




2010 Dietary Guidelines and the New School Meal Proposals


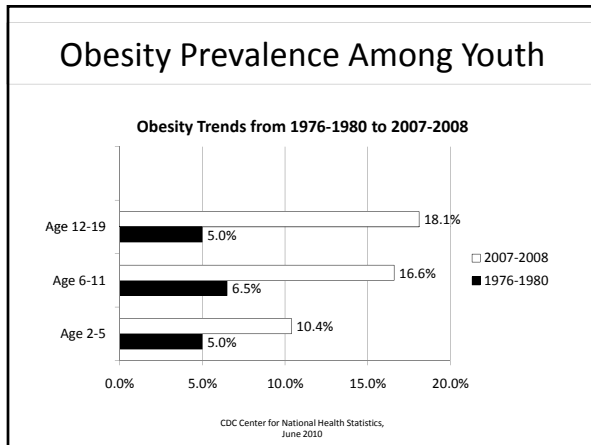
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Obesity Among Children

1 in 3 low-income children are obese or overweight before their 5th birthday

Why is This Important?



- Heart disease
- High blood pressure
- Cancer
- Diabetes
- Asthma
- Low self-esteem
- Depression
- Discrimination



Nutrition Updates in 2011

- Publication of: *Nutrition Standards in the National School Lunch and School Breakfast Programs, 76 FR 2494*
- Release of *2010 Dietary Guidelines for Americans*
- Publication of Water, Milk, Local Wellness Policies
- Release of new *MyPlate* food icon
- *Let's Move!* Anniversary
- Met national goal of doubling HealthierUS School Challenge Schools



Let's Move!



America's Move to Raise a Generation of Healthier Kids



Let's Move!

- Creating a healthy start for children
- Empowering parents and caregivers
- Providing healthy food in schools
- Improving access to healthy, affordable foods
- Increasing physical activity

Everyone has a role to play



Collaborative Initiatives

- *Let's Move! Cities, Towns and Counties*
- *Let's Move! Museums and Gardens*
- *Let's Move! Faith and Communities*
- *Let's Move! Outside*
- *Chefs Move to Schools*
- *Let's Move! in Indian Country*
- *Let's Move! Child Care*
- *Let's Move! in the Clinic*



Let's Move! and the HealthierUS School Challenge

- Commitment to:
 - Doubling the number of schools in SY 2010-11
 - Adding 1,000 in each of the following two school years
- 1,273 schools certified!



Why Schools?



2010 Dietary Guidelines for Americans

Two Main Concepts

- *Maintain calorie balance over time to achieve and sustain a healthy weight*
- *Focus on consuming nutrient-dense foods and beverages*



Balancing Calories to Manage Weight

- Epidemic of overweight and obesity in all segments of our society - **new**
 - Environmental factors contribute to weight gain
- Calorie balance over time is key
- Important factors that can be changed
 - Calories consumed in foods and beverages
 - Calories expended in physical activity



What is a “nutrient-dense” diet?

Emphasizes

- Fruits, vegetables, whole grains, fat free and low fat milk products, seafood, lean meats and poultry, eggs, dry beans and peas, nuts and seeds

Limits

- Solid fats in the food or added to it
- Added sugars
- Added refined starches
- Added sodium

Retains naturally occurring components, i.e. fiber, such as dietary fiber



Nutrient Shortfalls for Children

2010 Dietary Guidelines

- Vitamin A
- Vitamin C – fruits and vegetables
- Vitamin D
- Vitamin E – nuts and oils
- Calcium
- Phosphorous – milk and dairy products
- Magnesium – spinach, dry beans, peanut butter, whole grains, almonds
- Potassium
- Dietary Fiber – whole grains, fruits, vegetables



Foods to Increase

- Vegetables
- Fruits
- Whole grains
- Milk
- Seafood, in place of some meat/poultry - *new*
- Oils

Increase intake while staying within calorie needs



Food and Food Components to Limit

- Sodium
- Saturated fatty acids
- *Trans* fatty acids
- Cholesterol
- Calories from solid fats and added sugars
- Refined grains
- Alcohol



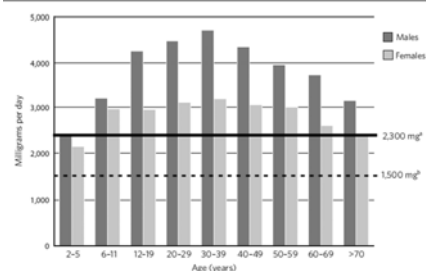
Sodium

- Reduce intake to less than 2300 mg per day
- Further reduce intake to 1500 mg per day for
 - Adults ages 51+
 - African Americans ages 2+
 - People ages 2+ with high blood pressure, diabetes, or chronic kidney disease
- The 1500 mg recommendation applies to half the total population (ages 2+) and most adults
- Immediate, deliberate reduction in sodium content of available foods is needed



Sodium Intake

FIGURE 3-1. Estimated Mean Daily Sodium Intake, by Age-Gender Group, NHANES 2005-2006



Fats

- Saturated fatty acids—less than 10% of calories
 - Less than 7% reduces risk of CVD further
 - Replace with poly- and monounsaturated fatty acids (not with sugar or refined grain)
- *Trans* fats—as low as possible
- Cholesterol—less than 300 mg per day
 - Effect small compared to saturated and *trans* fats **new**
 - Egg yolks—up to 1 per day **new**



New: Solid fats and added sugars

- Reduce intake of calories from solid fats and added sugars (SoFAS)
- SoFAS provide 35% of calories
 - Do not contribute nutrients
- Only 5 to 15% of calories from SoFAS can be accommodated in healthy diets



New Food Group Name: Protein

“Meat and Beans”  “Protein”

Emphasis on *variety*:

- Meat, poultry and eggs
- Nuts and seeds
- Seafood
- Dry beans and peas
- Soy products



Food Safety

- Clean
 - Wash hands with soap and water
- Separate
 - Separate foods when shopping and preparing
- Cook and Chill
 - Stay out of the danger zone! 40 – 140 degrees F

Visit: www.foodsafety.gov for resources



Washing Produce

- Produce counts for 23% of foodborne outbreaks
- Thoroughly wash fruits and vegetables under running water (not soap or detergent)
- Do not soak produce
- Visit FNS website for produce handling guidelines and best practices

www.fns.usda.gov/fns/food_safety.htm



Building a Healthy Eating Pattern


Principles

- Focus on nutrient-dense foods
- Remember that beverages count
- Follow food safety principles
- Consider the role of supplements and fortified foods





Helping Americans Make Healthy Choices

- Ensure all Americans have access to healthy foods
- Facilitate individual change through environment strategies
- Set the stage for lifelong healthy eating, physical activity and weight management




DGAs: Cornerstone for Federal Nutrition Policy



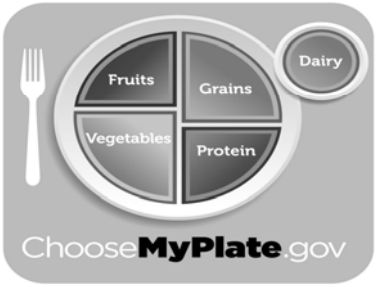


- Federal nutrition policy and initiatives
- USDA Programs
 - School meal nutrition standards
 - Competitive foods standards
 - SNAP Nutrition Education
 - WIC
 - USDA Foods
 - MyPlate Food Icon



MyPlate

www.choosemyplate.gov



MyPlate and Dietary Guidelines Consumer Messages

Balancing Calories


- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase


- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.


Foods to Reduce


- Compare sodium in foods like soup, bread, and frozen meals — and choose the foods with lower numbers.
- Drink water instead of sugary drinks.



MyPlate and MyPyramid Can they be used together?





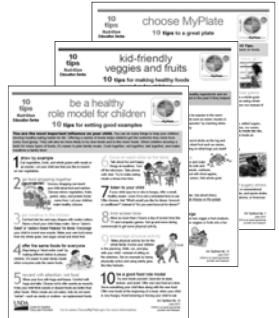


YES!

10 Tips Nutrition Education Series

www.choosemyplate.gov

- Choose MyPlate
- Add More Vegetables to Your Day
- Focus on Fruits
- Make Half Your Grains Whole
- Got Your Dairy Today?
- With Protein Foods, Variety Is Key
- Build a Healthy Meal
- Healthy Eating for Vegetarians
- Smart Shopping for Veggies and Fruits
- Live up Your Meals With Vegetables and Fruits
- Kid-Friendly Veggies and Fruits
- Be a Healthy Role Model for Children
- Cut Back on Your Kid's Sweet Treats
- Salt and Sodium



Let's Eat to the Health of It Brochure

Healthy Hunger-Free Kids Act

- Published Dec 2010
- Reforms USDA Child Nutrition Programs
- Advances goal of improving nutrition and solving childhood obesity

HHFKA Nutrition Provisions

- Nutrition Standards for School Meals
- Nutrition Standards for All Foods Sold in Schools
- Fluid Milk
- Water Availability
- Local Wellness Policies

Milk Provision

- By SY 2011-12, milk served must align with Dietary Guidelines
- 1% and skim varieties only
- Plain or flavored
- Will be addressed in final meal pattern rule

SP 29 2011 Child Nutrition Reauthorization 2010: Nutrition Requirements for Fluid Milk

Water Provision

- Potable water should be made available during meal time where meals are served
- Not a meal component
- Examples

SP 28 2011 Child Nutrition Reauthorization 2010: Water Availability During National School Lunch Program Service

Water Provision Q&As

- *If a water fountain is available in the food service area to students during mealtime, does this meet the requirements?*
- *If a water fountain is outside of the cafeteria in a courtyard, would this meet the requirement?*
- *Can fruit or vegetables be added to flavor the water?*
- *Does this rule apply to SBP, Afterschool snack, or Seamless Summer?*

Local Wellness Policy Provision

- Sets new requirements
 - Allow for public input and involvement
 - Public updates, implementation, and periodic review
- Proposed rule expected in Fall of 2012
- Collaboration between USDA, HHS, and DOE

SP 28 2011 Child Nutrition Reauthorization 2010:
Local Wellness Policies



Local Wellness Policy Provision

- Steps to take now:
 - Post the local wellness policies online
 - Develop and share materials with families on status of LWP
 - Make information public no later than end of SY 2011-12
 - Utilize existing resources
 - www.cdc.gov/HealthyYouth
 - www.teamnutrition.usda.gov



Local Wellness Policy Resource

CDC School Health Guidelines to Promote Healthy Eating and Physical Activity Among Youth

- Evidence-based guidance for schools to promote healthy eating and physical activity
- Nine Gold standard guidelines
- Steps to implementation



Nutrition Standards for All Foods Sold in Schools

- All foods sold must comply with *Dietary Guidelines*
- A la carte, vending, school stores, etc.
- Exemptions for occasional fundraisers
- Recommendations by CDC and USDA
- Proposed rule expected December 2011



Nutrition Standards for School Lunch and Breakfast Programs

- Title: ***Nutrition Standards in the National School Lunch and School Breakfast Programs (76 FR 2494)***
- Published: Jan. 13, 2011
- Comment period: Jan. 13 to April 13, 2011
- Comment coding and analysis: April to July 2011



Nutrition Standards for School Lunch and Breakfast Programs

Goals

- Align meal requirements with most current nutrition science
- Increase key foods in school menus
- Meet the nutritional needs of children
- Improve eating habits of children
- Simplify administration of school meals
- Reinforce nutrition education



Basis for proposed recommendations

- IOM report *School Meals: Building Blocks for Healthy Children*
- 2005 Dietary Guidelines for Americans
- 2010 Dietary Guidelines for Americans



Focus: Nutrient-Dense Meals

- Proposed meal patterns targets 24 nutrients
- Improve levels of protein; vitamins A, C, riboflavin, B6, and B12; magnesium; zinc; calcium; phosphorus; potassium; fiber
- Consuming nutrient-dense foods is a recommendation in the DGAs



Proposed Menu Planning System and Age Groups

- All schools would follow a food-based menu approach
 - Designed to meet 24 key nutrient needs
- Eliminates nutrient-standard menu planning
- New age-grade group categories
 - Grades K-5 (5-10 years)
 - Grades 6-8 (11-13 years)
 - Grades 9-12 (14-18 years)



Key Food Groups: *Fruits*

- Separate the fruit and vegetable component
- Increase quantities
- Allow fruit that is:
 - fresh
 - frozen without sugar
 - dried
 - canned in fruit juice, water, or light syrup
- 100% fruit juice can meet ½ of fruit requirement
- At breakfast, non-starchy vegetable may be served in place of fruit



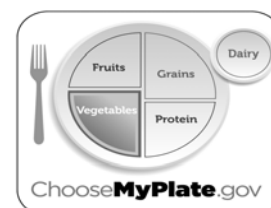
Key Food Group: *Vegetables (Lunch)*

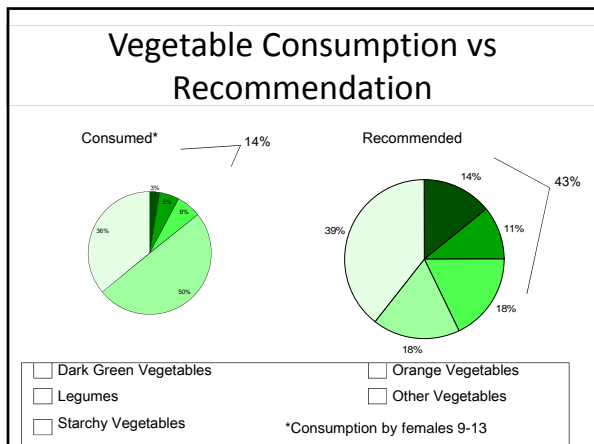
- Serve at least ½ cup weekly of each:
 - Dark green vegetables
 - Orange vegetables
 - Dry beans and peas
- Serve at least 1.25 cups of “other” vegetables
- Limit starchy vegetables to 1 cup weekly
 - White potatoes
 - Corn
 - Baby green lima beans
 - Green peas

Schools may offer larger quantities of vegetables, except for starchy vegetables.



Vegetable Activity



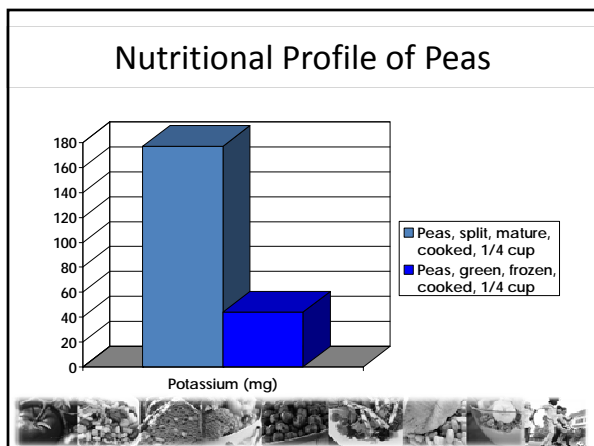
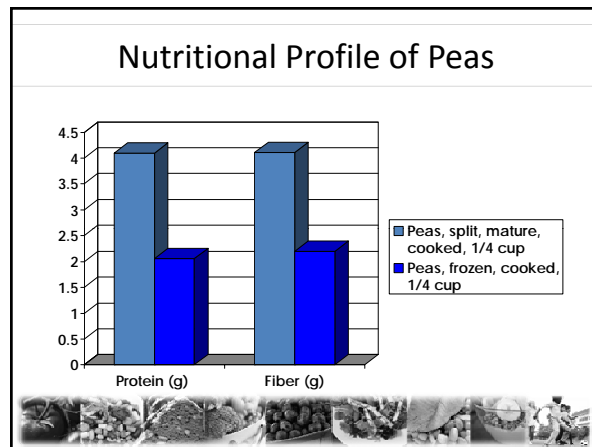


Dark green and red/orange vegetables

- Red/Orange**
 - acorn squash
 - butternut squash
 - carrots
 - hubbard squash
 - pumpkin
 - sweet potatoes
 - Tomatoes
 - tomato juice
 - red peppers
- Dark Green**
 - bok choy
 - broccoli
 - collard greens
 - dark green leafy lettuce
 - kale
 - mesclun
 - mustard greens
 - romaine lettuce
 - spinach
 - turnip greens
 - watercress

Dry Beans and Peas

- black beans
- black-eyed peas
- garbanzo beans (chickpeas)
- kidney beans
- lentils
- lima beans (mature)
- navy beans
- pinto beans
- soy beans
- split peas
- white beans



“Other” Vegetables

- Celery
- Cabbage
- Mushrooms
- Green peppers
- Onions
- Cucumbers

Key Food Group: *Whole Grains*

Phased-in approach

- Schools would initially offer half the grains as whole-grain rich
- Two years after final rule, all grains served must be whole-grain rich
- USDA will continue to make whole grains available through USDA Foods (commodities)

Whole-grain rich is defined as a product containing at least 51% whole grain.



What are “whole-grain rich” foods?

- Element #1:
Meet the serving size requirements in the Grains/Breads Instruction, and
- Element #2
Meet at least one of the following:
 - Whole grains per serving must be ≥ 8 grams
 - Product includes FDA’s whole grain health claim on its packaging
 - Product ingredient listing lists whole grain first (HUSCC criteria)



Some Examples of Whole Grains



- Whole wheat
- Cracked wheat, crushed wheat
- Graham flour
- Whole oats/oatmeal
- Whole corn
- Brown rice & wild rice
- Whole rye
- Whole grain barley
- Buckwheat groats/whole buckwheat flour
- Bulgur (cracked wheat)



Meat/Meat Alternates

- Would require offering both a meat/meat alternate **and** grains at lunch and breakfast
- At least 1 oz daily equivalent, 2 oz for Grades 9-12
- Encourage lean proteins in school meals



2010 Dietary Guidelines: Implications for Proposed Rule

- **New:** Red/Orange vegetable group
 - Expands subgroup to include additional vegetables
 - Tomatoes
- **New:** Protein Subgroups
 - Consider weekly subgroup requirements for protein
 - 1) Seafood, 2) meat, eggs and poultry, and 3) Nuts, seeds, and soy products



Key Food Groups: *Fluid Milk*

- Allowed milks:
 - Fat free (flavored or unflavored)
 - Low-fat 1% milk (unflavored)
- No longer require milk in variety of fat contents
- No longer allow 2% or whole milk

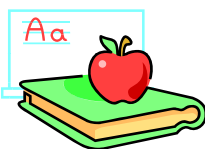



School Breakfast Program		
	Current	Proposed
Fruit	½ cup per day	1 cup per day
Grains and Meat/Meat Alternate (M/MA)	2 grains OR 2 M/MA or combination of each	1.4-2 grains per day PLUS 1-2 M/MA per day
Whole Grains	Encouraged	At least half the grains to be whole grain rich
Milk	1 cup, variety of fat content	1 cup, fat content 1% or less, variety of milks

National School Lunch Program		
	Current	Proposed
Fruit and Vegetable	½ - 1 cup of fruit or vegetables combined per day	¾ - 1 cup of vegetables PLUS 1/2-1 cup of fruit per day Weekly requirement for dark green and orange vegetables and legumes Limit starchy vegetables
Grains	1.8-3 oz daily average	1.8-2.6 oz daily average
Whole Grains	Encouraged	At least half the grains to be whole grain rich
Meat/Meat Alternate	1.5-3oz daily average	1.6-2.4 oz daily average
Milk	1 cup, variety of fat content	1 cup, fat content 1% or less, variety of milks

Recommended Nutrient Levels


- To ensure optimal nutrition, the rule sets standards for:
 - Calories
 - Saturated fat
 - Sodium
 - Trans fat

Calories


(weekly average range)

Lunch – Proposed Calorie Levels			Breakfast– Proposed Calorie Levels		
K-5	6-8	9-12	K-5	6-8	9-12
550-650	600-700	750-850	350-500	400-550	450-600



Saturated fat

- Less than 10% of total calories
- Major sources include fluid milk
- Reduce by:
 - Offering choices of skim and 1% milk may help limit sources of saturated fat
 - Offering more fruits, vegetables
 - Increasing variety of protein



Sodium

(maximum weekly average)

Grade Group	2 years after rule implementation	4 years after rule implementation	Final target: 10 years after rule implementation
National School Lunch Program			
K-5	1,230 mg	935 mg	640 mg
6-8	1,360 mg	1,035 mg	710 mg
9-12	1,420 mg	1,080 mg	740 mg
School Breakfast Program			
K-5	540 mg	485 mg	430 mg
6-8	600 mg	535 mg	470 mg
9-12	640 mg	570 mg	500 mg

Trans fat

New Trans Fat Restriction

- Minimize trans fat to meet goal of 0 g of trans fat in school meals
- Only allow products that are “trans-fat” free
 - Nutrition Facts Label less than .5g per serving
- Naturally occurring trans fat would be excluded



Standards for Meals Selected by Students

Offer vs Serve (OVS)

- *Breakfast*: Student can decline 1 food item, but must select 1 fruit (or vegetable)
- *Lunch*: Student can decline 2 food items at lunch, but must choose 1 fruit or vegetable
- OVS will continue to be required in high schools, and encouraged at all other grade levels



USDA's Next Steps

- Consider the comments submitted on rule
- Develop interim/final rule (Winter of 2011/12)
 - Implementation SY 2012/13
- Revise technical assistance materials
- Work with State Agencies to facilitate training and implementation



Implementation Assistance

- USDA will:
 - Work with National Food Service Management Institute to offer training
 - Update menu planning resources and issue guidance and technical assistance
 - Offer other support through Team Nutrition and Regional Offices



Ways to Take Action Now





Begin making gradual changes

- Reduce sodium and saturated fat
- Use more whole grains in student favorites
- Increase availability of fruits and vegetables
- Add dark green and orange vegetables to your menu
- Switch to skim and/or low-fat milks



USDA Recipes

- 150 Standardized Recipes
- Food Safety
- Cooking tips
- Storage info
- More...

Try new recipes! USDA Recipe Finder


<http://healthymeals.nal.usda.gov/schoolmeals/Recipes/recipefinder.ph>

- Online recipes
- Menu planning
- Discover new ways to use foods






Involve students

- Nutrition Advisory Committee
- Recipe Development
- Classroom education
- *Recipe for Healthy Kids* Contest National Winner
- "Porcupine sliders"
 - Ground turkey
 - Brown rice



Encourage Healthy Choices

- Use fruit bowls
- Move the salad bar
- Keep a comment box
- Start a "Healthy Express" line
- Conduct Taste Tests


Encourage Healthy Choices

- Rename the food
 - Carrots
 - or X-ray Vision Carrots?
 - Applesauce
 - or **Chilly Applesauce?**
 - Chicken Fajitas
 - or **Fiery Chicken Fajitas**
- Fun Words to Describe School Meals
 - Authentic
 - Juicy
 - Scrumptious
 - Sparkling
 - Crunchy
 - Fluffy
 - Glazed



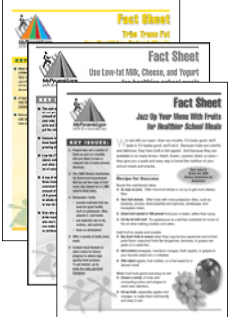
Encourage Healthy Choices

- Use colorful signage
- Increase lighting on healthier choices
- Place healthy foods at eye level
- Try food coaching
- Nudge students
 - "Do you want salad?"
- Move the healthy food
 - Place broccoli at front of line




TEAM Nutrition Materials

Fact Sheets for Healthier School Meals





- Low-fat and fat-free milk, cheese, and yogurt
- Fruits and Vegetables
- *Trans* Fat, Cholesterol, Saturated Fats
- Whole Grains
- Sodium
- Dry Beans and Peas
- Fiber-Rich Foods
- Meeting Challenge of Rising Food Costs

Team Nutrition Materials



The HUSSC Challenge

- USDA school wellness initiative to improve student health & well-being
- National recognition of schools that take a leadership role in:
 - Improving the quality of foods served
 - Providing students with nutrition education
 - Providing students with physical education and opportunities for physical activity


Why should you apply?

- Be a leader and champion
- Receive a plaque from the U.S. Secretary of Agriculture
- Receive HealthierUS banner
- Gain national recognition on the USDA Team Nutrition Web site
- Financial incentives
- Supports local wellness policies
- Work towards new meal patterns!




Wisconsin Winners!

- West Salem Elementary School, Salem, WI
Gold of Distinction
- Erin Elementary School, Hartford, WI
Bronze



Thank you!

