

INSTRUCTIONS STANDARDIZED RECIPE FORM FOR WEEK OF SMI ANALYSIS

Complete the following information on the Standardized Recipe Form for each recipe:

- ◆ **Recipe Name**
- ◆ **Recipe Number**
- ◆ **Serving Size**
- ◆ **Number of Servings Per Recipe**
- ◆ **Ingredients**, including form (i.e. fresh, frozen, or canned), packing medium (i.e. canned in juice or light syrup, frozen with added sugar or plain), and fat content (i.e. 20% fat ground beef, ground pork {no more than 30% fat})
- ◆ **Weights or Measure of Ingredients** (choose one way to record for each ingredient)—record weight on left **OR** record measure on right.

***DO NOT COMPLETE THE SECTION LABELLED
FOR STATE AGENCY USE ONLY.***

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