**Three Tools for Guiding Food Choices**

1. The Dietary Guidelines for Americans 2015-2020 is the basis for the U.S. dietary guidance system.
2. The CN labeling Program requires an evaluation of a product’s formulation by FNS to determine its contribution toward meal pattern requirements. It allows manufacturers to state this contribution on their labels.
3. Nutrition Facts Labels provide information about foods, such as serving sizes, ingredients, and nutritional content.

**A Healthier You**

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**Dietary Guidelines for Americans 2015-2020**

- Follow a healthy eating pattern across the lifespan
- Focus on variety, nutrient density and amount
- Limit calories from added sugars and saturated fats and reduce sodium intake
- Shift to healthier food and beverage choices
- Support healthy eating patterns for all

**Healthy School Meals**

Fundamentals of Meal Planning
July 20, 2016
Dee Murphy MS, RD, LD
Iowa Department of Education

**Course Objectives?**

- Have a basic understanding of the Dietary Guidelines for Americans.
- Determine how to use the Dietary Guidelines to plan healthy school meals.

**How does this affect Child Nutrition Programs?**

- **Menu planning** must follow:
  - Recommended Dietary Allowances
  - Calorie goals
  - Dietary Guidelines for Americans
Healthy Eating Patterns

• All food and beverage choices matter.

• Choose a healthy eating pattern at an appropriate calorie level to help achieve and maintain a healthy body weight, support nutrient adequacy, and reduce the risk of chronic disease.

<table>
<thead>
<tr>
<th>Calories</th>
<th>Males</th>
<th>Females</th>
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<tbody>
<tr>
<td>Age</td>
<td>Sedentary</td>
<td>Moderately Active</td>
</tr>
<tr>
<td>6</td>
<td>1,400</td>
<td>1,600</td>
</tr>
<tr>
<td>10</td>
<td>1,600</td>
<td>1,800</td>
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<tr>
<td>13</td>
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<td>2,200</td>
</tr>
<tr>
<td>17</td>
<td>2,400</td>
<td>2,800</td>
</tr>
</tbody>
</table>

13 y/o boy: 2,200 – 550 calorie breakfast = 700 calorie lunch = 950 calories
13 y/o girl: 2,000 – 550 calorie breakfast = 700 calorie lunch = 750 calories

Variety, Nutrient Density and Amount

• To meet nutrient needs within calorie limits, choose a variety of nutrient-dense foods across and within all food groups in recommended amounts.

**Vegetable Subgroups**

- **Dark Green**
  - Vitamin K (blood clotting), Folic Acid (growth)

- **Red/Orange**
  - Vitamin A (vision), Vitamin C (wound healing)

- **Legumes**
  - Dietary Fiber (lowers cholesterol levels), B vitamins (energy)

- **Starchy**
  - Potassium (normal heart rhythm), Magnesium (muscle contraction)

- **Other**
  - Copper, Vitamin E, iron (normal bodily functions)

**Fruit**

- Key nutrients: Dietary fiber, Vitamin C, potassium
- Focus on whole fruit – fresh, canned, frozen or dried
- 1/2 cup 100% fruit juice = 1/2 cup fruit
- ¼ cup dried fruit = ½ cup fruit
- No more than ½ of the fruit offerings can be in the form of juice
Variety, Nutrient Density and Amount

• Grains
  • Focus on whole grains (brown rice, quinoa, oats)
  • Whole grains contain the entire kernel, including the endosperm, bran, germ.
  • Key Nutrients: fiber, iron, zinc, magnesium, folate, copper, manganese, thiamin, niacin, B6, phosphorus, selenium, etc.
  • Refined grains remove the bran and germ
  • Enriched grains add back in some of the nutrients, but not all (only iron, thiamin, riboflavin, niacin, folic acid)
  • Make ½ your grains whole grain
  • Grain waiver available SY17

Variety, Nutrient Density and Amount

• Dairy
  • Key nutrients:
    • Calcium, Phosphorus, Magnesium (bone/teeth health)
    • Vitamin A (bone development)
    • Vitamin D (calcium absorption)
    • Riboflavin (helps with energy formation)
    • Vitamin B12 (normal cell function)
    • Protein (structural role in body)
    • Potassium (water balance in the body)
    • Zinc (helps with energy production)
    • Selenium (cell protection)

Variety, Nutrient Density and Amount

• Protein
  • Found in both plant and animal sources
  • Key Nutrients:
    • Protein (transport fats throughout the body)
    • Zinc and B Vitamins, i.e. riboflavin, niacin, B6, B12 (energy production)
    • Selenium, Vitamin E (cell protection)
    • Choline, Phosphorus (structural component of cell membranes)
    • Copper (gives oxygen to iron before it is transported through the body)
    • Vitamin D (bone health)

Limit sugars, saturated fats and sodium

• Consume an eating pattern low in added sugars, saturated fat, and sodium.
• Cut back on foods and beverages higher in these components to amounts that fit within healthy eating patterns.

Limit sugars, saturated fats and sodium

• 2 types of trans fats:
  1. Naturally occurring
  2. Partially Hydrogenated Oils
Limit sugars, saturated fats and sodium

- Current sodium levels of 3,440 mg daily is too high.
- Experts recommend no more than 2,300 mg daily.
- Current Sodium Limits for NSLP:
  - K-5: ≤1,230 mg
  - 6-8: ≤1,360 mg
  - 9-12: ≤1,420 mg

Healthy Food and Beverage Choices

- Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices.
- Consider cultural and personal preferences to make these shifts easier to accomplish and maintain.

Nutrients of Public Health Concern

- Dietary fiber
- Potassium
- Calcium
- Vitamin D
- Iron
- Water

Menu Planning

- Plan several days or a week of meals at a time. This will help you avoid repeating foods too often.
- {Iowa Gold Star Menus}
- {Healthier Kansas Menus}

Support Healthy Eating Patterns

- Everyone has a role in helping to create and support healthy eating patterns in multiple settings nationwide, from home to school to work to communities.
Support Healthy Eating Patterns

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  - 1400 Independence Avenue, SW
  - Washington, D.C. 20250-9410;
  - (2) Fax: (202) 690-7442; or
  - (3) Email: program.intake@usda.gov.
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Thank You!

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