

Suggested Layout: New School Lunch Guidelines

Obesity

- 1 in 3 children are affected.
- Obesity rates have tripled within the past 30 years.
- Low-income children are at high risk for becoming overweight or obese.
- Places children at risk for developing diabetes or cardiovascular diseases.

Health Risks

- Diabetes**
 - Type 2 Diabetes: Insulin Resistant
 - "Adult Onset Diabetes" is becoming more common in young children due to increased obesity rates.
- Heart Disease**
 - Overweight and obesity make the heart work harder.
 - Overweight children are more likely to grow up to be overweight adults.
 - These children are at higher risk for future heart disease.

Medical Costs

- Obesity annual medical costs
 - 3 times higher than children who are "average"
- \$14 billion related to nationwide annual medical expenses:
 - Prescription drugs
 - Emergency room treatment outpatient services
 - \$238 million in inpatient costs
- Obese children are three times more likely to be hospitalized compared to "average" size children.

Age Specific Calories

Children's lunch must meet the minimum amount for specific age groups.

- Past Regulations (1995 Dietary Guidelines)**
 - Preschool: 357 calories
 - 4-6: 568 calories
 - 7-12: 825 calories
 - No maximum level was regulated
- New Regulations (2010 Dietary Guidelines)**
 - 4-5: 550-650 calories
 - 6-8: 600-700 calories
 - 9-12: 750-850 calories



New School Lunch Regulations

Nutrition Standards in the National School Lunch and School Breakfast Programs

Improve Nutrition in Schools
Improve Children's Health

Main Food Groups

Fruits and Vegetables

- Past Regulations (1995 Dietary Guidelines)**
 - Fruit and vegetables were considered 1 food group
- Current Regulations (2010 Dietary Guidelines)**
 - Fruit and vegetables are separate groups
 - Fruit is offered at breakfast and lunch
 - Increase fresh fruit and vegetable availability
- Daily Serving Size:**
 - 2 cups of fruit, 2 1/2 cups of veggies - average adult
- School Lunch Standards:**
 - Fruit at least:
 - 4 cups - K-8
 - 5 cups - 9-12
 - Vegetables at least:
 - 4 cups - K-8
 - 5 cups - 9-12

	Fruit	Vegetables
What is considered 1 cup?	1 cup raw leafy greens	1 cup cooked, raw or canned
	1 cup cooked or canned fruit	1 cup vegetable juice
	1 cup 100% fruit juice	1 cup vegetable juice
	1 cup dried fruit	1 cup leafy green salad

Lean Protein

- Past Regulations (1995 Dietary Guidelines):**
 - Lunch must meet at least 50% of Recommended Daily Allowance protein, according to child's age requirements
- Current Regulations (2010 Dietary Guidelines):**
 - Offer a meat or meat alternative at breakfast
 - Focus on serving lean meats and meat alternatives
- Daily Serving Size:**
 - 3-5 ounces - average adult
- School Lunch Standards:**
 - 1 ounce - K-8
 - 2 ounce - 9-12

Protein	What is considered 1 ounce (1 serving)?
Lean Meat	1 ounce
Poultry	2 ounces
Egg	1 whole
Plant-Based	1 tablespoon
Nuts	1 ounce
Seeds	1/2 ounce
Beans	6-8 oz
Peanut Butter	2 tablespoons

Reduce Sodium
Trans and Saturated Fat Content

Low-Fat Dairy

- Past Regulations (1995 Dietary Guidelines):**
 - Schools must provide enough dairy to meet child's age specific Recommended Daily Allowance for Calcium
 - Children could choose type (1%, 2%, Skim)
- Current Regulations (2010 Dietary Guidelines):**
 - Low-fat or fat-free options only
 - Flavored milks must be fat free
- Daily Serving Size:**
 - 3 cups - average adult
- School Lunch Standards:**
 - 1 cup per day - K-12

Dairy	What is considered 1 cup?
Milk	1 cup
Yogurt	
Fortified Soy milk	
Natural cheese	1 ounce
Processed cheese	2 ounces

Grains

- Past Regulations (1995 Dietary Guidelines):**
 - Lunch provided a variety of grain products at lunch
 - All grains were equal
- Current Regulations (2010 Dietary Guidelines):**
 - Offer at least a daily serving of grains at breakfast and lunch
 - At least 50% of the grains offered during the week must be whole grain
 - Within 2 years all grains provided during the week must be whole grain
- Daily Serving Size:**
 - 6 ounces (making at least 50% whole grain) - average adult
- School Standards:**
 - 2 ounce per day - K-8
 - 2 ounce per day - 9-12

Grains	What is considered 1 ounce (1 serving)?
Bread	1 slice
Rice	1/2 cup
Cereal	1/2 cup
Pasta	
Ready to eat cereal	1 ounce

School Nutrition Standard Revisions

Pro	Con
Increasing fruit and vegetable accessibility will improve children's health.	Food Costs will increase due to fresh fruits and vegetables, whole grain products can be more expensive.
Implementing appropriate food choices such as low-fat dairy, whole grains, fruits and vegetables will decrease overweight and obesity rates.	Parental concerns may be children are not being fed enough food.
Decreased overweight and obesity rates will decrease likelihood for heart disease and type 2 diabetes.	Children's negative reactions, they may feel loss of control. Food waste is an issue for picky eaters.
Improved health will decrease national medical costs.	Cost-effectiveness is an issue when fruit and vegetable options are always thrown away.

SD Progress and Effectiveness

- SD Progress: Fresh Fruit and Vegetable Program**
 - Participating schools through the "Fresh Fruit and Vegetable Program" provide fresh fruit and vegetable snacks available at no cost to all children in participating schools. (SD Child & Adult Nutrition Services, Dept. of Education)
 - Increase fresh fruit and vegetable variety and accessibility.
- Effectiveness**
 - Are children and teens really eating more fruits and vegetables?
 - Or
 - Is the fresh fruit and vegetable choices going to waste?

National Progress and Household Food Choices

- National Progress**
 - Currently, New School Lunch Regulations are enforced.
 - Sodium restrictions will take effect in 2013-2014 school year.
- Household Food Choices**
 - My Plate Dietary Guidelines encourage parents, caregivers to offer children and teens:
 - Variety of fruits and vegetables
 - Grains - making 50% whole grain
 - Lean meat and meat alternatives - eggs, beans, peanut butter, fish, soy products
 - Low-fat dairy



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Health Risks

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 - "Adult Onset Diabetes" is becoming more common in young children due to increased obesity rates.
- Heart Disease
 - Overweight and obesity make the heart work harder.
 - Overweight children are more likely to grow up to be overweight adults.
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Medical Costs

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Calories

Age Specific... meet the minimum...

New School Lunch Regulations

Nutrition Standards in the National School Lunch and School Breakfast Programs

Improve Nutrition in Schools Improve Children's Health

Fruits and Vegetables

- Past Regulations (1995 Dietary Guidelines):
 - Fruit and vegetables were considered 1 food group.
- Current Regulations (2010 Dietary Guidelines):
 - Fruit and vegetables are separate groups.
 - Fruit is offered at breakfast and lunch.
 - Increase fresh fruit and vegetable availability.
- Daily Serving Size:
 - 1 cup of fruit, 1/2 cup of veggie - average adult
- School Lunch Standards:
 - Fruit at least:
 - K-5: 1-8
 - 6-12: 1 cup - 9-12
 - Vegetables at least:
 - K-5: 1/2 cup - 8-8
 - 6-12: 1 cup - 9-12

Lean Protein

- Past Regulations (1995 Dietary Guidelines):
 - Lunch must consist of at least 20% of recommended daily allowance protein, according to child's age group requirements.
- Current Regulations (2010 Dietary Guidelines):
 - Offer variety of meat alternatives at breakfast.
 - Focus on serving non-meat and meat alternatives.
- Daily Serving Size:
 - 1.5 ounces average adult
- School Lunch Standards:

Protein	What is considered 1 ounce (or equivalent)
Cheese	1.5 ounces
Egg	1 egg
Meat	2 ounces
Plant-based protein	1/2 cup
Yogurt	1/2 cup

Reduce Sodium Trans and Saturated Fat Content

Low-Fat Dairy

- Past Regulations (1995 Dietary Guidelines):
 - Schools must provide enough dairy to meet child's age specific recommended daily allowance for calcium.
 - Children must choose from 1%, 2%, 3%.
- Current Regulations (2010 Dietary Guidelines):
 - Low fat or fat free options only.
 - Increased intake must be fat free.
- Daily Serving Size:
 - 1 cup - average adult
- School Lunch Standards:

Dairy	What is considered 1 cup
Milk	1 cup
Yogurt	1/2 cup
Flattened Soybean	1/2 cup
Reconstituted	1 ounce
Processed cheese	2 ounces

Grains

- Past Regulations (1995 Dietary Guidelines):
 - Lunch provided a variety of grain products at lunch.
 - All grains were equal.
- Current Regulations (2010 Dietary Guidelines):
 - Offer at least a daily serving of grain at breakfast and lunch.
 - At least 10% of the grains offered during the week must be whole grain.
 - Offer 2 ounce of grains provided during the week must be whole grain.
- Daily Serving Size:
 - 1/2 cup cooked at least 10% whole grain - average adult
- School Standards:

Grain	What is considered 1/2 cup (or equivalent)
Bread	1 slice
Rice	1/2 cup
Cereal	1/2 cup

School Nutrition Standard Revisions

Pro	Con
Increasing fruit and vegetable availability will improve children's health.	Fruit Costs will increase due to fresh fruits and vegetables, while grain products can be more expensive.
Implementing appropriate food choices such as low fat dairy, whole grains, fruits and vegetables will decrease overweight and obesity rates.	Parental concerns may be children are not bringing enough food.
Decreased overweight and obesity rates will decrease likelihood for heart disease and type 2 diabetes.	Children's negative reactions, they may feel less of control. Food waste is an issue for picky eaters.
Improved health will decrease national medical costs.	Cost effectiveness an issue when fruit and vegetable options are always thrown away.

SD Progress and Effectiveness

SD Progress: Fresh Fruit and Vegetable Program

- Participating schools through the "Fresh Fruit and Vegetable Program" provide fresh fruit and vegetable snacks available at school to all children in participating schools. (SD Child & Adult Nutrition Services, Dept. of Education)
- Increase fresh fruit and vegetable variety and accessibility.

Effectiveness

- Are children and teens really eating more fruits and vegetables?
- Do they bring fresh fruit and vegetable choices to school?

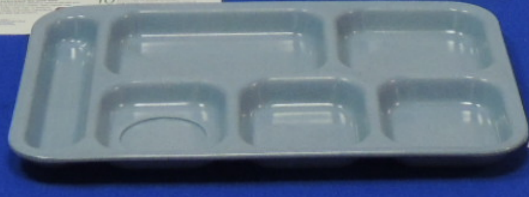
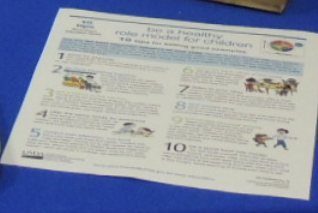
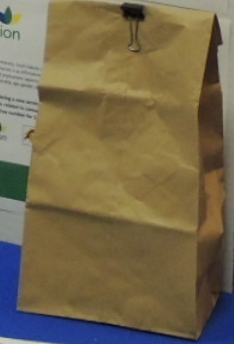
National Progress and Household Food Choices

National Progress

- Currently, New School Lunch Regulations are enforced.
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Household Food Choices

- My Plate Dietary Guidelines encourage parents, caregivers to offer children and teens:
 - Variety of fruits and vegetables.
 - Variety: including 100% whole grain.
 - Low meat and meat alternatives: eggs, beans, animal butter, fish, soy products.
 - Low fat dairy.



- **Supplies Needed:**
 - Tri-fold display board, 48”x 36”.
 - Tacks to attach paper to board.
 - Printed PowerPoint slides (15) on cardstock weight paper. Scissors to trim some of the printed display signs.
 - Brown Lunch Bag (or other lunch box)
 - Tupperware of various sizes used to transport lunch items, school meal tray, etc.
 - Food Models or pictures of healthy appetizing lunch entrees as listed below.

- **Suggested Handouts:**
 - The School Day Just Got Healthier: <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet21SchoolDayJustGotHealthier.pdf>
 - Be A Healthy Role Model for Children: <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet12BeAHealthyRoleModel.pdf>

- **Suggested sample food containers:**
 - Whole grain and standard packages such as spaghetti, crackers, etc.
 - Lunch size beverage containers which list 100% juice.
 - If possible a basket of fresh fruit, can be used for distribution as well.

- **Plate model-mock ChooseMyPlate available at:**
http://www.choosemyplate.gov/images/MyPlateImages/JPG/myplate_blue.jpg

- **Serving size model suggestions:** more depictions of serving sizes found at http://www.webmd.com/diet/healthtool-portion-size-plate?ecd=wnl_fit_062510.
 - ½ c Whole grains, 1 c fruits, 1 c vegetables, serving of almonds, etc. Could display in snack size bags.

- **Food Sample Suggestions**
 - Seasonal fruit, broccoli or cauliflower flowerets, mini carrots, mix of 2 – 3 whole grain cereals such as mini wheat's, toasted oat cereal, dried fruit tidbits, raisins, etc.

- **References:** www.fns.usda.gov, ChooseMyPlate.gov, www.childdefense.org, www.healthiergeneration.org,

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<http://www.childrensdefense.org/policy-priorities/childrens-health/child-nutrition/childhood-obesity.html>

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<http://www.healthiergeneration.org/about.aspx?id=3439>

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New School

Lunch

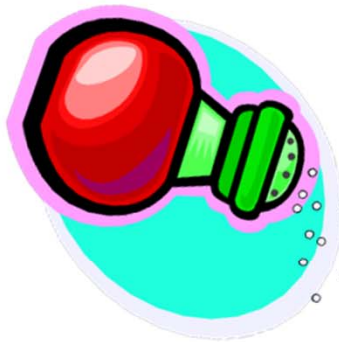


Regulations

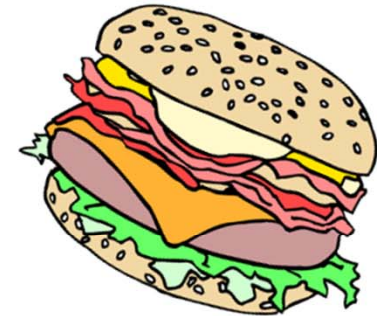
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Main Food Groups



Reduce Sodium



Trans and Saturated Fat Content

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- **Current Regulations (2010 Dietary Guidelines):**
 - Fruit and vegetables are separate groups
 - Fruit is offered at breakfast and lunch
 - Increase fresh fruit and vegetable availability
- **Daily Serving Size:**
 - 2 cups of fruit, 2 ½ cups of veggies - average adult
- **School Lunch Standards:**
 - **Fruit at least:**
 - ½ cup - k-8
 - 1 cup - 9-12
 - **Vegetables at least:**
 - ¾ cup - k-8
 - 1 cup - 9-12

	Fruits	Vegetables
What is considered 1 cup?	1 cup raw	1 cup raw
	1 cup cooked or canned	1 cup cooked
	1 cup 100% fruit juice	1 cup vegetable juice
	½ cup dried fruit	2 cup leafy green salad

*Reference: <http://www.gpo.gov/fdsys/pkg/FR-2012-01-26/pdf/2012-1010.pdf>
http://www.fns.usda.gov/cnd/Governance/regulations/7cfr210_12.pdf

Lean Protein

- **Past Regulations (1995 Dietary Guidelines):**
 - Lunch must meet at least 30% of Recommended Daily Allowance protein, according to child's age requirements
- **Current Regulations (2010 Dietary Guidelines):**
 - Offer a meat or meat alternative at breakfast
 - Focus on serving lean meats and meat alternatives
- **Daily Serving Size:**
 - 5 ½ ounces - average adult
- **School Lunch Standards:**
 - 1 ounce - k-8
 - 2 ounce - 9-12

Protein	What is considered 1 ounce (1 serving)?
Lean Meat Poultry Fish	1 ounce
Egg	1 whole
Peanut Butter	1 tablespoon
Nuts Seeds	½ cup
Beans Peas	¼ cup

*Reference myplate.gov

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Grains

- **Past Regulations (1995 Dietary Guidelines):**
 - Lunch provided a variety of grain products at lunch
 - All grains were equal
- **Current Regulations (2010 Dietary Guidelines):**
 - Offer at least a daily serving of grains at breakfast and lunch
 - At least 50% of the grains offered during the week must be whole grain
 - Within 2 years all grains provided during the week must be whole grain
- **Daily Serving Size:**
 - 6 ounces (making at least 50% whole grain) - average adult
- **School Standards:**
 - 1 ounce per day - k-8
 - 2 ounce per day - 9-12

Grains	What is considered 1 ounce (1 serving)?
Bread	1 slice
Rice Cereal Pasta	½ cup
Ready to eat cereal	1 ounce

*Reference myplate.gov

<http://www.gpo.gov/fdsys/pkg/FR-2012-01-26/pdf/2012-1010.pdf>

<http://www.fns.usda.gov/cnd/Governance/regulations/7cfr21012.pdf>

Low-Fat Dairy

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 - 1 cup per day - k-12

Dairy	What is considered 1 cup?
Milk Yogurt Fortified Soymilk	1 cup
Natural cheese	1 ounce
Processed cheese	2 ounces

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SDSU Extension is offering a new service to consumers to assist in answering questions and locating information related to consumer issues and needs within the home and family.

The toll free number for South Dakotan's to call is 1-888-393-6336



Handouts

Make Food Fun

★ Creative in the Kitchen

- Catchy names: “Dawn’s Salad” or “Peter’s Sweet Potatoes”
- Get kids involved in cooking and planning process

★ Fun Smart Snacks

- Classic ants on a log (celery, peanut butter and raisins)
- Smoothies
- Smiley sandwiches (top a slice of bread with peanut butter and use an apple slice for a smile and raisins for eyes)

<http://www.choosemyplate.gov/preschoolers/picky-eaters/make-food-fun.html>