



# Food Hero

## Recipe Nutrition Criteria

*Food Hero recipes are developed to meet the nutrition criteria in this document, which is periodically updated in response to changes in nutrition guidance and policies.*

Oregon State University Registered Dietitians, cultural workgroups and Food Hero team members use the nutrition criteria to evaluate recipes for inclusion on the Food Hero website. A nutrition analysis software program is used to generate data for Nutrition Facts labels and assist with decisions for recipe inclusion. (see Appendix 1) Portion sizes are similar to: [FDA's Reference Amounts Customarily Consumed \(RACC\)](#). (see Appendix 2)

The Food Hero nutrition criteria strive to align with the Dietary Guidelines for Americans (DGA). Because the DGAs encourage a lifespan approach to healthy eating patterns that may be tailored to fit an individual's personal and cultural preferences as well as traditional practices, recipes may be included that meet most, but not all of the nutrition criteria listed below. It is possible that a recipe serving may appear higher or lower than a chosen threshold for a nutrient yet fit within an overall healthy meal pattern, consistent with the DGAs.

For more information about recipe criteria, view the [Food Hero Recipe Style Guide](#).

### Nutrition Criteria

#### Limit Sodium

600 mg or less sodium (25% DV)

#### Limit Added Sugar

12.5 g or less added sugar for desserts and baked goods (25% DV)

5 g or less Added Sugar for all other recipes (10% DV)

#### Limit Saturated Fat

5 g or less saturated fat for main dishes (25% DV)

3 g or less saturated fat for other recipes (15% DV)

#### Include Nutrient Dense Food and Beverage Choices

Each serving contains a serving of fruit or vegetable (or combination of the two):

½ cup fresh, frozen or canned fruit and/or vegetable

½ cup cooked dry peas, beans or lentils

1 cup leafy greens

4 fluid ounces 100% fruit and/or vegetable juice

#### OR

Each serving meets at least two criteria from group A or one from group A and one from Group B.

#### Group A

10% DV vitamin A (90 mcg)

10% DV vitamin C (9 mg)

10% DV vitamin D (2 mcg)

10% DV calcium (130 mg)

10% DV iron (1.8 mg)

10% DV potassium (470 mg)

10% DV fiber (2.8 g)

#### Group B

0 g added sugar

5% DV sodium (115 mg)

5% DV saturated Fat (1 g)

Grain ingredients are at least half whole grain

10 calories or less per serving

*Learn more about:* [Percent Daily Value \(% DV\)](#)

# Food Hero Recipes Appendix 1

## Nutrition Analysis

When choosing ingredients from the software database, we have identified the choices with the most complete nutrient data. A list of our most commonly used ingredients (with corresponding data source and code) can be found below.

Ingredient choices and nutrition analysis decisions also include:

- listing some ingredients as optional for recipe flexibility. These ingredients are not included in the nutrition analysis.
- analyzing based on the first ingredient listed when multiple suggestions for the ingredient are offered.
- use of reduced-fat versions of products when necessary to meet nutrition criteria and the product is available and economical.
- use of reduced-sodium versions of products when necessary to meet nutrition criteria and when the product is available and economical.

Ingredient	USDA NDB code	Supplier
Applesauce, canned, unsweetened	9019	SR-28
Baking powder	18369	SR-28
Baking soda	18372	SR-28
Beans, black, canned, low-sodium	16316	SR-28
Beans, black, cooked	41102020	FNDDS
Beans, garbanzo, canned, drained, rinsed	16359	SR-28
Beans, garbanzo, cooked from dry	41302020	FNDDS
Beans, kidney (red), canned, drained, rinsed	16335	SR-28
Beans, kidney (red), cooked from dry	41106020	FNDDS
Beans, pinto, canned	NA	
Beans, pinto, cooked	41104020	FNDDS
Beef patty, pan broiled, 15% fat (measured raw)	23569	SR-28
Blueberries, fresh	9050	SR-28
Blueberries, frozen	9054	SR-28
Bouillon (broth), chicken, low-sodium, canned	6970	SR-28
Buttermilk, low-fat	1088	SR-28
Cheese, cheddar, shredded	1009	SR-28
Cheese, cheddar, shredded, reduced-fat	1182	SR-28
Cheese, cottage, 1%	1016	SR-28
Cheese, cottage, 2%	1015	SR-28
Cheese, mozzarella, low-moisture part-skim, shredded	1029	SR-28
Cheese, parmesan, grated	1032	SR-28
Chicken, light meat, stewed, skinless	5042	SR-28
Corn, sweet, yellow, frozen, kernels	11178	SR-28

Ingredient	USDA NDB code	Supplier
Corn, sweet, yellow, canned, drained, rinsed	11177	SR-28
Cream cheese, low-fat	43274	SR-28
Cream cheese, regular	1017	SR-28
Cream soup, condensed	6016	SR-28
Egg, large	1123	SR-28
Enchilada sauce	27063	SR-28
Flour, all-purpose, white, unbleached, enriched	20581	SR-28
Flour, whole-wheat	20080	SR-28
Green beans, canned, drained	11056	SR-28
Green chiles, canned	11980	SR-28
Italian salad dressing	4114	SR-28
Margarine, 80% fat	4610	SR-28
Marinara sauce (spaghetti sauce)	6931	SR-28
Milk, 1%, with vitamins A & D	1082	SR-28
Milk, skim, dry	NA	
Milk, skim, with vitamins A & D	1085	SR-28
Oats, rolled, old fashioned, dry	NA	Bob's Red Mill
Oats, quick-cooking	NA	Bob's Red Mill
Oil, vegetable, low saturated fat	4670	SR-28
Pumpkin, boiled, drained, mashed (use for canned)	11423	SR-28
Raisins, seedless, packed cup	9298	SR-28
Rice, brown, cooked, long grain	20037	SR-28
Rice, brown, dry, long grain	20036	SR-28
Rice, white, cooked, long grain, enriched	20045	SR-28

*continues*

# Food Hero Recipes Appendix 1

## Ingredient Codes, continued

Ingredient	USDA NDB code	Supplier
Rice, white, dry, long grain, enriched	20044	SR-28
Sour cream, cultured (regular)	1056	SR-28
Sour cream, light	1179	SR-28
Sour cream, nonfat	1180	SR-28
Sugar, white, granulated	19335	SR-28
Sugar, brown, packed	19334	SR-28
Tofu, firm	16213	SR-28
Tofu, silken	16278	SR-28
Tomato paste, canned	11887	SR-28
Tomato paste, canned, unsalted	11546	SR-28
Tomato sauce, canned	11549	SR-28
Tomato sauce, low-sodium	7440305	USDA Survey Database
Tomatoes, canned, low-sodium	74204500	FNDDS
Tomatoes, crushed, canned	11693	SR-28
Tortilla, corn	18363	SR-28
Tortilla, flour	18364	SR-28
Tortilla, whole-wheat flour	28295	SR-28
Turkey, ground, raw, 15% fat	5668	SR-28
Vanilla extract	2050	SR-28
Yogurt, fruit, low-fat	1217	SR-28
Yogurt, greek, plain, nonfat	1256	SR-28
Yogurt, plain, low-fat	1117	SR-28
Yogurt, plain, nonfat	11411300	USDA ARS FNDDS
Yogurt, vanilla, low-fat	1220	SR-28

# Food Hero Recipes Appendix 2

## Portion Sizes

Food Hero uses portion sizes that are measurable and similar to the FDA's [Reference Amounts Customarily Consumed \(RACC\)](#).

Bakery products (biscuits, corn bread, muffins, scones)	55 g
Bread products (breads, rolls, excluding sweet type)	50 g
Breads, quick or sweet type	55 g
Cakes, medium weight (fruit, nuts, vegetables)	80 g
Coffee cakes, sweet quick breads	55 g
Cookies	30 g
French toast, pancakes	110 g
Grain-based bars	40 g
Grains (rice, barley) and pasta (prepared)	140 g
Shakes, smoothies, slushes	8 fluid ounces
Meat, fish, poultry, game	85 g cooked 110 g uncooked 110 g cooked in sauce
Fruit (fresh, canned, frozen)	140 g
Beans	130 g in sauce, 90 g plain 35 g dry
Mixed dishes (casseroles, pot pies, stews)	1 cup
Mixed dishes (burritos, enchiladas, pizza, sandwich)	140 g
Salads: Pasta or potato	140 g
Salads (egg/fish, bean, fruit or vegetable)	100 g
Salad dressings	30 g
Sauces, dips, gravies, condiments	2 Tablespoons
Sauces, minor (pizza, pesto)	¼ cup
Sauces, major (spaghetti sauce)	125 g
Snacks (pretzels, popcorn, fruit chips)	30 g
Soups	245 g
Vegetables (fresh, canned, frozen)	85 g
Vegetables with sauce	110 g