



Name: _____ County: _____

Original Recipe	Calcium (mg)	Fats/Oils (gms)	Fiber (gms)	Iron (mg)	Protein (gms)	Vitamin A (iu)	Vitamin C (mg)

Total Recipe	Calcium	Fats/Oils	Fiber	Iron	Protein	Vitamin A	Vitamin C
Serving/Recipe							
Per Serving							
RDA for Age Group							
Senior Only							

Recipe Adaptation	Calcium (mg)	Fats/Oils (gms)	Fiber (gms)	Iron (mg)	Protein (gms)	Vitamin A (iu)	Vitamin C (mg)

Total/Recipe	Calcium	Fats/Oils	Fiber	Iron	Protein	Vitamin A	Vitamin C
Per Serving							
**Nutrition Improvements/Serving							

Juniors – 2 or more sentences. Seniors – 4 or more sentences.

Write on the back side of this worksheet.

1. Where did you get the nutrition content of your ingredients and how did the adaptation improve the nutrition of your recipe?
2. Why did you choose this recipe adaptation?

**Adaptation Recipe must include at least 25% improvement in at least one nutrient for Juniors and in 2 nutrients for Seniors. Except for fats/oils should have at least a 3 gm fat/oil decrease per serving for both Juniors and Seniors.