



# Just the Facts!

## Serving School Meals That Meet the *2005 Dietary Guidelines for Americans*

### Where To Find Them

These sheets provide practical tips to update menus and recipes and offer suggestions for making gradual changes to help students develop a taste for new menu items.

The Fact Sheets are available for downloading at the Team Nutrition website:

[www.teamnutrition.usda.gov](http://www.teamnutrition.usda.gov)

### More Information

Look for additional training opportunities and resources on the 2005 DGA recommendations available through the National Food Service Management Institute (NFSMI) at [www.nfsmi.org](http://www.nfsmi.org) or your State agency.



**T**he enclosed Fact Sheets were developed by USDA's Food and Nutrition Service (FNS) to help schools implement the major recommendations from the *2005 Dietary Guidelines for Americans* (DGA) --- the nutrition foundation for all school meals programs. FNS has contracted with the Institute of Medicine (IOM) to provide input on updating the school meal patterns and nutrition standards to reflect the new DGA recommendations.

While awaiting changes to the school meals regulations, schools can use these Fact Sheets to incorporate the 2005 DGA recommendations within the current meal pattern requirements and nutrition standards. The series of one-page fact sheets addresses the following key topics:

- Use Low-fat Milk, Cheese, and Yogurt
- Jazz Up Your Menus With Fruits
- Vary Your Vegetables
- Serve More Dry Beans and Peas
- Serve More Whole Grains
- Be Salt Savvy – Cut Back on Sodium
- Include Fiber-Rich Foods
- Limit Saturated Fat and Cholesterol
- Trim Trans Fat
- Meeting the Challenge of Rising Food Costs