



2025-2030 DIETARY GUIDELINES

**A Practical Approach for
Healthcare Foodservice Operators**



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This document is a business support tool and does not constitute legal advice or regulatory guidance.

2025-2030 DIETARY GUIDELINES: IMPLICATION FOR HEALTHCARE FOODSERVICE & HOW US FOODS® CAN HELP

The 2025–2030 Dietary Guidelines for Americans (DGAs) place greater emphasis on whole, minimally processed foods while reinforcing limits on added sugars, refined carbohydrates, sodium, saturated fat and ultra-processed foods. Although CMS Conditions of Participation (42 CFR §482.28) remain unchanged, recent guidance encourages hospitals to align menus and procurement practices with the updated DGAs.

What Changed in the 2025–2030 Dietary Guidelines?

Table 1. Key Changes and Operational Implications

DGA UPDATE	OPERATIONAL IMPACT
More emphasis on protein-rich foods	May increase food costs
Reduction of ultra-processed foods	Requires more scratch/speed-scratch preparation
Continued limits on sodium, saturated fat and added sugars	Impacts recipes, pantry offerings, retail and vending selections

What Is the Impact on Healthcare & Senior Living Operations?

The 2025–2030 DGAs, reinforced by CMS guidance, are driving healthcare foodservice operators to quickly transform menus and sourcing practices, which can create significant operational strain amid ongoing cost, labor and supply chain challenges.

Table 2. Key Operational Challenges and Impact

CHALLENGE	IMPACT
Food Costs	Increased use of fresh foods and protein-forward menu items
Labor	Greater demand for culinary production and menu management
Menu Complexity	Need to support therapeutic diets while maintaining consistency
Retail & Pantry Areas	Updates needed across cafeterias, vending, nourishment rooms, catering and floor stock
Compliance	Review of policies, protocols, diet manuals and quality programs



Need Help Implementing the DGAs From US Foods®?

US Foods® helps healthcare operators turn evolving nutrition guidance into practical action that supports compliance, operational efficiency and patient nutrition outcomes.

Table 3. US Foods Guidance and Resources

ASSESS	IMPLEMENT	OPTIMIZE
Menu & Procurement Gap Analysis	Standardized Menus & Recipes	Product Substitution Strategies
Policy & Protocol Review	Standardized, Scalable Recipes	GPO-Aligned Sourcing Opportunities
90-Day Implementation Roadmap	Nutrition Analysis Support	Cost-Control Recommendations
Retail & Pantry Areas	Updates needed across cafeterias, vending, nourishment rooms, catering and floor stock	Greater demand for culinary production and menu management
Compliance	Review of policies, protocols, diet manuals and quality programs	Need to support therapeutic diets while maintaining consistency

Summary

The 2025–2030 Dietary Guidelines and accompanying CMS guidance represent an opportunity for healthcare foodservice leaders to elevate nutrition quality while strengthening operational performance.

As organizations adapt to increased emphasis on whole foods, nutrient density and reduced reliance on ultra-processed foods, successful implementation will require thoughtful planning, interdisciplinary collaboration and a balanced approach to clinical, financial and operational priorities.

By leveraging strategic partnerships, healthcare operators can transform regulatory guidance into meaningful action – improving patient outcomes, supporting compliance and quality improvement initiatives and creating more resilient and sustainable foodservice programs for the future.

Sources

1. U.S. Department of Health and Human Services and U.S. Department of Agriculture, "Dietary Guidelines for Americans, 2025–2030," Office of Disease Prevention and Health Promotion, accessed July 2026, [Dietary Guidelines for Americans](#).
2. Harvard T.H. Chan School of Public Health, "Dietary Guidelines for Americans 2025–2030," The Nutrition Source, January 9, 2026, [Dietary Guidelines for Americans 2025–2030](#).
3. Centers for Medicare & Medicaid Services, "Hospital and Critical Access Hospital Food and Nutrition Service Obligations in Light of Updated Dietary Guidelines for Americans," QSSAM-26-03-Hospital/CAH, March 30, 2026, [CMS Memorandum](#).
4. Academy of Nutrition and Dietetics, "CMS Memo Regarding Hospital Food and Nutrition Service Obligations," Eat Right Pro, accessed July 2026, [CMS Memo Regarding Hospital Food and Nutrition Service Obligations](#).
5. American Hospital Association, "How Hospital Food Can Fuel Sustainability Efforts," AHA Center for Health Innovation Market Scan, October 3, 2023, [How Hospital Food Can Fuel Sustainability Efforts](#).
6. American Hospital Association, "CMS Memo Reiterates Nutrition Service Obligations for Hospitals in Light of Updated Dietary Guidelines," March 31, 2026, [AHA News Article](#).



DETAILED OVERVIEW OF THE NEW DIETARY GUIDELINES FOR AMERICANS WITH ACTIONABLE GUIDANCE FOR IMPLEMENTATION

1) Healthy Dietary Patterns Across the Lifespan. New DGAs encourage a “back to basics” mindset, shifting focus back to whole foods.

What changed (or strengthened):

- Stronger emphasis on overall eating patterns, not individual nutrients
- Applies across all stages of life
- Focus on chronic disease prevention and management

Operational meaning:

- Build standardized menus based on balanced eating patterns, then modify as needed
- Standardize baseline healthy menus that can flex across patient populations and therapeutic diets

Action steps:

- Create a core standardized menu template aligned with dietary patterns (Mediterranean diet may be a good starting place)
- Make appropriate modifications, rather than separate menus, based on therapeutic diets

2) Emphasis on Nutrient Density (Not Just Restriction)

Key takeaway:

- Encourage foods that are nutrient-dense, meaning foods that are high in vitamins, minerals and other key nutrients relative to their calories

Operational meaning:

- Shift messaging from “what to limit” → “what to include more of”
- Improve food quality, not just compliance

Action steps regarding food groups and nutrients of concern:

- Protein
 - Prioritize protein at meal
 - While current DGAs emphasize protein at each meal with focus on animal sources, it is important to consume a variety of protein sources, including animal sources such as beef, chicken, eggs, turkey and also plant-proteins such as beans, legumes, soy and lentils
 - Review cooking methods. Limit deep-fried proteins and ensure menus include baked, broiled, roasted, grilled or even stir-fried
 - New DGAs recommend 1.2-1.6 g protein/kg body weight
- Dairy
 - Recommend 3 servings of a variety of dairy servings per day
 - Suggest serving milk at each meal or a fruit and yogurt parfait as a refreshing dessert



- Fruits and Vegetables
 - Incorporate a variety of colorful, nutrient-dense vegetables on menus. Vegetables can be frozen, fresh or canned; however, if canned, ensure they are drained and rinsed well to limit sodium intake
 - If providing juice, ensure it is 100% fruit or vegetable juice and free of added sugars. Whole fruit is always preferred
- Healthy Fats
 - Incorporate healthy fats at meals, including nuts, seeds, dairy products or avocados. Review recipes and swap butter/lard for olive oil when possible
 - DGAs recommend saturated fat consumption should not exceed 10% of total daily calories
- Whole Grains
 - Swap white breads, pastas and rice for whole grain options
 - DGAs recommend 2-4 servings of whole grains per day. Consider adding whole wheat dinner rolls at lunch and dinner, whole wheat toast or English muffin at breakfast
- Limiting Processed Foods, Added Sugars and Refined Carbohydrates
 - DGAs recommend limiting 'highly processed' foods; however, this term is not clearly defined in the new DGAs
 - Traditionally, foods such as chips, cookies, crackers and sweets are classified as "processed" foods
 - Added sugars should also be limited and consumed in moderation, with no more than 10 grams of added sugar per meal. Added sugars can be found in sugar-sweetened beverages (e.g., soda, juices, energy drinks), desserts, condiments, cereals and snack foods to name a few. See Appendix 1 for guidance on how to identify foods that contain added sugars
- Limit Alcoholic Beverages
 - Prior DGA recommendation is limiting alcohol consumption to 1-2 drinks daily. Current DGA recommends consuming less alcohol for better overall health. Although current DGAs do not quantify recommendations, the overall messaging of consuming in moderation still remains
- Limit Sodium
 - Sodium recommendation remains the same. New DGAs still advise the general population to consume less than 2,300 mg sodium per day. This value should be adjusted based on individual patient needs taken into consideration acute and chronic illnesses
 - To help limit sodium on menus, opt for fresh or frozen vegetables over canned. If using canned, be sure to rinse and drain well. Swap fried menu items for baked, broiled or grilled. Swap canned or prepared soups for scratch based. Choose "low sodium" or "reduced sodium" versions of menu items



3) Current Challenges and Opportunities for Implementing the New Dietary Guidelines for Americans

- Recommendation vs. Requirement
 - Challenge: Currently, guidelines are vague and merely recommendations. Implementation is not yet required and timeline is undefined
 - Opportunity: Increase confidence with patients, staff and guests on all nutritional information
 - Evaluate current nutritional criteria of menus and ingredients
 - If menus/ingredients are not standardized, work with US Foods® to align products to ensure accuracy
 - Evaluate digital menu systems and legacy recipes/cycle menus
 - Do current systems have ability to track and display all necessary information?
 - Highlight what you are already doing well. Recommend engaging your marketing department to showcase
- Defining Highly Processed Foods and How to Eliminate/Reduce
 - Challenge: How can we eliminate/reduce highly processed foods without a clear definition and without impact to operations?
 - Speed-scratch food products for limit labor operations at risk
 - Floor stock items heavily rely on shelf-stable, processed foods. See Appendix 2 for some suggested swaps to your floor stock list
 - How are oral nutrition supplements classified?
 - Cultural pushback from staff when removing items
 - Opportunity: Streamline and reduce processed items were advantageous to foodservice department
 - Provides cover to remove non-compliant items from menus and floor stock lists
 - Engage marketing department to present removal of items as a positive move by increasing healthy options
- Impact of Increased Protein Recommendations
 - Challenge: Increased protein portions and frequency will impact food cost
 - Increased portion size for center-of-plate protein options on patient menus
 - How to replace prepared entrée items without skills and labor and replace with scratch made item?
 - Are high protein floor stock items needed due to frequency recommendations?
 - Opportunity: Increased demand for protein-rich foods can drive retail sales
 - Evaluate retail pricing for center-of-plate protein options to ensure profitability
 - Trending protein-rich products are viewed as premium items and can demand higher pricing
- What Areas of Services Will this Impact Beyond Patients?
 - Challenge: Do DGAs impact patient menus only, or do retail and catering also require compliance?
 - Reduce merchandising of highly processed foods in retail areas
 - Reduction in highly processed foods could impact vending and grab-and-go options
 - Impact to lounges and third shift options
 - Cultural pushback from alteration of catering menus
 - Opportunity: Cost impacts caused by DGAs gives foodservice department opportunity to reevaluate services
 - Evaluating retail and catering costs provides opportunity to reduce expensive services, especially non-transferred events and meal coupons
 - Utilize benchmarking services to identify savings opportunities
 - Dollars saved in one area can help to offset cost increases overall

BIG EMPHASIS ON LIMITING “HIGHLY PROCESSED FOODS” WITHOUT CLEAR DIRECTION

- Current guidelines recommend avoiding highly processed, packaged, prepared, ready-to-eat or other foods that are high in added sugars and sodium
- Utilizing the NOVA Food Classification System, the current guidelines mostly align with Group 4 Ultra-Processed Foods. Ultra-Processed Foods can be defined as “industrially created food products created with the addition of multiple ingredients that may include some Group 2 ingredients, as well as additives to enhance the taste and/or convenience of the product, such as hydrolyzed proteins, soy protein isolate, maltodextrin, high-fructose corn syrup, stabilizers, flavor enhancers, non-sugar sweeteners and processing aids such as stabilizers and bulking and anti-bulking agents”
<https://www.eatrightpro.org/news-center/practice-trends/examining-the-nova-food-classification-system-and-healthfulness-of-ultra-processed-foods>

- “Highly Processed Foods” can be defined as foods containing one or more ingredients that wouldn’t naturally be found in a kitchen, such as a chemical-based preservative, emulsifiers like hydrogenated oils, sweeteners such as high-fructose corn syrup, artificial flavors and colors. Keep this definition in mind when reviewing your patient menus, retail spaces and floor stock offerings. See Appendix 3 for more details on how to identify ingredients used in “highly processed foods”
<https://publichealth.jhu.edu/2025/what-are-ultra-processed-foods>
 - Examples of Ultra-Processed Foods include, but are not limited to: commercially produced breads, rolls, cakes, cookies, donuts, breakfast cereals, soy burgers, flavored yogurts, ready-to-heat meals, such as frozen pizzas, soft drinks and candy
 - Oral nutrition supplements, artificial nutrition and infant formulas should be excluded from this definition as they are necessary medical nutrition therapy interventions
 - Consider amending your hospital’s policies to address therapeutic diets and exceptions to limiting processed foods as nutritionally and medically appropriate
- Based on this definition of “Highly Processed Foods” and the new DGAs, there should be a strong emphasis on promoting fresh or frozen fruits and vegetables without added sugars or salt, whole grains (oats, brown rice, whole grain pastas and breads), unsalted nuts and nut butters, seeds, legumes and lean proteins (fish, red meat, poultry). It is recommended to limit “Highly Processed Foods”
 - Review your menus with these priorities top of mind



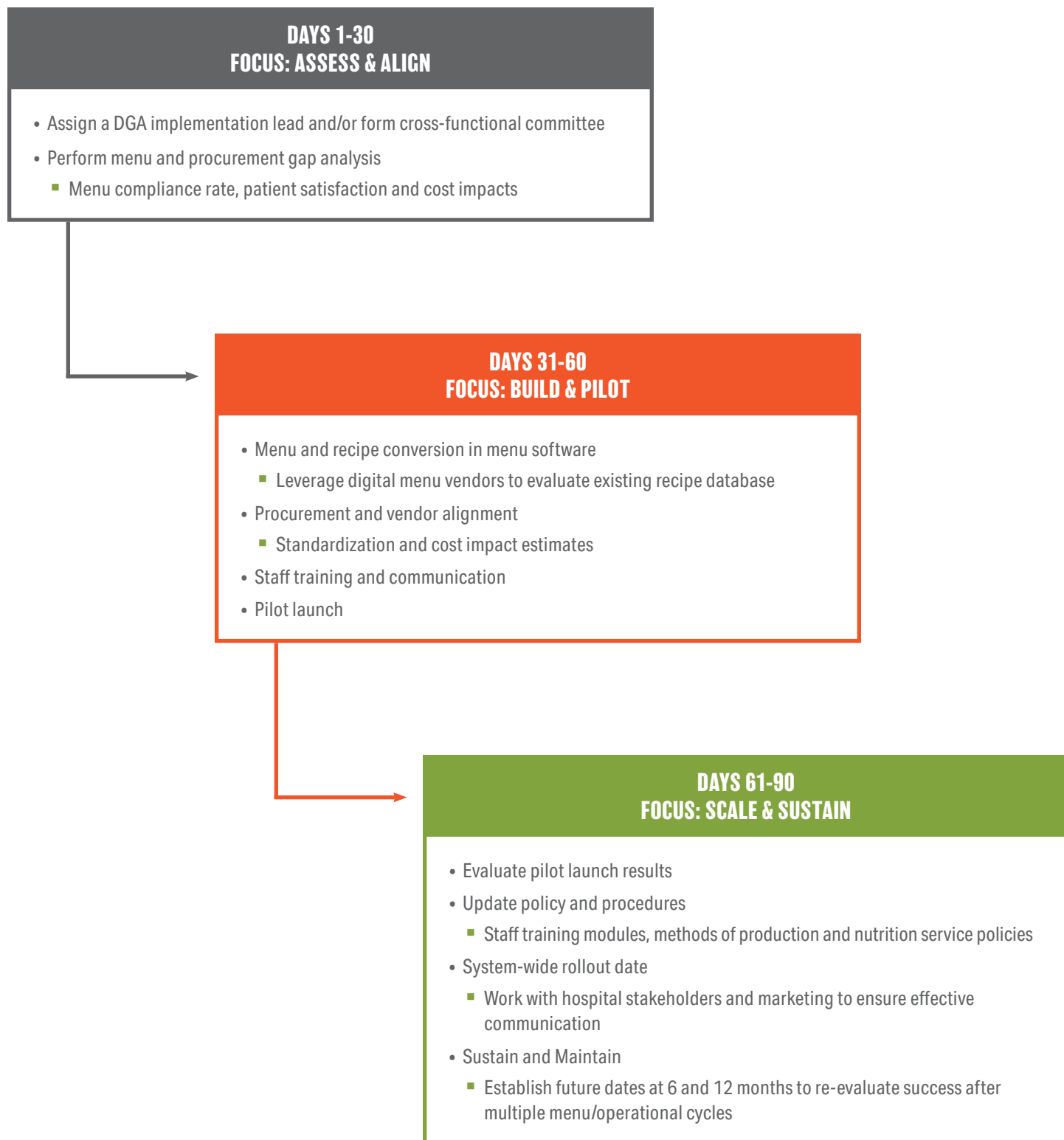
NOVA FOOD CLASSIFICATION SYSTEM – 4 LEVELS OF PROCESSED FOODS

UNPROCESSED, MINIMALLY PROCESSED	PROCESSED CULINARY INGREDIENTS	PROCESSED FOODS	ULTRA-PROCESSED FOODS
Unprocessed • Obtained directly from food source, undergoing no alterations Minimally Processed • Foods that have been submitted to cleaning or removal of inedible parts • No added ingredients 	• Products extracted from natural foods by pressing, grinding, crushing or refining • No added ingredients 	• Products manufactured by food industry with use of salt, sugar, or, or other substances. Typically to preserve and make more palatable 	• Products are industrial formulations made entirely or mostly from substances extracted from foods, derived from food constituents, or synthesized in laboratories from food or organic substances • These are products the average cook cannot replicate in a home kitchen 

INCREASED INDUSTRIAL PROCESSING



90-DAY ROADMAP – STRATEGY TO IMPLEMENT NEW GUIDELINES



APPENDIX 1.

IDENTIFYING ADDED SUGARS ON YOUR MENUS

- Added sugar can be found in more than just beverages and desserts. Sugar is often added to foods to enhance flavors but also added to packaged foods for texture and preservation to extend shelf life
- Here is a list of foods that many often do not realize contain added sugars (<https://www.cdc.gov/diabetes/healthy-eating/spotting-hidden-sugars-in-everyday-foods.html>)
 - Condiments and sauces: ketchup, BBQ sauce, jarred pasta sauce and even salad dressings
 - Protein bars and yogurts: flavored yogurts often have added sugars. Look for options that are flavored with real fruit rather than sugar
 - Nondairy milks and coffee creamers: Choose unsweetened varieties
 - Granola, oatmeal and cereal: Choose unsweetened or lower-sugar options
 - Canned fruit, fruit preserves, jellies or jams: Look for canned fruit in 100% fruit juice rather than syrup. Opt for preserves, jellies or jams that are low or no added sugars
 - Nut butters: choose a more natural nut butter as those typically do not contain added sugar
 - Drinks: soft drinks, energy drinks, bottled coffee and tea drinks all contain added sugar. Swap these out for water, sparkling flavored water or unsweetened coffee or tea
- What to look for on the ingredients list to spot hidden sugar:
 - Maple Syrup
 - Honey
 - Corn Syrups
 - Brown Sugar
 - Rice Syrup
 - Cane Sugar
 - Raw Sugar
 - Confectionary Sugar
 - Beet Sugar
 - Turbinado Sugar
 - Coconut Sugar
 - Malt Syrup
 - Molasses
 - Agave
 - Fruit Nectars
 - Juice Concentrates
 - Words ending in -ose (e.g., dextrose, fructose, sucrose, glucose, maltose)



APPENDIX 2.

SUGGESTED FLOOR STOCK SWAPS

CURRENT ITEM	RECOMMENDED ITEM
Pre-packaged PB&J Sandwich	Natural Peanut Butter with No Added Sugar Jelly on Whole Wheat/Grain Bread
Juice Concentrate	100% Juice
Popsicles containing sugar	100% Frozen Fruit Bars
Soda	Unsweetened sparkling water
Pre-packaged fruit cups	Try whole fresh fruit that is shelf stable (i.e., apples, bananas, oranges) or unsweetened applesauce cups/pouches. Canned fruit in 100% fruit juice is also appropriate.
Yogurt cups with added sugar	Greek Yogurt sweetened with fruit or low in added sugar
Brown Sugar (or other flavors) Oatmeal Packet	Plain, No Added Sugar Oatmeal Packet
Chocolate Chip Granola Bars	Granola bars low in added sugar or ones that contain dried fruit, nuts or seeds
Trail Mix with chocolate or other candy	Unsalted mixed nuts
Salted pretzels or crackers	Unsalted pretzels or crackers
White Crackers	Whole Grain Crackers
Pre-packaged snacks (cookies, crackers, desserts, etc.)	Lightly salted or unsalted popcorn or rice cakes



APPENDIX 3.

INGREDIENTS USED IN PROCESSED FOODS

- “Highly Processed Foods” can be defined as foods containing one or more ingredients that wouldn’t naturally be found in a kitchen, such as a chemical-based preservative, emulsifiers like hydrogenated oils, sweeteners like high-fructose corn syrup, artificial flavors and colors. Keep this definition in mind when reviewing your patient menus, retail spaces and floor stock offerings
 - Examples of Ultra-Processed Foods include, but are not limited to: commercially produced breads, rolls, cakes, cookies, donuts, breakfast cereals, soy burgers, flavored yogurts, ready-to-heat meals, such as frozen pizzas, soft drinks and candy
- Ingredient types that aid in food processing.
<https://www.fda.gov/food/food-additives-and-gras-ingredients-information-consumers/types-food-ingredients>
 - Preservatives: Help prevent spoilage and maintain freshness. Common examples include ascorbic acid, citric acid, sodium benzoate and potassium sorbate.
 - Sweeteners: Add sweetness with or without extra calories. Commonly found in beverages, baked goods, sugar packets and sugar substitutes. These include sucrose (table sugar), glucose, sorbitol, mannitol, corn syrup, high-fructose corn syrup, aspartame, sucralose, acesulfame potassium and saccharin
 - Color Additives: Offset color loss due to exposure to light, air or temperature extremes. They enhance naturally occurring colors and add “fun” colors to various foods. Commonly found in candy, snack foods, soft drinks, jams/jellies, gelatin, pudding and pie fillings. Names include FD&C Blue Nos 1 and 2, FD&C Green No 3, FD&C Red Nos 3 and 40, FD&C Yellow Nos 5 and 6, Orange B, annatto extract, beta-carotene and caramel color
- Flavor and Spices: Add specific flavors (both natural and artificial) and are found in cake mixes, pie fillings, salad dressings, candies, soft drinks, ice cream and condiments
- Flavor Enhancers: Enhance flavors already present in foods and are currently found in many packaged foods. These include Monosodium glutamate (MSG), hydrolyzed soy protein and autolyzed yeast extract
- Fat Replacers: Provide expected texture and enhance creamy “mouth feel” in reduced fat foods, such as baked goods, salad dressings, frozen desserts, confections, cake and dessert mixes and dairy products. These include cellulose gel, carrageenan, modified food starch, guar gum, xanthan gum and whey protein concentrate
- Nutrients: Replace vitamins and minerals lost in processing. It’s also known as enriching foods; can also be used to add nutrients that may be lacking in the diet, known as fortification. Commonly found in flour, breads, cereals, rice, pastas, salt, milk, orange juice, energy bars and instant breakfast drinks. These include Thiamine hydrochloride, riboflavin (Vitamin B2), niacin, niacinamide, folate or folic acid, beta-carotene, potassium iodide, iron or ferrous sulfate, ascorbic acid, Vitamin D and amino acids (L-tryptophan, L-lysine, L-leucine, L-methionine)
- Emulsifiers: Allow for smooth mixing of ingredients and prevent separation; found in salad dressings, peanut butter, chocolate, margarine and frozen desserts. These include soy lecithin, mono- and diglycerides, egg yolks, polysorbates and sorbitan monostearate

- **Stabilizers and Thickeners, Binders, Texturizers:** Produce uniform texture and improve “mouth-feel”. Commonly found in frozen desserts, dairy products, cakes, pudding and gelatin mixes, dressings, jams and jellies and sauces. These include gelatin, pectin, guar gum, carrageenan, xanthan gum and whey
- **pH Control Agents and Acidulants:** Control acidity and alkalinity and prevent spoilage in beverages, frozen desserts, chocolate, low-acid canned foods and baking powder. They include lactic acid, citric acid, ammonium hydroxide and sodium carbonate
- **Leavening Agents:** Promote rising of baked goods. These include baking soda, monocalcium phosphate and calcium carbonate
- **Anti-Caking Agents:** Keep powdered foods free-flowing and prevent moisture absorption, and are found in salt, baking powder and confectioner’s sugar. They include calcium silicate, iron ammonium, citrate and silicon dioxide
- **Humectants:** Retain moisture and are found in shredded coconut, marshmallows, soft candies and confections. They include glycerin and sorbitol
- **Yeast Nutrients:** Promote growth of yeast and are commonly found in breads and other baked goods. They include calcium sulfate and ammonium phosphate
- **Dough Strengtheners and Conditioners:** Produce more stable dough in breads and other baked goods. They include ammonium sulfate, L-cysteine and azodicarbonamide
- **Firming Agents:** Maintain crispness and firmness in processed fruits and vegetables. They include calcium chloride and calcium lactate
- **Enzyme Preparations:** Modify proteins, polysaccharides and fats in cheese, dairy products and meat. They include enzymes, lactase, papain, rennet and chymosin
- **Gases:** Serve as propellant, aerate or create carbonation in cooking sprays, whipped cream and carbonated beverages. Examples are carbon dioxide and nitrous oxide



SAMPLE DAILY MENU

BREAKFAST

Frosted Corn Flakes

Scrambled Eggs

Pancakes

Margarine & Syrup

Fresh Fruit

Milk

Apple Juice

Coffee

Swap for cereals lower in added sugar and higher in fiber or plain oatmeal with fruit.

Choose a whole wheat or whole grain pancakes – these can be made from scratch, a mix or purchased frozen.

Choose 100% fruit juice to ensure it is free of added sugar.

LUNCH

Salisbury Steak

Mashed Potatoes

Carrot Coins

Dinner Roll

Margarine

Peach Cobbler

Milk

Coffee

Consider making homemade mashed potatoes to decrease sodium and processed ingredients.

Choose fresh or frozen vegetables to limit sodium.

Swap to a whole grain or whole wheat dinner roll.

Consider a whole piece of fruit to reduce added sugar.

DINNER

Pepperoni Pizza

Green & Wax Beans

Breadstick

Pineapple Fluff

Milk

Coffee

Consider making a homemade crust to decrease sodium and processed ingredients.

Choose fresh or frozen vegetables to limit sodium.

Select a whole grain or whole wheat breadstick.

HS SNACK

Vanilla Wafers

Consider a 100% fruit frozen treat bar or a Greek yogurt parfait with fruit to decrease added sugar.

LOOKING FOR RECIPES TO ADD TO YOUR MENUS THAT ARE COMPLIANT WITH THE NEW DIETARY GUIDELINES?

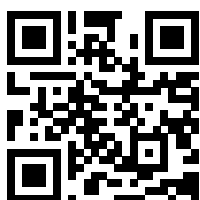
Check out Recipes on Demand – our online Standardized Recipe Database that is available at no-additional cost to all US Foods customers – easily accessible via our e-commerce platform.

Use Recipes on Demand to Help You:

- Easily search for recipe ideas that comply with the 2025-2030 DGAs
- Streamline the menu planning process
- Reduce time spent on recipe standardization
- Reduce waste by scaling recipes to exact quantities for production

You'll Get:

- Access to more than 10,000 standardized recipes
- Ability to search, scale and print recipes along with nutritional estimates
- Flexibility to adjust recipe portion sizes
- Suggested modifications for the International Dysphagia Diet Standardization Initiative (IDDSI) guidelines were applicable





Nutrient data is based on the USDA National Nutrient Database for Standard Reference and may vary from the actual purchased product. Customer is responsible for revision of nutrient and allergen information.

For more information, contact your US Foods® representative.