



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.

- Where did you get the nutrition content of your ingredients and how did the adaptation improve the nutrition of your recipe?
- 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.