

Three bright green apples are arranged on a white surface. One apple is in the foreground, slightly to the right, and is in sharp focus. Two other apples are behind it, one to the left and one to the right, slightly out of focus. The lighting is soft, creating gentle shadows on the surface.

Making School Meals Healthier:

Implementing the 2005 Dietary Guidelines for Americans

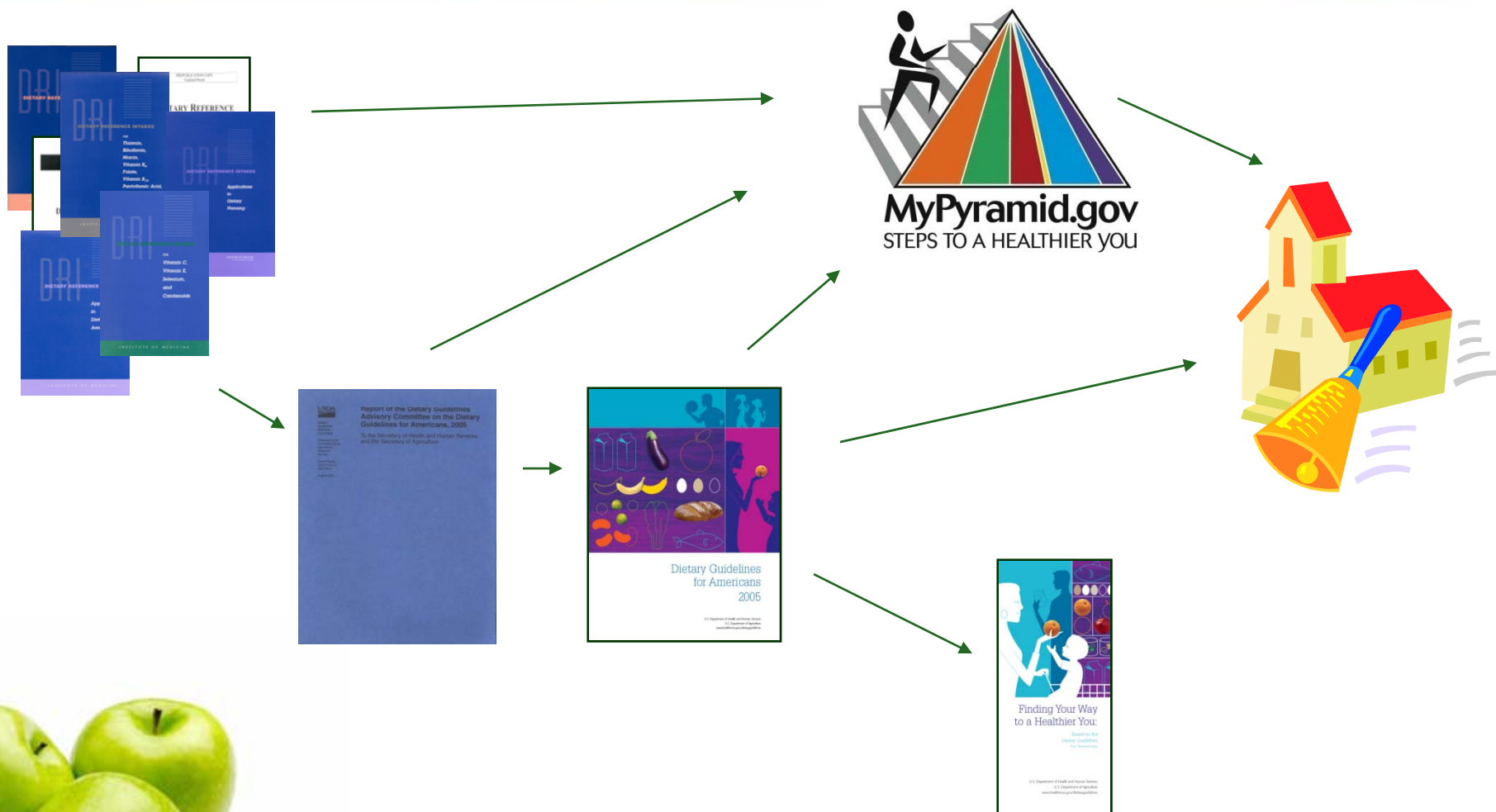
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Overview

- 2005 Dietary Guidelines for Americans
 - Nutrition Foundation for School Meals
- Fact Sheets
 - Tips to incorporate key recommendations
- Resources to make it happen



Nutrition Implications for School Meals



Nutrition Foundation for School Meals

DIETARY GUIDELINES FOR AMERICANS



2005 DGA Recommendations

- Increase Fruits and Vegetables
- Increase Whole Grains
- Choose low-fat or fat-free milk
- Choose foods high in fiber*
- Choose foods with little or no *trans* fat*
- Choose foods low in
 - Cholesterol*, saturated fat
 - added sugars
 - sodium*



Nutrition Facts		
Serving Size 8 fl oz		
Servings Per Container 8		
Amount Per Serving		
Calories	100	Calories from Fat 25
%Daily Value*		
Total Fat	2.5g	4%
Saturated Fat	1.5g	8%
Trans Fats	0g	0%
Cholesterol	10mg	3%
Sodium	125mg	5%
Total Carbohydrate	12g	4%
Dietary Fiber	0g	0%
Sugars	11g	
Protein	8g	
Vitamin A		Vitamin C 4%
Calcium		Iron 0%

mypyramid.gov

Nutrition Policy Foundation for Child Nutrition Programs

Richard B. Russell National School Lunch Act

- Section 9 requires school meals to reflect Dietary Guidelines for Americans recommendations



Updating NSLP Regulations

- Contract with the Institute of Medicine
- Full report with IOM recommendations for meal pattern changes
- Develop proposed rule for implementing the 2005 Dietary Guidelines



Actions Schools Can Take Now

- Increase fruits and vegetables
- Increase whole grains
- Offer only fat-free and low-fat milk
- Reduce sodium
- Increase fiber
- Minimize *trans* fats



What Will Menus Look Like?

More

- dark green and orange vegetables
- legumes
- fruits
- whole grains
- low-fat and fat-free milk and milk products

Less

- total fat
- saturated fats
- trans fats
- cholesterol
- refined grains
- added sugars
- sodium

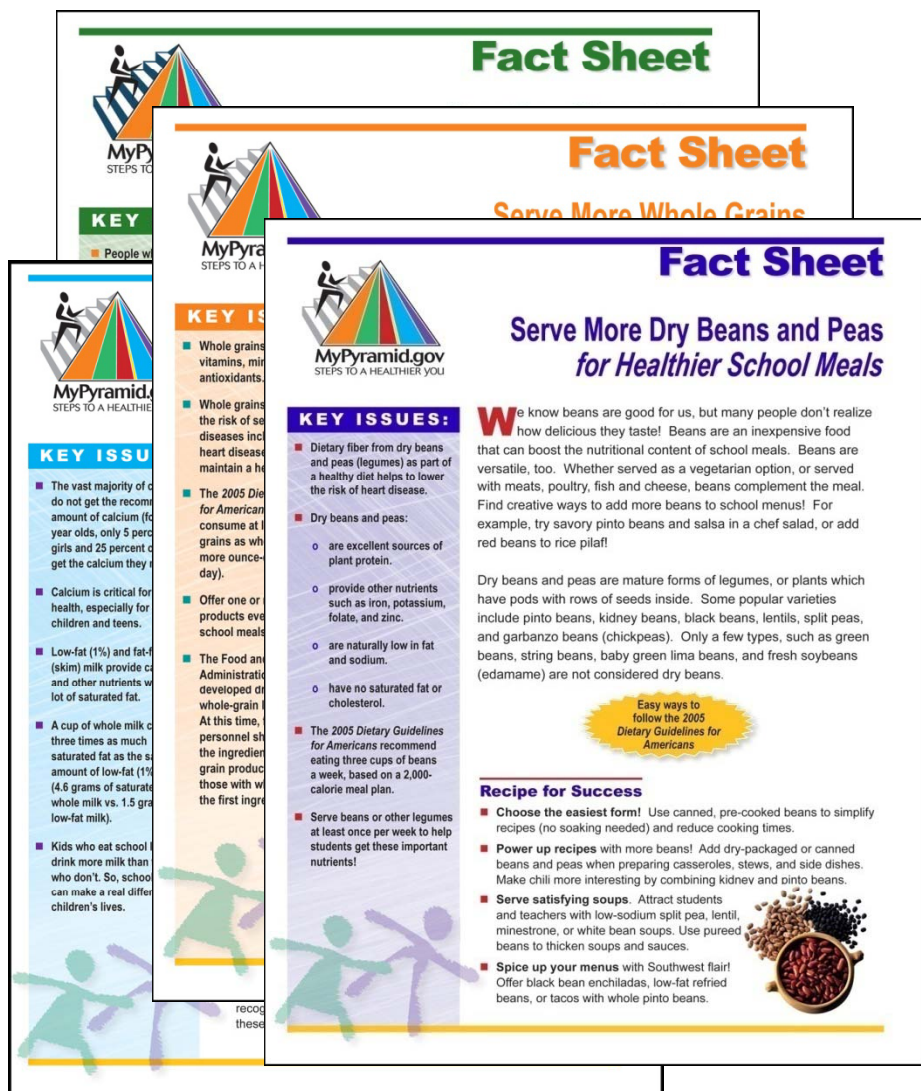


Tips for Incorporating Key Recommendations

FACT SHEETS



Dietary Guidelines Fact Sheets



- Low-fat and fat-free milk, cheese, and yogurt
- Fruits
- Vegetables
- Dry Beans and Peas
- Whole Grains
- Sodium
- Fiber
- Cholesterol/Saturated Fats
- *Trans Fat*

DGA Fact Sheets

- Key Issues
 - health concerns and DGA recommendations to address them
- Recipe for Success
 - ideas to incorporate into school menus



DGA Fact Sheets

- Commodity Food Program
 - how commodities can help schools achieve nutrition goals
- Messages for Students
 - increase awareness about healthy choices
- Did You Know?
- For More Information



Use Low-fat Milk

- Serve only low-fat and fat-free to reduce total fat and saturated fat
- Offer milk in vending machines
- Work with dairies to reduce sugars in flavored milk



Fruits

- Offer a variety of fruits
 - fresh, frozen, canned, or dried
- Cut up fruits
 - make it easier for younger students
- Go easy on juice



Vary Your Vegetables

- Offer more dark green and orange veggies
- Lower sodium commodities
- Include more dry beans and peas
- Consider taste tests, dips



Dry Beans and Peas

- Use canned to save time
- Low cost, high fiber, versatile
- Counts as meat alternate or vegetable
- Great addition to salad bars



Whole Grains

- Make at least half your grains whole
- Gradually add more to menus
- Listed as first ingredient



Emphasis in Farm Bill

- Whole Grain Pilot Provides \$4 million
 - Purchase whole grains and whole grain products for use in school meal programs
 - Study consumption and acceptability among children
 - Recommendations for integration of whole grain products into meals



Sodium

- New daily target of 2300 mg (1 tsp)
- Translates to less than 800 mg for lunch
- Compare Nutrition Facts labels
- Low-sodium commodities
 - canned vegetables, beans



More Fiber-rich Foods

- Many whole grains, fruits, vegetables, legumes, nuts
- Aim for 11 grams at lunch
 - Traditional meal pattern
- Be a stealth health promoter
 - pizza, salads, meat balls



Limit Cholesterol & Saturated Fat

- Limit cholesterol to 100 mg at lunch
- Keep saturated fat below 10 % of calories
 - existing SMI target
- Choose
 - low-fat & fat-free milk
 - lean meats
 - baked or broiled fish



Trim Trans Fat

- Read ingredient statement
 - look for hydrogenated oils
- Eliminated from commodity potato products
- Watch for snack foods
 - offer fruits and vegetables instead



Favorite Resources to Make It Happen

TOOLS AND RESOURCES



Take the *HealthierUS* School Challenge

- Recognizes schools that meet voluntary nutrition, physical activity, and nutrition education standards
- Gold, Silver, and Bronze certifications
 - New: Gold with Distinction



HUSSC Criteria

- Elementary school
- Team Nutrition school
- At least 62% average daily participation
- Offer reimbursable lunches that demonstrate healthy menu planning practices -
- New standards for a la carte
- New PE requirement



HUSSC Whole Grains Resource

- Revised and updated to reflect new criteria
- Coming soon: Fall of 2008
- Will be available on Team Nutrition website

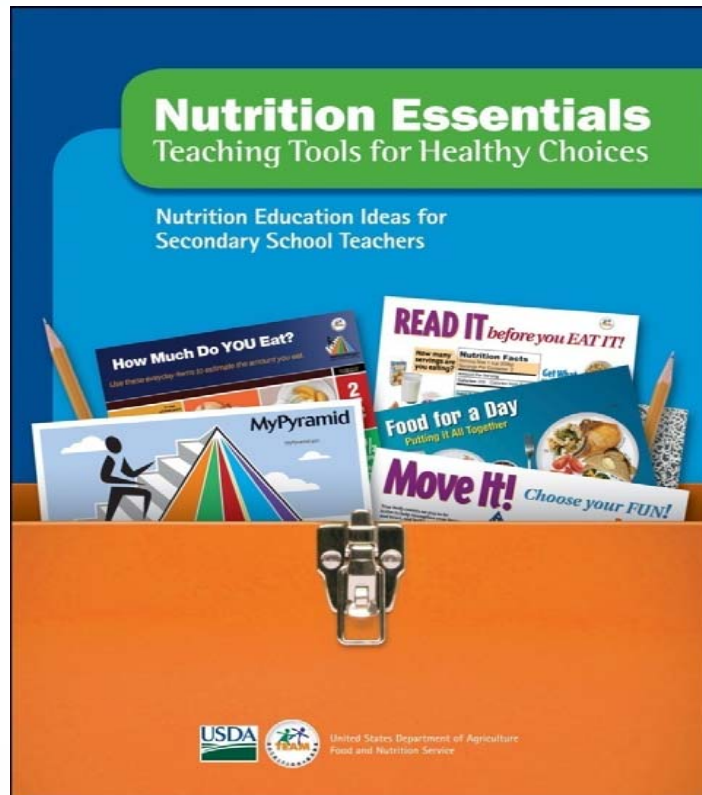


Menu Planner for Healthy School Meals

- Introduce Dietary Guidelines messages
- Tips on serving more whole grains
- Coming soon: December, 2008



Nutrition Essentials

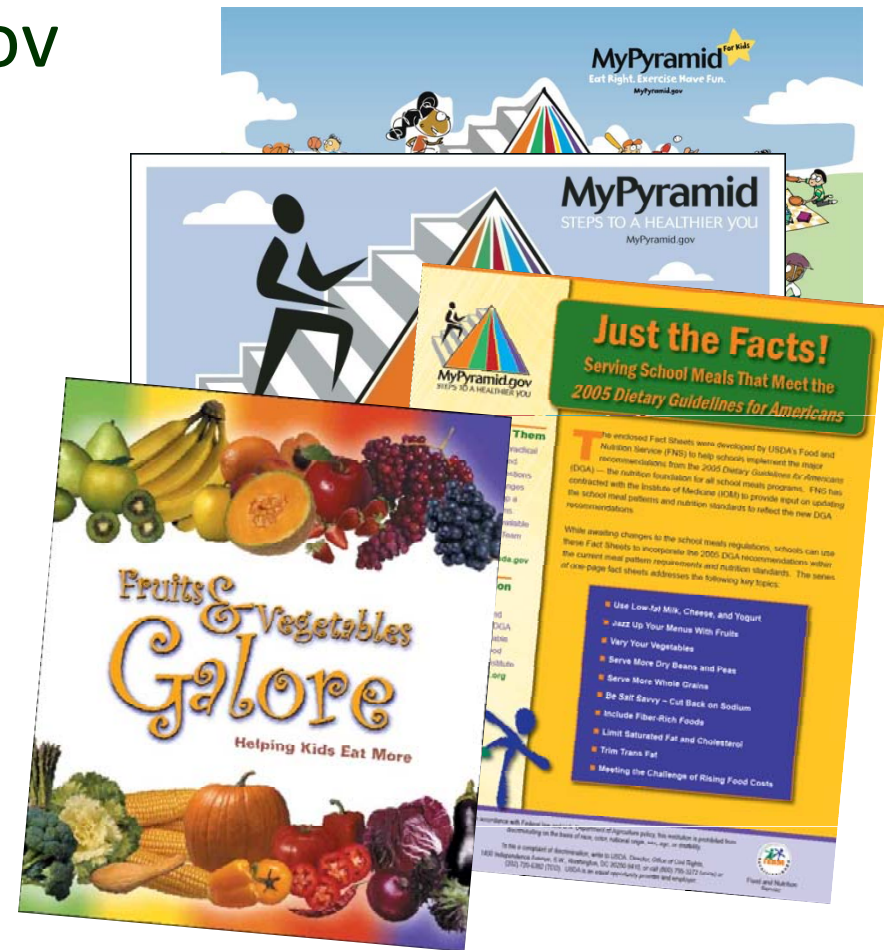


- Targets middle and high school students
- Easy-to-use format
- Order or download



Online Resources

- Teamnutrition.usda.gov
- MyPyramid.gov



Check out the tools

teamnutrition.usda.gov





Questions?