

World Central Kitchen Emergency Nutrition

ALLISON SOSNA, MPH, DIRECTOR OF
NUTRITION



World
Central
Kitchen



Agenda

- Menu Planning
- Meal Analysis
- Nutrition Assessment and Feedback



Menu Planning

- 6-day rotating menu
- High calorie, goal is 830 minimum per meal for international activations or 700 calories for US activations
- Shoot for 50% carb, 20% protein, 30% fat
- Protein, carbs (mostly from quinoa and rice) use whole grain if possible
- Vegetables, fat and legumes
- 5oz (141g) protein, 5oz (141g) carbs, 1/4oz (7g) fat
- Non starchy veg 4oz (115g), legumes 3oz (85g)



Nutrition Label Facts

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Label Analysis

- Calories
- Saturated Fats (bad)
- Sodium
- Sugar
- Protein
- Ingredients
- Vitamins

MEAL ANALYSIS

Mixed Vegetable Khichdi



MEAL ANALYSIS

Step 1 Enter Ingredients

<input checked="" type="checkbox"/>	Bell Peppers, sweet, red, raw		prep	1	oz	▼
<input checked="" type="checkbox"/>	CHOPPED CILANTRO	i	prep	1	tsp	▼
<input checked="" type="checkbox"/>	CORN BREAD	i	prep	3	oz	▼
<input checked="" type="checkbox"/>	CUMIN GROUND	i	prep	0.5	tsp	▼
<input checked="" type="checkbox"/>	Cauliflower, raw		prep	3	oz	▼
<input checked="" type="checkbox"/>	Cheese, cottage, creamed, large or small curd		prep	4	oz	▼
<input checked="" type="checkbox"/>	Crushed Tomatoes, Angela Mia	i	prep	3	oz	▼
<input checked="" type="checkbox"/>	DICED YELLOW ONIONS	i	prep	1	oz	▼
<input checked="" type="checkbox"/>	FRESH YELLOW SQUASH	i	prep	1	oz	▼
<input checked="" type="checkbox"/>	Ghee, clarified butter		prep	1	1 tablespoon	▼
<input checked="" type="checkbox"/>	HOUSE, GINGER PASTE	i	prep	0.2	1 tsp	▼
<input checked="" type="checkbox"/>	Lentils, raw		prep	3	oz	▼
<input checked="" type="checkbox"/>	MO'PLLEEZ, PLAIN BHUJIA INDIAN SNACKS	i	prep	2	oz	▼

Serving size: 14 ozs

Calories 1565

% Daily Value *

Total Fat 57.36 g 82%

Saturated Fat 24.15 g 121%

Trans Fat 0 g

Cholesterol 64.75 mg 22%

Sodium 1892.05 mg 82%

Carbohydrate 213.02 g 77%

Dietary Fiber 24.88 g 89%

Total Sugars 31.33 g

Added Sugars 0 g

Protein 56.36 g 113%

Vitamin D 3.4 mg 17%

Calcium 294.56 mg 23%

Iron 10.17 mg 57%

Potassium 1426.13 mg 30%

MEAL ANALYSIS

Step 2 Get Output



Nutrition Assessment & Feedback

- We compare total meal nutrients to per meal gold standard nutrients and daily nutrients of a healthy adult across 23 nutrients
 - Exceed our saturated fat because of the corn bread and curd
 - Lentils provide protein, achieving our daily protein goal
- Use US Dietary Guidelines for daily nutrient intake

DAILY NUTRIENT GOALS PER MEAL						
Town, Country	Calories	Protein	Sat Fat	Choline	Niacin	Riboflavin B2
DAILY NUTRIENT GOALS ADULT	2,200	56	10	550	16	1.3
PER MEAL BASELINE ADULT MALE 31-50 YR	733	18.6	3.3	183	2	0.43
DAILY NUTRIENT GOALS PREGNANT	2,600	71	10	450	18	1.4
PER MEAL BASELINE PREGNANTCY 3RD TRIMESTER 19-30 YR	866	23.6	3.3	150	6	0.46
MEAL TOTAL	1565	56	24	145	5	0.49

Calcium	Iron	Magnesium	Phosphorus	Zinc	Vit C	Vit B6	Folate
1,000	8	420	700	11	90	1.3	400
333	2.6	140	233	3.66	30	0.1	133
1,000	27	350	700	11	85	1.9	600
333	9	116	233	3.66	28.3	0.63	200
294	10	88.9	531	4.6	112	0.86	488

For more information, contact
Allison Sosna

MPH, WCK Director of Nutrition
allison@wck.org