Nutrients	
Vitamin B3 - Niacin (mg)	2.66	Gram Weight (g)	222.28
Niacin Equivalents (mg)	6.30	Alcohol (g)	0
Vitamin B6 (mg)	0.23	Caffeine (mg)	0
Vitamin B12 (mcg)	0.78	Choline (mg)	161.33
Biotin (mcg)	10.94		

Notes

1. Heat a nonstick skillet to medium heat and spray with cooking spray if needed.
2. Add mushrooms and saute for 2-3 minutes.
3. Add the kidney beans and saute for an additional minute to heat the beans.
4. Place the egg in a small bowl and scramble with a fork.
5. Add the scrambled egg to the pan and cook, stirring constantly, until the egg is cooked through. Take off the heat and set aside.
6. Wrap the tortillas in a clean, damp cloth and place in a warm oven for 10 minutes. The tortillas will be softer and easier to work with when assembling the burritos.
7. To assemble a burrito, place the following on one tortilla: 2 tablespoons shredded cheese, 2 tablespoons salsa, and approximately 1 cup of scrambled egg/mushroom/beans.
8. Wrap tortilla by folding over one edge as if to roll it, fold in each end and then continue to roll the tortilla to form a pouch.
9. Assembled burritos can be kept warm in the oven until served. For best results, cover with a clean, damp cloth to keep the tortillas soft.
10. Serve with fresh fruit and milk.



Recipe: Cinnamon French Toast \*

Cinnamon French Toast

Number of Servings: 100 (127.19 g per serving)

Weight: 12719.45 g

Recipe

Item Name	Quantity	Measure	ESHA Code
Eggs, whole, raw, lrg	67	Each	19501
Milk, 1%, w/add vit A & D	4 1/4	Quart	4
Spice, cinnamon, ground	8 1/4	Teaspoon	26003
Bread, whole grain, slice	200	Each	71020

Nutrients

Nutrients	Per Serving	Nutrients	Per Serving
Basic Components		Vitamin C (mg)	0.06
Calories (kcal)	203.66	Vitamin D - IU (IU)	33.29
Calories from Fat (kcal)	53.41	Vitamin D - mcg (mcg)	0.83
Calories from SatFat (kcal)	15.79	Vitamin E - Alpha-Toco (mg)	0.53
Protein (g)	12.57	Folate (mcg)	56.83
Carbohydrates (g)	25.04	Folate, DFE (mcg)	56.83
Dietary Fiber (g)	3.96	Vitamin K (mcg)	0.94
Soluble Fiber (g)	0.54	Pantothenic Acid (mg)	0.81
Total Sugars (g)	5.66	Minerals	
Monosaccharides (g)	2.31	Calcium (mg)	122.83
Disaccharides (g)	3.35	Chromium (mcg)	0.13
Other Carbs (g)	15.42	Copper (mg)	0.19
Fat (g)	5.93	Fluoride (mg)	0.00
Saturated Fat (g)	1.75	Iodine (mcg)	27.71
Mono Fat (g)	1.79	Iron (mg)	1.94
Poly Fat (g)	1.45	Magnesium (mg)	49.27
Trans Fatty Acid (g)	0.01	Manganese (mg)	1.10
Cholesterol (mg)	143.78	Molybdenum (mcg)	6.52
Water (g)	81.94	Phosphorus (mg)	222.09
Vitamins		Potassium (mg)	227.63
Vitamin A - IU (IU)	245.08	Selenium (mcg)	29.10
Vitamin A - RAE (RAE)	71.06	Sodium (mg)	283.57
Vitamin A - Carotenoid RE (RE)	0.87	Zinc (mg)	1.43
Vitamin A - Retinol RE (RE)	70.62	Other Fats	

Recipe: Cinnamon French Toast \*

Nutrients cont.

Nutrients	Per Serving	Nutrients	Per Serving
Beta-Carotene (mcg)	4.42	Omega 3 Fatty Acid (g)	0.13
Vitamin B1 - Thiamin (mg)	0.18	Omega 6 Fatty Acid (g)	1.31
Vitamin B2 - Riboflavin (mg)	0.31	Other Nutrients	
Vitamin B3 - Niacin (mg)	2.17	Gram Weight (g)	127.19
Niacin Equivalent (mg)	4.40	Alcohol (g)	0
Vitamin B6 (mg)	0.20	Caffeine (mg)	0
Vitamin B12 (mcg)	0.61	Choline (mg)	105.26
Biotin (mcg)	9.08		

Notes

1. In a bowl, whisk together eggs, milk and cinnamon.
2. Heat a griddle to medium high heat.
3. Dip each slice of bread in the egg mixture to coat thoroughly.
4. Place soaked slice of bread on the hot griddle and cook for approximately 3 minutes, or until the bread is lightly browned. Adjust griddle temperature if needed.
5. Flip bread and cook for an additional 2-3 minutes until lightly browned.
6. Serve 2 slices with warm blueberry compote or syrup.

Recipe: Potato and Vegetable Frittata \*

Potato and Vegetable Frittata

Number of Servings: 100 (316.29 g per serving)

Weight: 31629.42 g

Recipe

Item Name	Quantity	Measure	ESHA Code
Oil, olive, extra virgin	11 1/2	Tablespoon	8361
Onion, yellow, fresh, chpd	4 1/4	Quart	7499
Garlic, minced, wet	11 1/2	Tablespoon	9473
Peppers, bell, green, sweet, fresh, chpd	4 1/4	Quart	5124
Potatoes, ckd in skin, peeled, diced	4 1/4	Gallon	5134
Tomatoes, red, fresh, year round avg, chpd/sliced, USDA	7 3/4	Quart	15331
Olives, black, cnd	4	Cup	27010
Eggs, whole, raw, lrg	133	Each	19501
Salt, table	4 1/4	Teaspoon	26014
Spice, pepper, black	4 1/4	Teaspoon	26016
Herb, oregano, leaves, dried	8 1/4	Teaspoon	93509
Spice, chili pepper, cayenne, dried, ground	1 3/4	Teaspoon	82043
Tomatoes, red, fresh, year round avg, sml, 2 2/5"	16 1/2	Each	5176
Cheese, mozzarella, rducd fat, shredded	2 1/2	Quart	1268

Nutrients

Nutrients	Per Serving	Nutrients	Per Serving
Basic Components		Vitamin C (mg)	45.29
Calories (kcal)	270.50	Vitamin D - IU (IU)	23.27
Calories from Fat (kcal)	98.11	Vitamin D - mcg (mcg)	0.58
Calories from SatFat (kcal)	30.96	Vitamin E - Alpha-Toco (mg)	1.45
Protein (g)	14.76	Folate (mcg)	60.45
Carbohydrates (g)	29.57	Folate, DFE (mcg)	60.45
Dietary Fiber (g)	3.89	Vitamin K (mcg)	10.76
Soluble Fiber (g)	0.48	Pantothenic Acid (mg)	1.63
Total Sugars (g)	5.07	Minerals	

Recipe: Potato and Vegetable Frittata \*

Nutrients cont.

Nutrients	Per Serving	Nutrients	Per Serving
Monosaccharides (g)	4.32	Calcium (mg)	222.95
Disaccharides (g)	0.72	Chromium (mcg)	0.78
Other Carbs (g)	20.27	Copper (mg)	0.35
Fat (g)	10.90	Fluoride (mg)	0.06
Saturated Fat (g)	3.44	Iodine (mcg)	39.22
Mono Fat (g)	4.23	Iron (mg)	2.12
Poly Fat (g)	1.23	Magnesium (mg)	45.02
Trans Fatty Acid (g)	0	Manganese (mg)	0.33
Cholesterol (mg)	287.30	Molybdenum (mcg)	17.47
Water (g)	258.12	Phosphorus (mg)	204.21
<b>Vitamins</b>		Potassium (mg)	746.61
Vitamin A - IU (IU)	1211.93	Selenium (mcg)	21.59
Vitamin A - RAE (RAE)	129.50	Sodium (mg)	328.50
Vitamin A - Carotenoid RE (RE)	74.14	Zinc (mg)	1.27
Vitamin A - Retinol RE (RE)	92.43	<b>Other Fats</b>	
Beta-Carotene (mcg)	402.84	Omega 3 Fatty Acid (g)	0.08
Vitamin B1 - Thiamin (mg)	0.21	Omega 6 Fatty Acid (g)	1.14
Vitamin B2 - Riboflavin (mg)	0.37	<b>Other Nutrients</b>	
Vitamin B3 - Niacin (mg)	2.16	Gram Weight (g)	316.29
Niacin Equivalent (mg)	4.66	Alcohol (g)	0
Vitamin B6 (mg)	0.56	Caffeine (mg)	0
Vitamin B12 (mcg)	0.86	Choline (mg)	189.71
Biotin (mcg)	17.40		

Notes

- Note: Ingredients will need to be divided accordingly between the number of frying pans used to prepare the frittatas.
1. Preheat the broiler in the oven.
  2. In a frying pan with an oven proof handle, heat the oil and saute the onion, garlic and bell pepper over low heat until soft.
  3. Add the potatoes, stir well to combine, and continue cooking (stir frequently) until potatoes are heated through and start to stick to the pan.
  4. Add the chopped tomatoes and black olives. Stir well to combine and cook just until the tomatoes begin to give up their juice.
  5. In a large bowl, beat the eggs with the salt, pepper, oregano and cayenne. When all of the vegetables are cooked, pour the eggs over them.
  6. Slice the fresh tomatoes and arrange the slices over the top of the eggs. Sprinkle mozzarella cheese over the tomato slices.
  7. Cook gently over low heat until the eggs are almost set (do not stir). They will be firm on the edges and runny in the middle.
  8. Place the pan under the broiler for a minute or two, until the eggs are fully set and the cheese has melted and begun to brown.
  9. Cut into wedges and serve.

Recipe: Scrambled Eggs with Onions and Peppers \*

Scrambled Eggs with Onions and Peppers

Number of Servings: 100 (161.94 g per serving)

Weight: 16193.54 g

Recipe

Item Name	Quantity	Measure	ESHA Code
Eggs, whole, raw, lrg	200	Each	19501
Milk, 1%, w/add vit A & D	6	Cup	214
Salt, table	4 1/4	Tablespoon	26014
Spice, pepper, black	2	Tablespoon	26016
Cheese, cheddar, shredded	6	Cup	1008
Butter, unsalted	1	Cup	8025
Onion, yellow, fresh, chpd	3	Quart	7499
Peppers, bell, green, sweet, fresh, chpd	3	Quart	5124

Nutrients

Nutrients	Per Serving	Nutrients	Per Serving
Basic Components		Vitamin C (mg)	15.89
Calories (kcal)	204.79	Vitamin D - IU (IU)	41.81
Calories from Fat (kcal)	127.81	Vitamin D - mcg (mcg)	1.05
Calories from SatFat (kcal)	52.25	Vitamin E - Alpha-Toco (mg)	1.11
Protein (g)	15.21	Folate (mcg)	53.74
Carbohydrates (g)	4.34	Folate, DFE (mcg)	53.74
Dietary Fiber (g)	0.66	Vitamin K (mcg)	2.26
Soluble Fiber (g)	0.04	Pantothenic Acid (mg)	1.51
Total Sugars (g)	2.77	Minerals	
Monosaccharides (g)	1.46	Calcium (mg)	127.37
Disaccharides (g)	0.57	Chromium (mcg)	0.46
Other Carbs (g)	0.91	Copper (mg)	0.13
Fat (g)	14.23	Fluoride (mg)	0.00
Saturated Fat (g)	5.81	Iodine (mcg)	56.17
Mon. Fat (g)	4.99	Iron (mg)	2.02
Poly. Fat (g)	1.51	Magnesium (mg)	17.90
Trans. Fatty Acid (g)	0.06	Manganese (mg)	0.09
Cholesterol (mg)	435.90	Molybdenum (mcg)	19.17
Water (g)	125.98	Phosphorus (mg)	235.62



Recipe: Scrambled Eggs with Onions and Peppers \*

Nutrients cont.

Nutrients	Per Serving	Nutrients	Per Serving
<b>Vitamins</b>		Potassium (mg)	202.16
Vitamin A - IU (IU)	708.63	Selenium (mcg)	32.77
Vitamin A - RAE (RAE)	176.85	Sodium (mg)	488.01
Vitamin A - Carotenoid RE (RE)	10.23	Zinc (mg)	1.38
Vitamin A - Retinol RE (RE)	171.74	<b>Other Fats</b>	
Beta-Carotene (mcg)	56.93	Omega 3 Fatty Acid (g)	0.11
Vitamin B1 - Thiamin (mg)	0.09	Omega 6 Fatty Acid (g)	1.40
Vitamin B2 - Riboflavin (mg)	0.51	<b>Other Nutrients</b>	
Vitamin B3 - Niacin (mg)	0.19	Gram Weight (g)	161.94
Niacin Equivalents (mg)	3.32	Alcohol (g)	0
Vitamin B6 (mg)	0.21	Caffeine (mg)	0
Vitamin B12 (mcg)	1.35	Choline (mg)	254.81
Biotin (mcg)	20.88		

Notes

1. Beat eggs, milk, salt and pepper in a large bowl. Mix in cheese.
2. Heat a large skillet to medium low heat and add butter.
3. When butter has melted and is sizzling, add onions and bell peppers. Cook until soft, approximately 3 minutes.
4. Pour eggs over the peppers and cook, stirring constantly, until eggs have set.
5. If available, top with chopped fresh herbs such as parsley, chives, or basil.
6. Serve hot, approximately 1 cup of eggs per serving.

Recipe: Pumpkin Mini Muffins \*

Pumpkin Mini Muffins

Number of Servings: 100 (30.97 g per serving)

Weight: 3096.83 g

Recipe

Item Name	Quantity	Measure	ESHA Code
Flour, all purpose, white, bleached, enrich	6	Cup	38030
Sugar	2 1/2	Cup	63412
Baking Powder, double acting, sodium aluminum sulfate	8 1/4	Teaspoon	28045
Pumpkin, cnd, unsalted	31	Ounce-w...	5142
Egg Whites, raw, lrg	8 1/2	Each	19506
Milk, 1%, w/add vit A & D	2 1/8	Cup	4
Applesauce, unswtnd, cnd	1	Cup	3006
Salt, table	3 1/4	Teaspoon	26014
Spice, nutmeg, ground	2	Teaspoon	26026
Spice, cinnamon, ground	1/2	Teaspoon	26003
Spice, allspice, ground	1/2	Teaspoon	26000
Spice, ginger, ground	1/2	Teaspoon	26023

Nutrients

Nutrients	Per Serving	Nutrients	Per Serving
Basic Components		Vitamin C (mg)	0.40
Calories (kcal)	47.36	Vitamin D - IU (IU)	2.70
Calories from Fat (kcal)	1.56	Vitamin D - mcg (mcg)	0.07
Calories from SatFat (kcal)	0.62	Vitamin E - Alpha-Toco (mg)	0.10
Protein (g)	1.36	Folate (mcg)	15.27
Carbohydrates (g)	10.74	Folate, DFE (mcg)	23.37
Dietary Fiber (g)	0.50	Vitamin K (mcg)	1.45
Soluble Fiber (g)	0.12	Pantothenic Acid (mg)	0.09
Total Sugars (g)	4.43	<b>Minerals</b>	
Monosaccharides (g)	0.21	Calcium (mg)	32.50
Disaccharides (g)	0.29	Chromium (mcg)	0.00
Other Carbs (g)	5.80	Copper (mg)	0.02
Fat (g)	0.17	Fluoride (mg)	0.00
Saturated Fat (g)	0.07	Iodine (mcg)	2.79

Recipe: Pumpkin Mini Muffins \*

Nutrients cont.

Nutrients	Per Serving	Nutrients	Per Serving
Mono Fat (g)	0.03	Iron (mg)	0.53
Poly Fat (g)	0.03	Magnesium (mg)	4.85
Trans Fatty Acid (g)	0.00	Manganese (mg)	0.07
Cholesterol (mg)	0.26	Molybdenum (mcg)	0.10
Water (g)	18.10	Phosphorus (mg)	25.09
<b>Vitamins</b>		Potassium (mg)	40.81
Vitamin A - IU (IU)	1378.75	Selenium (mcg)	3.32
Vitamin A - RAE (RAE)	71.45	Sodium (mg)	123.40
Vitamin A - Carotenoid RE (RE)	136.88	Zinc (mg)	0.09
Vitamin A - Retinol RE (RE)	3.01	<b>Other Fats</b>	
Beta-Carotene (mcg)	610.36	Omega 3 Fatty Acid (g)	0.00
Vitamin B1 - Thiamin (mg)	0.06	Omega 6 Fatty Acid (g)	0.03
Vitamin B2 - Riboflavin (mg)	0.06	<b>Other Nutrients</b>	
Vitamin B3 - Niacin (mg)	0.49	Gram Weight (g)	30.97
Niacin Equivalent (mg)	0.75	Alcohol (g)	0
Vitamin B6 (mg)	0.01	Caffeine (mg)	0
Vitamin B12 (mcg)	0.03	Choline (mg)	2.65
Biotin (mcg)	0.40		

Notes

1. Preheat oven to 350 degrees.
2. Grease mini-muffin cups with vegetable oil spray or a small amount of oil.
3. Stir the flour, sugar, baking powder, pumpkin puree, egg whites, milk, applesauce, salt, nutmeg, cinnamon, allspice and ginger together in a large bowl until everything is just moistened.
4. Pour evenly into the muffin cups.
5. Bake in a preheated oven until golden and the tops spring back when lightly pressed, about 15 minutes.
6. Allow to cool completely before serving.

Note: Regular size muffins can be baked as well. Check for doneness after approximately 20 to 25 minutes.



Recipe: Oatmeal with Milk & Cinnamon \*

Oatmeal with Milk & Cinnamon

Number of Servings: 100 (258.36 g per serving)

Weight: 25835.72 g

Recipe

Item Name	Quantity	Measure	ESHA Code
Milk, 1%, w/add vit A & D	5 1/2	Gallon	214
Oats, rolled, old fashioned, dry	3	Gallon	38017
Salt, table	6 1/4	Teaspoon	26014
Spice, cinnamon, ground	4 1/4	Tablespoon	26003
Flavor, vanilla extract	4 1/4	Tablespoon	26624

Nutrients

Nutrients	Per Serving	Nutrients	Per Serving
Basic Components		Vitamin C (mg)	1.07
Calories (kcal)	243.16	Vitamin D - IU (IU)	88.00
Calories from Fat (kcal)	45.76	Vitamin D - mcg (mcg)	2.20
Calories from SatFat (kcal)	16.21	Vitamin E - Alpha-Toco (mg)	0.01
Protein (g)	12.73	Folate (mcg)	0.02
Carbohydrates (g)	37.89	Folate, DFE (mcg)	0.02
Dietary Fiber (g)	4.02	Vitamin K (mcg)	0.10
Soluble Fiber (g)	1.92	Pantothenic Acid (mg)	0.00
Total Sugars (g)	11.59	Minerals	
Monosaccharides (g)	0.01	Calcium (mg)	267.47
Disaccharides (g)	0.00	Chromium (mcg)	0.00
Other Carbs (g)	22.08	Copper (mg)	0.00
Fat (g)	5.08	Fluoride (mg)	0.00
Saturated Fat (g)	1.80	Iodine (mcg)	
Mono Fat (g)	1.84	Iron (mg)	1.76
Poly Fat (g)	0.96	Magnesium (mg)	0.27
Trans Fatty Acid (g)	0	Manganese (mg)	0.06
Cholesterol (mg)	13.20	Molybdenum (mcg)	
Water (g)	195.80	Phosphorus (mg)	0.24
Vitamins		Potassium (mg)	2.25
Vitamin A - IU (IU)	440.98	Selenium (mcg)	0.01
Vitamin A - RAE (RAE)	0.05	Sodium (mg)	259.82

Recipe: Oatmeal with Milk & Cinnamon \*

Nutrients cont.

Nutrients	Per Serving	Nutrients	Per Serving
Vitamin A - Carotenoid RE (RE)	0.10	Zinc (mg)	0.01
Vitamin A - Retinol RE (RE)	0	Other Fats	
Beta-Carotene (mcg)	0.37	Omega 3 Fatty Acid (g)	0.00
Vitamin B1 - Thiamin (mg)	0.00	Omega 6 Fatty Acid (g)	0.00
Vitamin B2 - Riboflavin (mg)	0.00	Other Nutrients	
Vitamin B3 - Niacin (mg)	0.01	Gram Weight (g)	258.36
Niacin Equivalents (mg)	0.01	Alcohol (g)	0.18
Vitamin B6 (mg)	0.00	Caffeine (mg)	0
Vitamin B12 (mcg)	0	Choline (mg)	0.04
Biotin (mcg)	--		

Notes

1. Place milk in a large saucepan over medium-high heat. Heat until milk just begins to boil.
2. Add oats and turn down heat to medium or medium low. Oats should be bubbling lightly.
3. Cook oats, stirring occasionally for about 5 minutes.
4. Add salt, cinnamon and vanilla and mix thoroughly.
5. Serve hot (approximately 1 1/2 cups per serving).
6. Serving suggestions: serve with chopped fresh or dried fruit and chopped nuts (almonds, walnuts, or pecans).

Recipe: Pumpkin Oatmeal Applesauce Pancakes

Pumpkin Oatmeal Applesauce Pancakes

Number of Servings: 100 (136.75 g per serving)

Weight: 13675.13 g

Recipe

Item Name	Quantity	Measure	ESHA Code
Flour, all purpose, white, bleached, enrich	3	Quart	38030
Oats, rolled, old fashioned, dry	3	Quart	38017
Milk, 1%, w/add vit A & D	3	Quart	214
Baking Powder, double acting, sodium aluminum sulfate	8 1/2	Tablespoon	28045
Baking Soda	4 1/4	Tablespoon	28003
Salt, table	6 1/4	Teaspoon	26014
Sugar, brown, packed	3	Cup	25005
Applesauce, swtnd, cnd, USDA	3	Quart	16420
Eggs, whole, raw, lrg	25	Each	19501
Oil, canola	1 1/2	Cup	8084
Pumpkin, solid pack, cnd	3	Quart	6298

Nutrients

Nutrients	Per Serving	Nutrients	Per Serving
Basic Components		Vitamin C (mg)	0.65
Calories (kcal)	206.84	Vitamin D - IU (IU)	16.38
Calories from Fat (kcal)	52.92	Vitamin D - mcg (mcg)	0.41
Calories from SatFat (kcal)	8.70	Vitamin E - Alpha-Toco (mg)	0.77
Protein (g)	5.94	Folate (mcg)	33.69
Carbohydrates (g)	33.73	Folate, DFE (mcg)	49.89
Dietary Fiber (g)	2.92	Vitamin K (mcg)	2.66
Soluble Fiber (g)	0.72	Pantothenic Acid (mg)	0.27
Total Sugars (g)	13.53	Minerals	
Monosaccharides (g)	3.99	Calcium (mg)	125.07
Disaccharides (g)	6.86	Chromium (mcg)	0.05
Other Carbs (g)	17.27	Copper (mg)	0.05
Fat (g)	5.94	Fluoride (mg)	0.00

Recipe: Pumpkin Oatmeal Applesauce Pancakes

Nutrients cont.

Nutrients	Per Serving	Nutrients	Per Serving
Saturated Fat (g)	0.97	Iodine (mcg)	6.63
Mono Fat (g)	2.98	Iron (mg)	1.74
Poly Fat (g)	1.43	Magnesium (mg)	6.60
Trans Fatty Acid (g)	0.01	Manganese (mg)	0.12
Cholesterol (mg)	54.68	Molybdenum (mcg)	2.12
Water (g)	87.54	Phosphorus (mg)	67.81
Vitamins		Potassium (mg)	64.01
Vitamin A - IU (IU)	4322.65	Selenium (mcg)	9.22
Vitamin A - RAE (RAE)	227.59	Sodium (mg)	467.19
Vitamin A - Carotenoid RE (RE)	420.43	Zinc (mg)	0.26
Vitamin A - Retinol RE (RE)	17.37	Other Fats	
Beta-Carotene (mcg)	2481.82	Omega 3 Fatty Acid (g)	0.32
Vitamin B1 - Thiamin (mg)	0.13	Omega 6 Fatty Acid (g)	0.87
Vitamin B2 - Riboflavin (mg)	0.14	Other Nutrients	
Vitamin B3 - Niacin (mg)	0.92	Gram Weight (g)	136.75
Niacin Equivalents (mg)	1.59	Alcohol (g)	0
Vitamin B6 (mg)	0.04	Caffeine (mg)	0
Vitamin B12 (mcg)	0.16	Choline (mg)	34.08
Biotin (mcg)	2.89		

Notes

1. In a large bowl, mix milk, applesauce, egg, oil, and pumpkin.
2. In a second bowl, mix flour, oats, baking powder, baking soda, salt and brown sugar.
3. Pour dry ingredients into wet ingredients and mix until combined. Mixture will be lumpy.
4. Heat a griddle on medium heat.
5. Spray the griddle lightly with oil if necessary.
6. Spoon approximately 1/4 cup of batter onto hot griddle.
7. Flip pancakes when bubbles appear on the top surface and edges are light brown.
8. Cook for 1-2 minutes longer until pancake is cooked through.
9. Serve with warm blueberry compote.

Recipe: Salmon Potato Cakes \*

Salmon Potato Cakes

Number of Servings: 100 (213.39 g per serving)

Weight: 21338.79 g

Recipe

Item Name	Quantity	Measure	ESHA Code
Onion, white, ckd, drained, chpd	3	Quart	5108
Fish, salmon, pink, cnd	11	Pound	17255
Eggs, whole, raw, lrg	50	Each	19501
Mustard, yellow, prep	1	Cup	435
Spice, pepper, black	4 1/4	Tablespoon	26016
Salt, table	6 1/4	Teaspoon	26014
Bread Crumbs, plain, grated, dry	6	Cup	42004
Sour Cream, cultured	6	Cup	504
Potatoes, fresh, w/skin, lrg, 3" to 4 1/4"	25	Each	5583

Nutrients

Nutrients	Per Serving	Nutrients	Per Serving
Basic Components		Vitamin C (mg)	19.68
Calories (kcal)	239.34	Vitamin D - IU (IU)	8.75
Calories from Fat (kcal)	83.71	Vitamin D - mcg (mcg)	0.22
Calories from SatFat (kcal)	27.10	Vitamin E - Alpha-Toco (mg)	0.32
Protein (g)	16.10	Folate (mcg)	38.22
Carbohydrates (g)	24.16	Folate, DFE (mcg)	41.92
Dietary Fiber (g)	2.82	Vitamin K (mcg)	3.07
Soluble Fiber (g)	0.61	Pantothenic Acid (mg)	0.74
Total Sugars (g)	2.86	Minerals	
Monosaccharides (g)	1.87	Calcium (mg)	136.32
Disaccharides (g)	0.98	Chromium (mcg)	0.26
Other Carbs (g)	18.48	Copper (mg)	0.17
Fat (g)	9.30	Fluoride (mg)	0.00
Saturated Fat (g)	3.01	Iodine (mcg)	13.75
Mono Fat (g)	1.68	Iron (mg)	1.97
Poly Fat (g)	0.66	Magnesium (mg)	32.63
Trans Fatty Acid (g)	0.07	Manganese (mg)	0.28

Recipe: Salmon Potato Cakes \*

Nutrients cont.

Nutrients	Per Serving	Nutrients	Per Serving
Cholesterol (mg)	143.45	Molybdenum (mcg)	4.25
Water (g)	160.49	Phosphorus (mg)	136.10
Vitamins		Potassium (mg)	499.36
Vitamin A - IU (IU)	192.96	Selenium (mcg)	11.08
Vitamin A - RAE (RAE)	53.91	Sodium (mg)	484.68
Vitamin A - Carotenoid RE (RE)	1.45	Zinc (mg)	0.76
Vitamin A - Retinol RE (RE)	53.18	Other Fats	
Beta-Carotene (mcg)	7.78	Omega 3 Fatty Acid (g)	0.09
Vitamin B1 - Thiamin (mg)	0.18	Omega 6 Fatty Acid (g)	0.58
Vitamin B2 - Riboflavin (mg)	0.20	Other Nutrients	
Vitamin B3 - Niacin (mg)	1.49	Gram Weight (g)	213.39
Niacin Equivalent (mg)	2.96	Alcohol (g)	0
Vitamin B6 (mg)	0.36	Caffeine (mg)	0
Vitamin B12 (mcg)	0.38	Choline (mg)	79.38
Biotin (mcg)	6.37		

Notes

1. Peel and shred potatoes. Squeeze out excess liquid and place them in a large bowl.
2. Add chopped onion, salmon, eggs, mustard, pepper, salt, and break crumbs. Mix thoroughly.
3. Form potato cakes into 3 to 4 inch size disks.
4. Heat a skillet or grill top to medium heat.
5. Add a small amount of oil to the skillet and place potato cakes gently into the pan.
6. Brown potato cakes without moving them on the pan for 5 minutes.
7. Flip potato cakes and cook for an additional 4 minutes. Adjust the griddle heat if needed.
8. Garnish with 1-2 tablespoons of sour cream.

Recipe: Blueberry Compote

Blueberry Compote

Number of Servings: 100 (211.05 g per serving)

Weight: 21105.00 g

Recipe

Item Name	Quantity	Measure	ESHA Code
Blueberries, unswtnd, fzn, 20oz pkg	6	Gallon	3031
Juice, orange, Calif, chilled	6 1/4	Quart	3456

Nutrients

Nutrients	Per Serving	Nutrients	Per Serving
Basic Components		Vitamin C (mg)	30.30
Calories (kcal)	103.28	Vitamin D - IU (IU)	--
Calories from Fat (kcal)	10.08	Vitamin D - mcg (mcg)	--
Calories from SatFat (kcal)	0.87	Vitamin E - Alpha-Toco (mg)	0.71
Protein (g)	1.12	Folate (mcg)	28.47
Carbohydrates (g)	24.37	Folate, DFE (mcg)	28.47
Dietary Fiber (g)	4.14	Vitamin K (mcg)	24.40
Soluble Fiber (g)	1.19	Pantothenic Acid (mg)	0.30
Total Sugars (g)	12.57	Minerals	
Monosaccharides (g)	--	Calcium (mg)	18.13
Disaccharides (g)	--	Chromium (mcg)	0.55
Other Carbs (g)	1.52	Copper (mg)	0.07
Fat (g)	1.12	Fluoride (mg)	--
Saturated Fat (g)	0.10	Iodine (mcg)	1.25
Mono Fat (g)	0.16	Iron (mg)	0.37
Poly Fat (g)	0.45	Magnesium (mg)	14.29
Trans Fatty Acid (g)	0	Manganese (mg)	0.23
Cholesterol (mg)	0	Molybdenum (mcg)	--
Water (g)	183.87	Phosphorus (mg)	23.22
Vitamins		Potassium (mg)	198.63
Vitamin A - IU (IU)	159.33	Selenium (mcg)	0.15
Vitamin A - RAE (RAE)	7.97	Sodium (mg)	2.11
Vitamin A - Carotenoid RE (RE)	15.93	Zinc (mg)	0.13
Vitamin A - Retinol RE (RE)	0	Other Fats	
Beta-Carotene (mcg)	41.66	Omega 3 Fatty Acid (g)	0.18

Recipe: Blueberry Compote

Nutrients cont.

Nutrients	Per Serving	Nutrients	Per Serving
Vitamin B1 - Thiamin (mg)	0.12	Omega 6 Fatty Acid (g)	0.28
Vitamin B2 - Riboflavin (mg)	0.07	Other Nutrients	
Vitamin B3 - Niacin (mg)	0.95	Gram Weight (g)	211.05
Niacin Equivalents (mg)	1.01	Alcohol (g)	0
Vitamin B6 (mg)	0.12	Caffeine (mg)	0
Vitamin B12 (mcg)	0	Choline (mg)	7.59
Biotin (mcg)	0.62		

Notes

1. In a medium sauce pan, heat blueberries, orange juice and sugar until simmering.
2. Simmer gently until slightly reduced for 10-15 minutes.



MEALS PARTNERSHIP COALITION  
MEETING SIGN-IN - Nutrition Seminar, 2010

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