

## CHAPTER 10

# MENUS AND NUTRITION

### GENERAL

If the FSS or contractor uses the Master Menu as a guide for menu planning, well-balanced meals with all required nutrients will be offered to the soldier. However, under ARCS, the FSS, contractor, or COR can make substitutions. The FA or COR must periodically check menus to see if suitable substitutions have been made. Nutrition initiatives for active Army dining facilities are outlined in AR 30-1, Appendix J.

The guidelines are designed to heighten the soldier's awareness of the importance of nutrition, to educate soldiers in making appropriate food choices, and to provide a variety of nutritional menu alternatives.

Diners should be offered a low-calorie menu that includes items from all four food groups for each breakfast, lunch, and dinner. This includes the short-order line when it is operational. The FSS or contractor should plan meals with foods that present a variety of textures, colors, and flavors to the diners.

### MASTER MENU

The Master Menu (SB 10-260) and the 14-Day Reserve Component and Field Training Menu (SB 10-263) are developed for use in active Army or RC dining facilities. Menus in SB 10-260 and SB 10-263 are planned to give soldiers the recommended servings of each of the four basic food groups and ensure that the recommended dietary allowances detailed in AR 40-25 are met daily. The Master Menu also includes reference to recipes in TM 10-412 and menu notes for variations of recipes not covered in TM 10-412. It also provides a recapitulation listing of all

foods except condiments and accessory foods required to serve 100 soldiers the food on the day's menu.

### MENU BOARDS

The purpose of the menu board is to provide an interchange of information between food service personnel and the TISA regarding anticipated subsistence requirements. Each major overseas command and CONUS installation operating a dining facility is required to have a menu board. Usually, active Army menu boards meet once a quarter; however, special meetings may be called by the chairperson. Army National Guard and major United States Army Reserve command boards meet at least once every year.

#### Membership

The membership of the menu board depends on whether it is a major overseas command menu board or an installation menu board (see AR 30-1).

#### Functions

The menu board's function is to review SB 10-260, SB 10-263, or other special menus to determine the extent to which they will be implemented. Changes should be made as required to meet the needs of the command or installation and the desires of the diners. All revisions to the menu must be made within the authorized monetary value of the BDFA. When the quality of an item is unsatisfactory or considered unsuitable for its intended use, the board will ensure that an unsatisfactory material report is initiated, as outlined in AR 30-16, and will include appropriate comments

in the minutes. Menu revisions are specifically authorized for the following purposes:

- To provide low-calorie items specifically recommended by the installation surgeon.
- To incorporate changes and substitutions when directed by the USAQMC&S, Army Center of Excellence, Subsistence (ACES).
- To make suitable substitutions when items in the published menu are not available.
- To incorporate items that are determined to be in excess of normal requirements as reported by the subsistence supply depot or TISA.
- To make substitutions to permit the use of locally procured fresh fruits and vegetables.
- To adjust issue quantities of food items appearing on the menu for which demand data have varied significantly from anticipated use.
- To adjust menus to provide additional warming or cooling beverages during field training under adverse weather conditions. All adjustments will be within the constraints of the BDF A for the applicable month unless a special allowance has been authorized by the MACOM.
- To provide supported units with smaller-size containers to meet the feeding requirements of less than 100 persons.
- To authorize local procurement of commercial pastries only when it is determined that in-house production would exceed resource capabilities. The menu board will project the use of manufactured items, processed items, or by-products generated as a result of an experiment, demonstration, or testing, and training by food service personnel. Controls of the product are outlined in AR 30-18. Menu adjustments are not authorized to substitute beverage bases for canned or frozen fruit juices for the breakfast meal.

### Duties

Duties of menu board members, special ARNG and USAR menu boards, and preparation and distribution of minutes are detailed in AR 30-1.

## MENU PLANNING

Menu planning is the thought given before deciding what type of food products will be served and how they will be prepared. When using the ARCS, the FSS may decide to plan his own complete menu, use an established menu, or use a combination of both. When the master menu is not used, the FSS must ensure that the menu supplies the nutrients needed by the soldier. He must use data from the four basic food groups to plan the menu. Also, the soldier should be offered fibers through whole grain breads and cereals and fresh fruits and vegetables. When making substitutions, replace the item with another item from the same food group.

### Basic Four Food Groups

The four food groups are meat, milk, grain, fruits and vegetables. Not all foods fit into one of these groups. Foods such as soft drinks and alcoholic beverages are not in any of the food groups, however, and they are generally high in calories and low in nutrients. See Table 10-1 (page 10-3) for more data on the four food groups. The guidelines for healthy eating, listed in Figure 10-1 (page 10-4), are recommended for use by all soldiers. Menus should be planned and evaluated with these guidelines in mind.

### Planning guide

Suggested menus contained in SB 10-260, including short-order, ethnic menus, and fitness menu patterns, should be used as a planning guide. The fitness menu patterns in SB 10-260 are for all meals and provide menus that range from 450 to 650 calories per meal, not to exceed 1,600 calories per day. Every effort must be made to offer short-order items for both lunch and dinner meals. At installations where the mission (such as basic training units) or dining facility design (for example, having only one serving line) means short-order menus cannot be offered on a regular basis, the short-order menu should be offered as well as regular menus during the dinner meal and on weekends.

Table 10-1. Basic four and other food groups

	<b>MEAT GROUP</b>	<b>MILK GROUP</b>	<b>GRAIN GROUP</b>	<b>FRUIT AND VEGETABLE GROUP</b>	<b>OTHER FOODS</b>
<b>Leading Nutrient</b>	Protein	Calcium Vitamin C	Carbohydrate	Vitamin A	Fat Carbohydrate (simple sugar)
<b>Other Nutrients</b>	Thiamine Niacine Iron	Riboflavin Protein Vitamin A Vitamin D	Thiamine Niacin Iron	Carbohydrate	Not Applicable
<b>Food Items</b>	Meat, Fish, Poultry, Eggs, Beans, Nuts, Peanut Butter	Milk: skim low-fat whole chocolate buttermilk evaporated powdered  Ice Milk, Pudding, Custard, Yogurt, Cheese, Ice Cream, Cream Soup, Cream	Bread and Flour: white wheat rye cornmeal (any other)  Cereal: dry cooked  Pasta, Rice Crackers, Waffles, Pancakes	All Fruits All Vegetables	Butter, Margerine, Oil, Shortening, Lard, Gravy, Salad Dressing, Cookies, Cake, Pie, Doughnuts, Jelly, Honey, Candy, Gelatin, Alcohol
<b>Minimum Daily Servings for Adults</b>	2	2 (4 for teenage soldiers)	4	4	0
<b>*Approximate Serving Sizes</b>	2 to 3 oz of cooked portion	8 oz any fluid or 1.5 slices or oz of any cheese	1 slice of any bread or 1/2 cup of cooked starch or 1 ounce of dry cereal	1 cup of raw or 1/2 cup of cooked fruit or vegetable	Not Applicable
<b>*The actual sizes may vary with particular items.</b>					

- **Eat a variety of foods.** The greater the variety, the less chance of developing a nutrient deficiency or excess. Use the basic four food groups as your guideline.
- **Consume a moderate amount of calories.** To maintain body weight, take in only as many calories as you use. To lose weight, decrease your total intake of food, especially fats, oils, sugars, and alcohol.
- **Avoid excessive fat intake.** Limiting your consumption of fats and oils promotes good health and assists in weight maintenance and weight loss. Consume less fat and fewer fatty foods, especially if you have been identified as being "at risk" for heart disease. Polyunsaturated fats can be substituted for some saturated fats.
- **Consume a moderate amount of refined sugar.** Too much refined sugar may replace needed items in a diet and offer many calories with no nutritional value.
- **Get enough starch and fiber.** Foods from the grain group provide starch. Whole grain products, vegetables, and legumes are rich in fiber.
- **Avoid excessive salt or sodium intake.** A high salt or sodium diet may cause high blood pressure. It is not necessary to salt foods at the table since the body gets enough salt and sodium from that found naturally in foods and from that added during processing.
- **Avoid excessive alcohol intake.** Alcoholic beverages are high in calories and low in nutrients. Alcohol should not replace nutrient rich foods in the diet.

Figure 10-1. Healthful guidelines for soldiers

### Planning Considerations

Before a menu is prepared, there are several factors that must be considered. Menu planning considerations are--

- Nutritional adequacy according to AR 40-25.

- Substitutions may be required in order to stay within account tolerance.
- Some food items may be unavailable in certain seasons; therefore, substitutions may be required. In-season foods that are abundant can be added.
- There are times when changes to the menus may be required because a food item is not available. Also, changes may be required to use items received through a forced issue.
- Diner preferences should always be a major consideration when planning the menus or making substitutions.
- If the facility is understaffed, or the staff lacks skills, there may be problems in preparing or serving certain items on the master menu. In these instances, items may be replaced with items that are easier for the staff to prepare and serve. On the other hand, there may be plenty of personnel or especially talented cooks. In such cases, you may be able to serve a special food item in place of a like item on the menu.
- Equipment shortages or breakdowns may force substitutions to be made.
- Special occasions may call for special food items or entree menus.
- As soldiers become more active, they need more calories. At low levels of physical activity, soldiers should consume less calories.
- All dining facilities should provide low-calorie food alternatives in addition to the standard menu. The easiest way to serve a low-calorie meal is to develop a low-calorie menu for each meal, substituting low-calorie items for regular items from the same group. Some of the low-calorie food items in each group are shown in Table 10-2 (page 10-5). There are also low-calorie substitutes for some of the items not in one of the four basic food groups.
- Fresh fruit; noncaloric beverages; margarine; whole grain breads and rolls; low-fat milk; low-calorie dressing; herbal seasonings or other commercial sodium-free herbal seasoning; and granulated, nonnutritive sugar substitute should be available to diners.

Table 10-2. Low-calorie food items

GROUP	FOOD ITEMS
Fruits and Vegetables	Fruits: Fresh; Frozen and Canned (without sugar or with syrup drained) Vegetables: Fresh; Frozen and Canned (without sauce or butter)
Grain	Bread and Flour (all types), Pasta, Rice, Crackers (plain), Pancakes (plain)
Meat	Lean Meat, Fish, Poultry (without skin), Eggs
Milk	Milk: Skim, Low-fat, Butter, Nonfat (dry) Yogurt (plain) Cheese: Low-fat (all types)

### BREAKFAST FITNESS BAR

The breakfast fitness bar is designed to provide alternatives to the traditional breakfast in garrison dining facilities. It provides soldiers with selections that can reduce fat, cholesterol, and sodium consumption. See Table 10-3 (page 10-5) for a sample breakfast bar.

### FITNESS BARS, LOW-CALORIE MEALS

Fitness bars and low-calorie meals are now available at most dining facilities Armywide. Some guidelines to remember when selling this program are listed below.

Use the menu board meeting as an opportunity to discuss the breakfast fitness bar concept and determine the best approach to publicizing its use installationwide.

Use the Public Affairs Office to assist with publicity.

Provide a selection of foods from each of the basic four food groups listed above for each day's breakfast bar. Variety in the selections offered will be key to its success.

Appropriately set up and display the fitness bar in the salad bar self-serve area. Ensure that the foods and their setup give good eye appeal.

Chinaware and eating utensils should be placed next to the fitness bar.

Fresh fruits should be neatly arranged together, not placed in individual serving dishes. Canned fruits should be placed in quart-size or smaller containers and appropriately garnished.

Assorted breads should be removed from their wrappers and attractively arranged in an appropriate container near a toaster, set up for diners to make their own toast. Assorted jams and jellies and margarine should also be available for diner selection.

Table 10-3. Sample breakfast bar

<b>MILK GROUP</b>
<ul style="list-style-type: none"> <li>• Low-fat (2 percent), skim, low-fat (1 percent) chocolate, buttermilk.</li> <li>• Low-fat yogurt (plain or fruit-flavored).</li> <li>• Cheeses (American, cheddar, Mozzarella, cottage, and cream cheese).</li> </ul>
<b>MEAT GROUP</b>
<ul style="list-style-type: none"> <li>• Peanut butter, seeds (sunflower), unsalted nuts.</li> </ul>
<b>FRUIT GROUP</b>
<ul style="list-style-type: none"> <li>• Assorted unsweetened juices.</li> <li>• Canned applesauce, apricots, fruit cocktail.</li> <li>• Dried fruits (golden or dark raisins and prunes).</li> <li>• Fresh apples, bananas, grapes, oranges, nectarines.</li> <li>• Fresh berries and melons in season.</li> <li>• Fresh or canned grapefruit, peaches, pears, pineapple.</li> <li>• Frozen (thawed) blueberries and strawberries.</li> </ul>
<b>GRAIN GROUP</b>
<ul style="list-style-type: none"> <li>• Assorted individual whole grain and unsweetened cereals.</li> <li>• Individual instant oatmeal or hominy grits.</li> <li>• Blueberry, bran, corn, or English muffins.</li> <li>• Bagels.</li> <li>• Raisin, pumpernickel, rye, whole wheat, or white bread.</li> <li>• Biscuits.</li> <li>• Granola bars.</li> </ul>
<b>OTHER COMPONENTS</b>
<ul style="list-style-type: none"> <li>• Assorted jams, jellies, preserves.</li> <li>• Margarine prints.</li> <li>• Coffee (regular and decaffeinated), cocoa, tea.</li> </ul>

## SALAD AND FRUIT BAR

A first-class salad and fruit bar for lunch and dinner provides an excellent opportunity for soldiers to select foods that provide essential vitamins, minerals, and fiber. Fruits are a good source of complex carbohydrates and are also low in sodium.

### Preparation

Food handlers should carefully prepare fruits and vegetables to avoid nutrient loss. The highest concentration of vitamins is in the layer underneath the skin of fruits and vegetables. By keeping cutting and chopping to a minimum and carefully trimming and paring fruits and vegetables, there will be minimal nutrient loss, and texture, appearance, and flavor will be enhanced.

### Recipes

TM 10-412 provides over 85 salad and fruit recipes, to include 11 varieties of fruit salad, Waldorf salad, and cottage cheese salad. A variety of cheeses, low-calorie plain or fruit-flavored yogurts, and canned fruits can round out the fruit and salad bar. Low-calorie dressings are also required by AR 30-1, Appendix J. They provide dressings with about one-tenth of the calories that a regular dressing contains.

## NUTRITION CHECKLIST

The nutrition checklist in AR 30-1, Appendix J is used to determine the adequacy of the nutrition program in each active Army dining facility. The responsible FA must evaluate each dining facility quarterly. The findings and recommendations from the review should be recorded. A copy of the review, signed and dated by the FA, is provided to the commander having operational control over the dining facility. One copy is forwarded to the installation FA.

## FOOD MYTHS AND FADS

You must avoid all food fads when planning menus. A food fad is an eating pattern based on

an unproven belief about certain foods which promote an extreme view. Remember, eating a moderate amount of a variety of foods is the basis of healthy eating.

### Food Myths

Recently, the following false or unproven beliefs about food have been the basis of food fads:

- Any disease can be prevented by a special diet.
- Food processing destroys the nutritive value of food.
- Food additives and preservatives may contain poisons.
- Megadoses of vitamin C will prevent or cure colds or illnesses.
- Smoking increases your need for vitamin C.
- Megadoses of vitamin E can prevent heart attack or slow the aging process.
- Grapefruit and other acidic foods can burn up fat cells and calories.
- Fast weight loss is desirable.

### Recent Fads

Recent fads have involved such products as vitamins B 15, B 17, and B 18; fat-burning formulas and creams; starch blockers; and sauna suits. Fad diets have included liquid protein diets, limited-food diets, carbohydrate-free diets, and powdered drink diets.

### Dangers

Consumption of any nutrient at levels far above or below recommended levels will cause a nutrient imbalance and possible harm to the body. Avoid any extreme eating patterns. The biggest danger of food fads is that a person may avoid seeking needed medical help until a cure is too late. Also, products related to fads are often costly. The money wasted on them could be spent on basic, nutritious foods. Also, false information about food can lead people to distrust accurate

information issued by the food industry and the government.

### **Promotional Techniques**

Fad promoters often use unethical means to convince people to use their products or follow their plans. Some of the techniques used are listed below.

- Credit themselves with false or misleading titles.
- Use false case histories and testimonials.
- Promise quick and dramatic results.
- Threaten legal action against opponents.
- Avoid discussion of dangers of products.
- Try to undermine trust in food scientists and governmental protection agencies.
- Advertise heavily. (Obviously not all firms that advertise heavily are promoting food fads.)
- Make special appeals to the elderly, pregnant, sick, and poor.

### **Consumer Information Organizations**

There are many sources of information on food. However, not all of them are reliable. Make sure

that you do not base diets and menus on misinformation put out by organizations you cannot trust. You may rely on data put out by the--

- American Cancer Society.
- American Dietary Association.
- American Heart Association.
- American Medical Association.
- Consumer Product Safety Commission.
- Federal Trade Commission - Bureau of Consumer Protection.
- Food and Drug Administration.
- US Department of Agriculture.
- US Postal Service.

### **POSTED DAILY MENUS**

When the menu is prepared, it must be conspicuously posted where it may be read by the customer before or upon entering the dining facility. The posted menu includes all meals scheduled for service that day and also the caloric value of items on the menu. Low calorie menus are also posted to provide diners information upon which to make their meals selections. Post the menu for the following day before serving the dinner meal.