

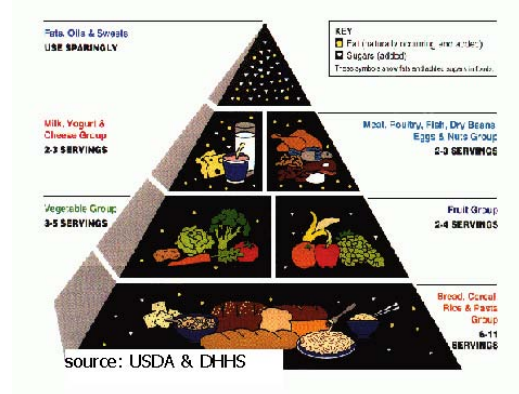


Recipe Guidelines

Use the following checklist with each recipe you use in Extension programs.

___1. Is the recipe shows how it fits into the food guide pyramid?

___2. Does the recipe follow the dietary guidelines? In general, extension recipes should be low in fat, sugar and salt, and high in flavor.



___3. Has the recipe be analyzed for nutritional value? The nutritional value of the recipe and provide information on calories, fat, cholesterol, sodium, and carbohydrates per serving of the recipe.

___4. Does the recipe include steps for proper handling and storage for food safety?

___5. Is it a low-cost recipe? Are the ingredients readily available to most people?

___6. Is the recipe appropriate for the audience given time, skills and equipment available? Most people want recipes that are quick, simple, and taste good. Avoid recipes that require lots of ingredients and use of special equipment.

___7. Recipe has easy to follow ingredient list and instructions.

___8. Has the recipe been used as an effective teaching tool? Have you stressed proper handling and storage for food safety? Did you describe use of "planned-overs"? What else is needed to complete the meal and achieve dietary balance? How can children be involved?



___9. Was the recipe tested?

adapted from *Recipe Guidelines*, Clemson University

Visit our Nutrition Education for Wellness (NEW) website at <http://www.ctahr.hawaii.edu/NEW>

COOPERATIVE EXTENSION SERVICE UNIVERSITY OF HAWAII AT MANOA COLLEGE OF TROPICAL AGRICULTURE AND HUMAN RESOURCES 3050 MAILE WAY, HONOLULU, HAWAII 96822
The UH-CTAHR Cooperative Extension Service and the U.S. Department of Agriculture cooperate in presenting to the people of Hawaii programs and services without regard to race, sex, age, religion, color, national origin, ancestry, disability, marital status, arrest and court record, sexual orientation, or veteran status. The University is an equal opportunity, affirmative action institution.