

Meal Component Specifications for Older Americans Act Program

DAILY Meal Component & Minimum # of Servings	Serving Sizes and Examples
Grains – 1 Serving Half of all grains offered will be whole grain. When refined grains are offered, they should be enriched.	1 regular slice bread, ½ cup cooked (Rice, Pasta, Noodles, Barley, Oatmeal, etc.), 1-1 ¼ cup ready-to-eat cereal, 1- 6” tortilla, ½ regular size bun, 1 biscuit, 1 muffin, ½ English muffin, ½ c. stuffing/dressing, 5-7 crackers
Vegetable and/or Fruit – 3 Servings (Combined Daily Total) 1 serving equals: ½ cup cooked or fresh, 1 cup raw leafy greens, ½ cup 100% juice, or ¼ cup dried fruit. Soup is typically an 8 oz. (1 cup) serving; however, the portion size should be noted on the menu by the person approving the menus. The list below is NOT comprehensive. For a complete list see “Vegetable Subgroups” on page 11 of this document. Also, additional information for portion sizes can be found on pages 4, 5, & 7 under the Fruit, Vegetable and Dessert Sections.	
<ul style="list-style-type: none"> • Dark Green: At least 1 serving per week** 	Beet greens, Bok choy, Broccoli, Collard greens, Dark green leafy lettuce, Endive or escarole, Kale, Mustard greens, Parsley, Romaine lettuce, Spinach, Turnip greens, Watercress
<ul style="list-style-type: none"> • Red/Orange: At least 2 servings per week** 	Carrots, Pumpkin, Red peppers, Sweet potatoes, Tomatoes Tomato juice, Winter squash (acorn, butternut, Hubbard)
<ul style="list-style-type: none"> • Beans/Peas: At least 1 serving per week** 	Black beans, Black-eyed peas (mature, dry), Garbanzo beans (chickpeas) Great northern beans, Kidney beans, Lentils, Mung beans, Navy beans Pink beans, Pinto beans, Red beans, Soybeans, Split peas, White beans
<ul style="list-style-type: none"> • Starchy: At least 2 servings per week** 	Corn (yellow or white), Green lima beans, Green peas, Parsnips Potatoes, Water chestnuts
<ul style="list-style-type: none"> • Other Veggies: as desired 	Asparagus, Bean Sprouts, Beets, Brussel Sprouts, Cabbage, Cauliflower, Celery, Cucumbers, Green or Wax Beans, Green Peppers, Iceberg or Head Lettuce, Mushrooms, Onions, Summer Squash, Zucchini
Fluid milk- 1 Serving	8 fluid ounces or 1 cup - skim or 1%, is preferred and can be white or chocolate. See page 6 for additional information on allowable milk choices.
Protein foods- 3 oz. Each meal must include a total of 3 edible ounces of protein.	3 oz. of meat, fish, cheese, ¾ cup cottage cheese, 1 ½ cup Bean soup, ¾ cup cooked beans/legumes. Or Use a combination of any of the following to equal 3 ounces: 1 ounce cooked meat, poultry, fish = 1-ounce protein 1 egg = 1-ounce protein, 1-ounce cheese = 1-ounce protein 2 Tablespoons hummus = 1-ounce protein ½ ounce peanuts, tree nuts, or soy nuts = 1-ounce protein
Fats and oils – 1 Serving	1 teaspoon served on side or used in cooking.
Dessert – 1 Serving (optional)	½ cup - Fruit or vegetable offered as a dessert or contained in a dessert may count toward the fruit or vegetable component, respectively.