

## ANNEX B



# Performance Triad Recipe Competition

## Suggested Judging Criteria



### 1. Nutritional composition.

- a. Number of **different** fruits and vegetables included in the recipe
- b. Number of servings of fruits and vegetables per serving
- c. Total calories. Below are suggested maximum kilocalorie limit per serving:
  - (1) Entrees:  $\leq 500$  calories per serving
  - (2) Shakes/Drinks/Smoothies:  $\leq 400$  calories per serving
  - (3) Desserts:  $\leq 300$  calories per serving
  - (4) High Performance Snacks:  $\leq 400$  calories per serving
  - (5) Side Dishes:  $\leq 300$  calories per serving
- d. Total dietary fiber content ( $\geq 3$  grams of dietary fiber per serving is considered a good source of dietary fiber)
- e. Wholesomeness of ingredients (the less processed the better).
- f. Sodium content. Suggest using the Go for Green® 2015 sodium criteria to determine if a recipe is low/medium/high in sodium (see attached).
- g. Sugar content. Suggest evaluating recipes based the amount of **added** sugar used. Encourage participants to add flavor and sweetness to the recipe naturally.

### 2. Cost of Preparation (optional). This can be included to encourage budget-friendly entries.

- a. The following websites can help calculate the cost for each recipe.

- (1) Bureau of Labor Statistics: [http://www.bls.gov/regions/mid-atlantic/data/averageretailfoodandenergyprices\\_usandmidwest\\_table.htm](http://www.bls.gov/regions/mid-atlantic/data/averageretailfoodandenergyprices_usandmidwest_table.htm)

- (2) USDA Economic Research Service: <http://ers.usda.gov/data-products.aspx>

- b. Suggested maximum cost for recipe.

- (1) Entrees:  $\leq \$10.00$  for entire recipe
- (2) Shakes/Drinks/Smoothies:  $\leq \$3.00$  per serving
- (3) Desserts:  $\leq \$8.00$  for entire recipe
- (4) High performance snacks:  $\leq \$7.00$  for entire recipe
- (5) Side Dishes:  $\leq \$5.00$  for entire recipe



# Go for Green® 2015<sup>‡</sup> Sodium Criteria



Sodium is part of the Go For Green® 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
Full-plate Meal*	< 800 mg	800-1500 mg	>1500 mg
Entrée** Protein, vegetables, starch	< 650 mg	650-1100 mg	>1100 mg
Entrée** Protein and vegetables	< 450 mg	450 -800 mg	> 800 mg
Entrée** Protein and starch (carb)	< 600 mg	600-950 mg	> 950 mg
Protein only	< 350 mg	350-800 mg	> 800 mg
Grains & Other Starches	< 300 mg	300-700 mg	> 700 mg
Vegetables	< 150 mg	150-400 mg	> 400 mg
Soup	< 800 mg	800-950 mg	> 950 mg
Dairy	< 150 mg	150-300 mg	> 300 mg
Condiments, Gravies	< 200 mg	200- 300 mg	> 300 mg
Dessert	< 300 mg	300- 600 mg	> 600 mg
Beverages	Will not be labeled for sodium		
Fruits	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.