

Recipe Analysis Worksheet

Recipe Name/Reference: _____

Instructions:

1. List all ingredients in the left hand column and the amount of each ingredient in the second column.
2. Record the yield of meat/meat alternate in ounces and the yield of fruit/vegetable in ¼ c servings. Determine the yield of grains/breads using the grains and breads chart and required serving sizes for ½ servings.
3. Determine the number of 1, 1.5, or 2 ounce servings of meat/meat alternate by dividing the total ounces by 1, 1.5, or 2. It is easiest to figure the number of one ounce servings and then you can easily double it for a 2 ounce serving or give 1½ servings for a 1½ ounce serving of meat/meat alternate.
4. Round the total for fruits/vegetables and grains/breads down to the nearest whole number of servings.

Ingredients	Amount	Meat/Meat Alternate		Fruit/Vegetable (1/4 c)	Grains/Bread (1/2 servings)
	Total				
	Calculations	Divided by 1	Divided by 1.5	(round down)	(round down)
	Number of Servings	1 oz. servings	1½ oz. servings	¼ cup servings	½ servings of bread/grain