



All recipes associated with the 3-A-Day of Dairy Program must meet the following criteria:

1. All recipes and meal solutions must contribute $\geq 20\%$ of the Daily Value (DV) for calcium and $\geq 10\%$ of the Daily Value (DV) of protein from 3-A-Day of Dairy eligible dairy products per serving.
2. All recipes and meal solutions must not exceed the levels listed below for: total fat, saturated fat, cholesterol and sodium:

	Individual Food ^a	Main Dish ^b Recipe	Meal ^c Recipe
Total fat	13 g	19.5 g	26 g
Saturated fat	4 g	6 g	8 g
Cholesterol	60 mg	90 mg	120 mg
Sodium	480 mg	720 mg	960 mg

^aPer Reference Amount Commonly Consumed and per serving.

^bAs defined in 21 CFR, § 101.13(m) for 'main dish products': 1. Weighs at least 6 oz per serving; 2. Contains no less than 40 g each of at least two specified food groups^{*}; 3. Is represented as a main dish (e.g. not a beverage or dessert). ^cAs defined in 21 CFR, § 101.13 (l) for 'meal products': 1. Weighs at least 10 oz per serving; 2. Contains no less than 40 g each of at least three different foods from at least two specified food groups^{*}; 3. Is represented as a breakfast, lunch, dinner, or meal.

(^{*}Specified food groups include: 1. bread, cereal, rice, and pasta; 2. fruits, and vegetables; 3. milk, yogurt, and cheese; and 4. meat, poultry, fish, dry beans, eggs, and nuts. Sauces, except for foods in the above food groups that are in the sauces, gravies, condiments, pickles, and other specified foods do not qualify as one of the three required food ingredients of a meal.)

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