

# In the Midst of Legislation Let's Keep Focused on Education

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# Premise

- As a society, when it comes to nutrition in schools, we seem to be good at legislating - but are we as good at educating?
- Current USDA & CDE regulations seem to facilitate the development of foods that meet these regulations...
  - (ie.) whole grain *rich*, lower fat, lower sodium, ERB's
- Sometimes these foods are referred to as “school foods” or “school product lines” by manufacturers.
  - “Like items” in local stores/restaurants are probably different.
  - We want to be careful not to mislead students.

# Objectives

- Identify current school meal regulations and how they parallel the *Dietary Guidelines for Americans* & MyPlate
- Food Label Reading
  - Calorie Sources
  - Percentage of Fat & Saturated Fat
  - Sodium & Cholesterol & Fiber Guidelines
- Locate Educational Wellness Related Info
  - Resources for students, staff, community



# Dietary Guidelines for Americans – hand out

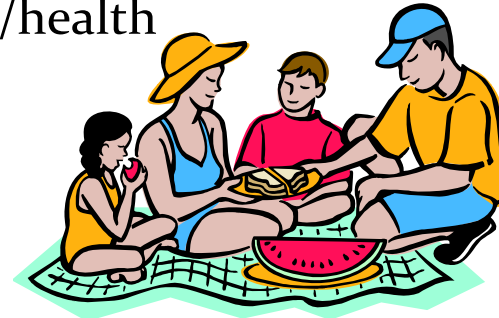
First released in 1980 ('85, '90, '95, '00, '05, '10...)

- Released every 5 years
  - reflecting emerging scientific evidence re: diet /health

Intended for ages 2 years and older

## Key Recommendations:

- **Balancing calories to manage weight:** eating & physical activity
- **Food & food components to reduce:** sodium, sat fat, cholesterol, *trans* fat, refined grains, solid fats, added sugar
- **Foods & nutrients to increase:** fruits & veggies esp. **dark green** & **red/orange** whole grains, fat free & low fat milk, lean protein, seafood
- **Building healthy eating patterns** – appropriate calorie level; meet nutrients



# Build a healthy plate

- Make half your plate fruits and vegetables
  - Eat red/orange, dark green vegetables, beans and peas
- Switch to fat free or 1% milk
- Make at least half your grains whole grain
- Vary your protein choices



## Cut back on foods high in solid fats, added sugar and salt

- Drink water instead of sugary drinks
- Select fruit for dessert. Eat sugary desserts less often.
- Choose 100% fruit juice instead of fruit-flavored drinks
- Look out for salt (sodium) in foods
- Select lean cuts of meats & poultry
- Switch from solid fats to oils when preparing food
- Make major sources of saturated fats occasional
  - Cakes, Cookies, Ice cream
  - Pizza, Cheese, Sausage/Hot dogs



# Eat the right amount of calories for you

- Enjoy your food but eat less
- Avoid oversized portions
- Use smaller plate, bowl, and glass
- Stop eating when you satisfied, not full
- Cook more often at home
  - where you are in control of what's in your food
- Get your personal daily calorie limit at:
  - [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)



# How do the DGA's & MyPlate align with School Meals?





## How do the DGA's & MyPlate align with School Meal

- Review 10 tips handout
- Focus on Fruits & Vegetables (1/2 plate)
- Make at least half your grains whole grain
- Switch to skim or 1% milk
- Reduce sodium
- Drink water instead of sugary drinks
  - New Smart Snack regulations

# Food on meal patterns or a la carte are not necessarily the same at local store or restaurant

## Mc Donald's

- McNuggets<sup>®</sup> - 4 each
  - 190 calories
  - 12 grams fat
  - 360 mg sodium
  - 1 gram fiber
  - ? whole grain



## NSLP

- Whole Grain Tyson Chicken Nuggets – 4 each
  - 144 calories
  - 6.5 grams fat
  - 360 mg sodium
  - 1.6 gram fiber
  - It's whole grain

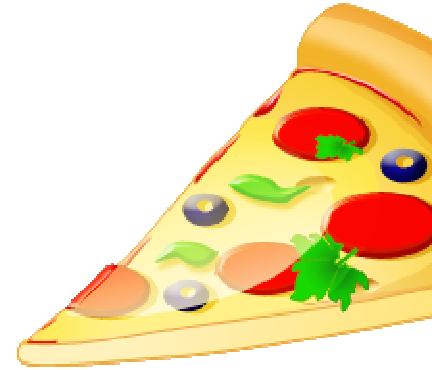
# Pizza Comparison

## Round Table Pizza - 124 gm

- Pepperoni
  - Calories 336
  - Fat 15 gm
  - Sodium 882 mg
  - Fiber 1.4 gm

## Schwan's - 124 gm

- Pepperoni
  - Calories 290
  - Fat 9 gm
  - Sodium 530 mg
  - Fiber 3 gm



# Nutrients

## • Sources of Calories

- Fat - 9 calories/gram
- Protein 4 calories/gram
- Carbohydrates 4 calories/gram
- Alcohol 7 calories/gram

## • Cholesterol

less than 300 mg/day

## • Sodium

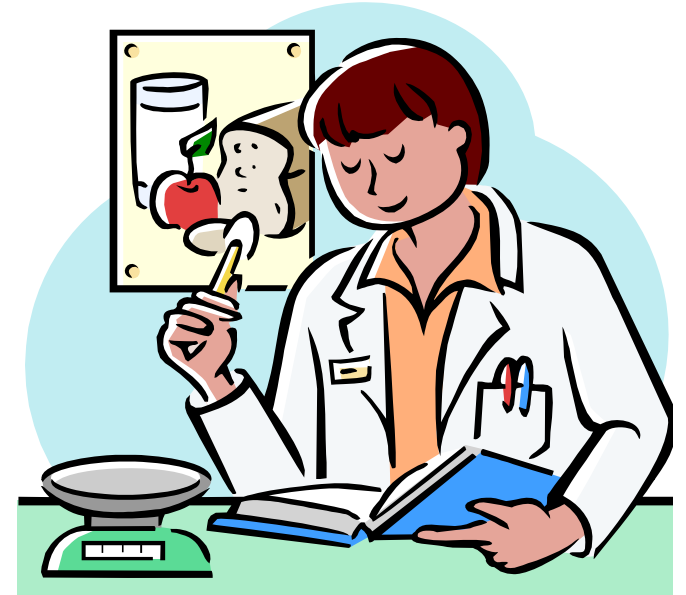
less than 2300 mg/day (1500)

- 1 tsp = 2300mg

## • Fiber

25 (women)-38 (men) grams/day

(~14/1000 calories) current average = 15 grams/day



# Food Label Reading

- Nutrition Facts Label
  - Serving Size
  - Servings per container
  - Calories
  - Fat
  - Saturated Fat
  - Cholesterol
  - Protein
  - Carbohydrate
  - Fiber
- Ingredients
  - In descending order by quantity

① **Start Here** →

② **Check Calories**

③ **Limit these Nutrients**

④ **Get Enough of these Nutrients**

⑤ **Footnote**

<b>Nutrition Facts</b>	
Serving Size 1 cup (228g)	
Servings Per Container 2	
<b>Amount Per Serving</b>	
<b>Calories</b> 250	Calories from Fat 110
<b>% Daily Value*</b>	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	15%
Trans Fat 3g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	0%
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

⑥

**Quick to %**  
 • 5% or less is Low  
 • 20% or more is High

# Educating Our Communities re: Wellness:

- MyPlate - 10 tips resource  
<http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html>
- Let's Move
  - <http://www.letsmove.gov/>

What do you do to focus on nutrition education?



# What can we do to focus on nutrition education?

- Nutrition/Physical Activity/Wellness Info on Menus
- Nutrition Posters
- Comic and/or article in local paper re: nutrition/wellness
- Provide links of websites on your webpage
  - [health.gov/dietaryguidelines/](http://health.gov/dietaryguidelines/)
  - [ChooseMyPlate.gov](http://ChooseMyPlate.gov)
  - [LetsMove.gov](http://LetsMove.gov)
- Encourage students to make  $\frac{1}{2}$  their plate = fruits and vegetables – DGA & MyPlate
- Display Vitamins/Minerals in Foods
  - Vitamin C in Oranges
  - Vitamin A in Carrots
  - Iron in Spinach
- Demonstrate correct portion size
  - Poster with fun portion size examples
- Health Fairs
- Taste Tests coupled with nutrition education
- Classroom nutrition education
- Set healthful living example – [review 10 tips series handout](#)







## CLOVIS UNIFIED SCHOOL DISTRICT ELEMENTARY SCHOOL MENU—NOVEMBER 2014



**BREAKFAST CHOICES:**

- **MONDAY:**  
Can choose 1: Cereal or Warm Apple Sticks both offered w/String Cheese
- **TUESDAY:**  
Can choose 1, 2 or all 3: Cereal, \*\*Egg & Ham Bar, Sunrise Bites
- **WEDNESDAY:**  
Can choose 1: Cereal or Sausage Breakfast Pizza
- **THURSDAY:**  
Can choose 1: Cereal or Mini Pancakes both offered w/String Cheese
- **FRIDAY:**  
Can choose 1: Cereal, Bean & Cheese Burrito

**ADDITIONAL DAILY CHOICES:**  
Fruit, 100% Fruit Juice, Milk

- Breakfast Prices: \$1.00
- 2<sup>nd</sup> Breakfast: \$1.75
- Reduced: \$0.30
- Lunch Prices: \$2.25
- Reduced: \$0.40
- 2<sup>nd</sup> Lunch: \$3.50
- Milk a la carte: \$0.40

We encourage you to prepay for meals. For lunch each day, your child will have a choice of an entrée, two to three side dishes & either chocolate or white milk; strawberry milk offered Thurs. Your child may be served an alternate meal if he/she has a negative balance or does not have money for meals.

\*\*Contains/may contain pork.  
Menu subject to change  
This institution is an equal opportunity provider.

	Monday	Tuesday	Wednesday	Thursday	Friday
		Enjoy healthful foods over the upcoming holidays: Sweet potatoes, pumpkin, fruit (fresh, frozen, dried) whole grains, vegetables, roasted or baked lean meat without skin.		Keep active during your break from school: Walk, jog, run, bicycle, hula hoop, jump rope, dance, play ball, play tennis, hopscotch, play at the park.	
3	<b>BREAKFAST FOR LUNCH</b> Mini Pancakes Breakfast Pizza Strawberry Yogurt Smile Potatoes w/Ketchup 100% Fruit Juice Milk	4 Orange Chicken Rice Bowl Cheese-filled Breadsticks w/Pizza Sauce Green Salad Baby Carrots Strawberry Cup Milk	5 <b>NEW!</b> Fiesta Red Chili Bean & Cheese Burrito Chicken Patty Baked Beans Salsa Tangerines Milk	6 Spiral Rotini w/Italian Meat Sauce Chicken Nuggets Freshly Baked Roll Green Salad Baby Carrots Fresh Apple Milk	7 Corn Dog Pizza Pocket Corn Green Beans Frozen Juice Cup Milk
10	<b>No School Today</b> <b>Staff Development Day</b>	11 <b>Veterans' Day</b> 	12 Super Soft Pretzel w/Cheese Sauce Chicken Patty Corn Green Beans Applesauce Cup Milk	13 <b>NEW!</b> Orange Chicken Rice Bowl Fiesta Red Chili Bean & Cheese Burrito Green Salad, Carrots Tangerines Milk	14 Roasted Chicken w/Biscuit Cheeseburger Baked Beans Carrots Frozen Juice Cup Milk
17 <b>NEW!</b>	BBQ Chicken Flatbread Corn Dog Seasoned Potato Stix w/Ketchup Fresh Apple Milk	18 <b>TUESDAY</b>  Crunchy Beef Taco Boat Chicken Nuggets w/Dipping Sauce Corn, Salsa Peach Cup Milk	19 Cheese-filled Breadsticks w/Pizza Sauce Chicken Patty Green Salad Baby Carrots Applesauce Cup Milk	20 Turkey with Gravy Mashed Potatoes Green Beans Freshly Baked Roll Tangerines Holiday Cookie Milk	21 <b>NEW!</b> Pizza Pocket Fiesta Red Chili Bean & Cheese Burrito Baked Beans Baby Carrots Frozen Juice Cup Milk
24	<b>NO SCHOOL</b>	25	26	27	28
	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>	Thanksgiving	<b>NO SCHOOL</b>

# CUSD Today Comic

**HA MUNCHIN?** | Illustrated by Samantha Jay Victoriano

