

HEALTHY RECIPE GUIDELINES

Background:

The University of Wyoming (UWE) Nutrition and Food Safety (NFS) initiative team aims to improve the health of Wyoming citizens through wise nutrition and health decisions and safe food handling practices. While understanding that all foods can be part of a balanced diet, recipes shared by UWE NFS educators should strive to represent best practices for nutrition and food safety. The Dietary Guidelines for Americans (2015) recommends focusing on variety (↑), nutrient density (↑), and amount (↓), as well as reducing intake of saturated fats, added sugars, and sodium. The following nutrient limits and additional guidelines will help to ensure that UWE NFS recipes represent good choices within the framework of the Dietary Guidelines for Americans.

Nutrient Limits*:

These limits represent the maximum amount of each nutrient that is recommended *per the indicated number of total calories* in the food or beverage.

	Limit per <u>100</u> calories:	Limit per <u>200</u> calories:	Limit per <u>300</u> calories:	Limit per <u>400</u> calories:	Limit per <u>500</u> calories:
Saturated fats (grams)	1.1	2.2	3.3	4.4	5.5
Added sugars (grams)	2.5	5	7.5	10	12.5
Sodium (milligrams)	115	230	345	460	575

*If a recipe exceeds one or more of the nutrient limits it is recommended that a footnote be used to explain the limit that it exceeds. Example: *'This recipe is a bit high in saturated fat--be mindful of appropriate portion sizes.'*

In addition, recipes should:

- emphasize fruits, vegetables, whole grains and lean protein/dairy choices
- highlight best practices for food safety, when appropriate
- have been tested at least once
- include appropriate serving size information
- have order of ingredients that matches the order of use in the instructions

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