

Recipe Analysis Worksheet

Ingredients	Amount	Meat/Meat Alternate	Fruit/Vegetable (1/4 cup)	Grains/Breads 1/2 slice bread or equivalent	Milk (as a beverage)
	Total				
	Calculations				
	Number of Servings				

Instructions:

- 1) List all the ingredients in the left hand column and the amount of each ingredient in the 2nd column.
- 2) Find the meat/meat alternate and fruit/vegetable ingredients under Common Food Yields or use the Food Buying Guide to determine food yields. Record the yield of meat/meat alternate in ounces and the yield of fruit/vegetable in 1/4 cup servings. Determine the yield of grains/breads using the Grains and Breads Chart or follow the steps outlined in Determining the Number of Grains/Breads Servings in a Recipe. Record the yield of grains/breads in 1/2 slice bread equivalents.
- 3) Determine the number of 1.5 ounce meat/meat alternate servings for children 3-5 years old by dividing the total by 1.5. Divide the total by 2 to find the number of 2 ounce servings provided for children 6-12 years old.
- 4) Round the total for fruit/vegetables and grains/breads down to the nearest whole number of servings.

It is recommended that recipes that include foods from more than two food groups be credited for no more than two different meal components.