

National Nutrition Month Recipe Contest Grading Criteria

Recipe Name: _____

Number of different fruits and vegetables included in the recipe:

1 = no fruits or vegetables

2 = 1 fruit or vegetable

3 = 2 fruits or vegetables

4 = 3 fruits or vegetables

5 = 4 or more fruits or vegetables

Number of Servings of Fruits and vegetables

1 = no fruits or vegetables

3 = 1 serving fruits or vegetables

5 = 2 or more servings fruits or vegetables

Total Calories

5 points for meeting calorie limits, 0 points if over Calorie limits

Entrees: ≤ 500 Calories per serving

Shakes/Drinks/Smoothies: ≤ 400 Calories per serving

Desserts: ≤ 300 Calories per serving

Fiber (2 points if over 3 grams of fiber)

Sodium (0 points high sodium, 1 points medium sodium, 2 points low sodium)

Sugar (1 point if there is NO added sugar)

Wholesomeness of Ingredients

1 point: mostly highly processed ingredients

5 points: mostly wholesome, minimally processed ingredients

(You can give anywhere from 1 - 5 points)

How likely are you to try this recipe?

1 point: definitely won't try

5 points: definitely will try

(You can give anywhere from 1 - 5 points)

Total Points Earned

Total Points Possible

30