



## Performance Triad Healthy Recipe Competition 2016:

Army Medical Command and the Performance Triad are holding a healthy recipe competition this March 2016! The top ten recipes will be selected to advance to regional competition. The winning recipes at the regional competition will move on to Army Medical Command for **recognition** and **inclusion** in a Performance Triad online recipe book for use among Army Families. Go Army!

### Judging criteria:

Recipes will be judged among five categories:

- (1) Entrées:  $\leq$  500 calories per serving
- (2) Drink, Shake, and Smoothies:  $\leq$  400 calories per serving
- (3) Desserts:  $\leq$  300 calories per serving
- (4) High Performance Snacks:  $\leq$  400 calories per serving
- (5) Side Dishes:  $\leq$  300 calories per serving

Nutritional content:

- a) Number of different fruits and/or vegetables per recipe.
- b) Number of servings of fruits and/or vegetables per serving.
- c) Total calories (as above).
- d) Total dietary fiber. FYI,  $\geq$ 3 grams of fiber is considered to be a good source of this nutrient.
- e) Wholesomeness of ingredients (less processed is best)
- f) Sodium content. See the Go for Green 2015 criteria for guidance.
- g) Sugar content. Seek out opportunities to sweeten your recipe without added sugar!





Suggested cost of preparation (note for recipe or serving):

- a) Entrée:  $\leq$  \$10.00 per recipe
- b) Drink, Shake, Smoothie:  $\leq$  \$3.00 per serving
- c) Dessert:  $\leq$  \$8.00 for entire recipe
- d) High Performance Snack:  $\leq$  \$7.00 per recipe
- e) Side Dish:  $\leq$  \$5.00 per recipe

