**Dinner Tonight Team**

**Recipe Review Criteria Recommendations**

**Update: 03.2016**

**Update: 07.05.20**

**Recipe Review Criteria**

These recipe guidelines are compatible with the 2015 Dietary Guidelines for Americans and the American Heart Association newest standards as of January, 2014. The key recommendations for American consumers is: *Consume a healthy eating pattern that accounts for all foods and beverages within an appropriate calorie level.*

Dinner Tonight conducts a complete nutritional analysis of all recipes using Food Processor Software (ESHA Research). Recipes are selected based on criteria for the following key nutrients:

Saturated Fat Main Dish/ Contains 13% (~3 grams) or less Daily Value per serving.

Side Dish/Desserts/ Drinks –Contains 10% (~2 grams) or less Daily Value per serving

Trans Fat Contains 0.5 grams or less per serving

Sodium Contains 600mg (25% DV) or less per serving (main dish)

 480mg (20% DV) or less per serving (side dish/dessert/drink)

Beneficial Nutrients Contains *at least one or more* of the following:

 **Dietary Fiber 10% or more Daily Value**

 **Calcium 10% or more Daily Value**

 **Iron 10% or more Daily Value**

**Potassium 10% or more Daily Value**

Vitamin A\* 10% or more Daily Value

 Vitamin C\* 10% or more Daily Value

\*if one of your recipes contains only 10% or more DV of Vitamin A or Vitamin C, please make a special note to Amy when reviewing your recipe and Odessa when posting your recipe on the website.

Added Sugars Servings contain limited amounts of added sugars or caloric sweeteners

Calories from added sugars should not exceed 10% of total calories for the day

 Sources containing added sugar should be limited to the following:

 Liquid based added sugars: 1-3 teaspoons per serving

 (honey, molasses, corn syrup, maple syrup)

Granular based added sugars: 2-4 teaspoons per serving

 (table sugars, raw sugars, brown sugar,)

Other sources added sugars such as jams, jellies, and concentrated fruit juices should be limited

Preparing Dinner Tonight recipes as shown can help increase consumption of fruits, vegetables and whole grains, while reducing sodium, calories and saturated and *trans* fats.

C**riteria chosen to exclude for review:**

Calories – may limit recipes that are otherwise healthy; can address by standardizing serving sizes where needed

Total Fat – emphasis should be on saturated and trans fats, not total

Cholesterol – emphasis should maintain on saturated and trans fats; however could include as <20mg per 100g (AHA recommendations). May be difficult to accurately calculate.

Sugar Alternatives – use resources to determine which sugar alternative is right for the recipe and audience.

**Guidelines for Modifying Recipes from non-AgriLife sources**

**When selecting recipes:**

**Using a recipe directly:**

You should give attribution to the original recipe if can copy it

**When selecting recipes:**

If you copy a recipe to make it our own, create a new title, change or edit three of the ingredients and then write the prep/instructions in your own words