

**Worksheet 14.1**  
**Evaluating Dehydrated and Freeze-Dried Food Plans**

Product:  
Number of servings per container:  
Serving size:  
Cost per ounce:

✓Yes	✓No	Evaluate dehydrated and freeze-dried plans by checking yes or no. A yes means the plan is acceptable in the category.
		Does the food taste good when reconstituted?
		Is the food aesthetically appealing? (texture and appearance)
		Is the serving size easy to visualize? (cups as opposed to grams or 1/4 pouch)
		Is the serving size realistic? (at least 1 cup for entrées)
		Are there enough calories in a daily menu to equal at least 2,000?
		Do entrées contain quality proteins? (real meat, real cheese)
		Is there adequate protein? (about 46 g for women and 56 g for men per day)
		Are dairy products "real" milk, cheese, and cream?
		Do complex carbohydrates and fiber make up a high proportion of the carbohydrates?
		Are added processed sugars used sparingly? (less than 50 g daily)
		Are entrées low in sodium? (less than 2,300 mg daily—20 percent DV for sodium in a single food item is high.)
		Are vitamins and minerals listed in the ingredients?
		Is there a variety of breakfasts meals, not just inexpensive cereals, such as flavored oatmeal?
		Does the "complete plan" include three meals per day rather than just breakfast and dinner?
		Is there a minimum amount of food additives and preservatives? (i.e., high-fructose corn syrup, monosodium glutamate, yeast extracts, texture proteins, hydrolyzed protein, sodium or calcium caseinate, etc.?)
		Are you able to sample all products you are purchasing?
		Have you compared and sampled foods from several different companies?
		Can the company's nutritional and shelf-life claims be substantiated?