

Food Wars:

Traversing the Myths, Facts and Future of Healthy Eating in Schools



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Objectives:

- Review the science of salt, sugar and fat and how this relates to school meal programs
- Hear how school food service directors are meeting the nutritional and financial challenges of running their meal programs
- Participate in the discussion

School Meals getting lots of attention

- Child Nutrition Reauthorization underway
- Focus is on obesity prevention, equity
- Sodium and whole grain flexibility major topics
- Food waste concerns, with focus on F/V
- School Breakfast and Summer Foodservice Programs support for increasing participation
- Nutrition education vs. behavioral economics



HEALTHIER SCHOOL MEALS

SCHOOL LUNCHES ARE HEALTHIER AND PARENTS ARE ON BOARD

95%

95% of schools nationwide meet the healthier meal standards rolled out by

Percent of U.S. elementary schools offering for lunch



There is bipartisan support¹ for healthier standards:



¹ Registered voters with kids in public schools surveyed by

HOW YOU CAN REDUCE SODIUM *in* SCHOOL MEALS



1 USE HERBS & SPICES

Feature "Flavor Stations" in your cafeteria where students can add seasonings (without added sodium) that



2 EXPLORE NEW RECIPES

Find large quantity recipes for school food service on the new recipe Web site, <http://www.WhatsCooking>.



3 ORDER USDA FOODS

Stretch your budget and serve nutritious foods by planning your school meals around no-salt-added or



4 CONTACT VENDORS

Write bid specs that request lower sodium options. Depending on the brand, a food item may have different



School Meals

Building Blocks for Healthy Children

Access to
nutritious,
low-cost meals

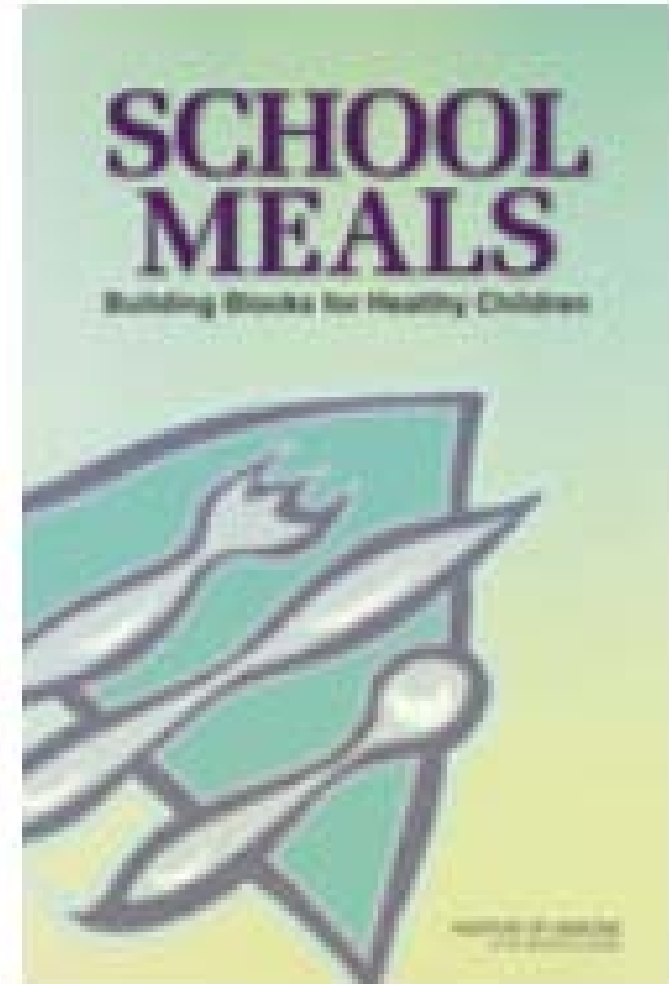
Support growth
and
development

Foster healthy
eating habits

Safeguard
children's health

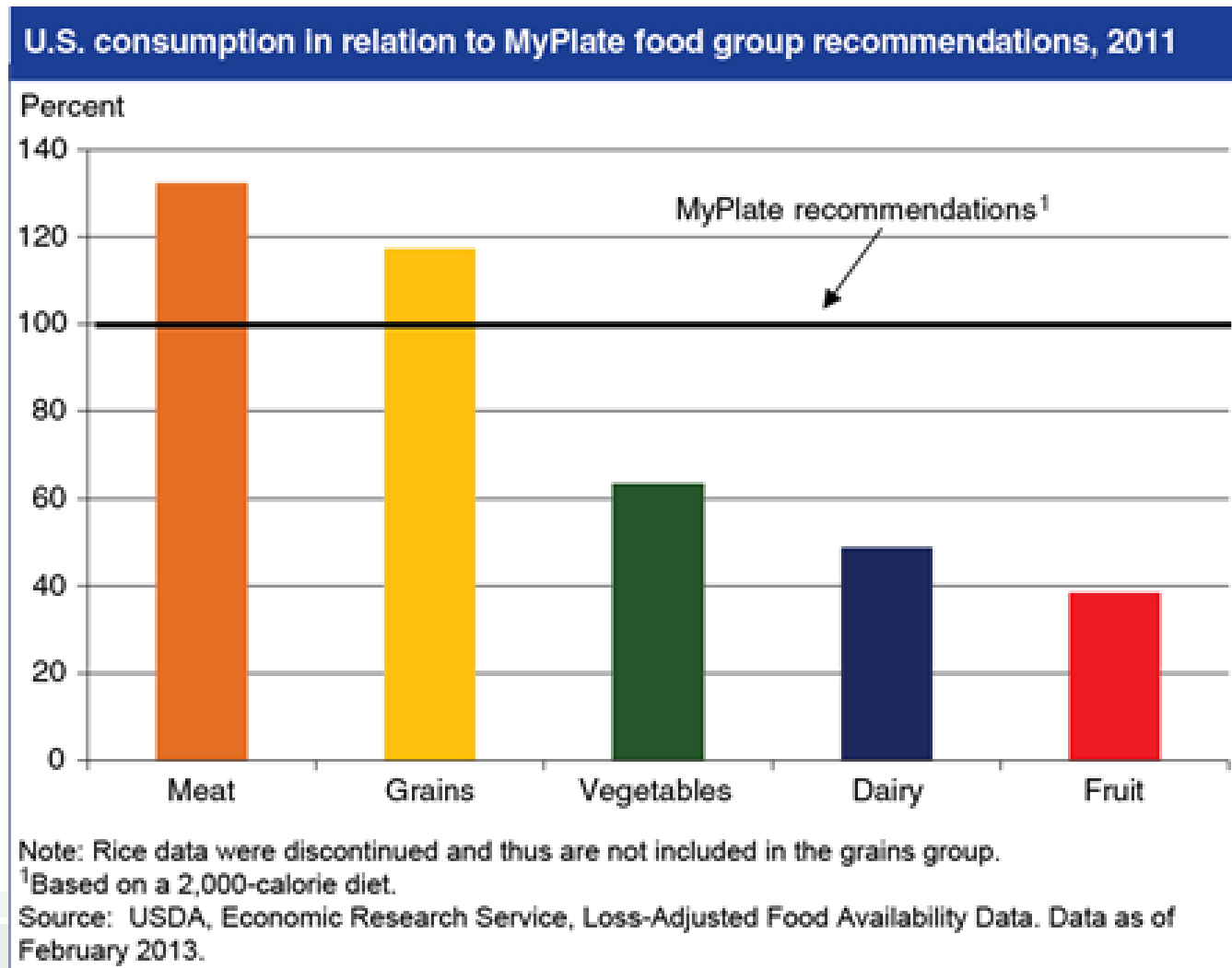
Based on Dietary
Guidelines for
Americans

Increase
availability of
key food group



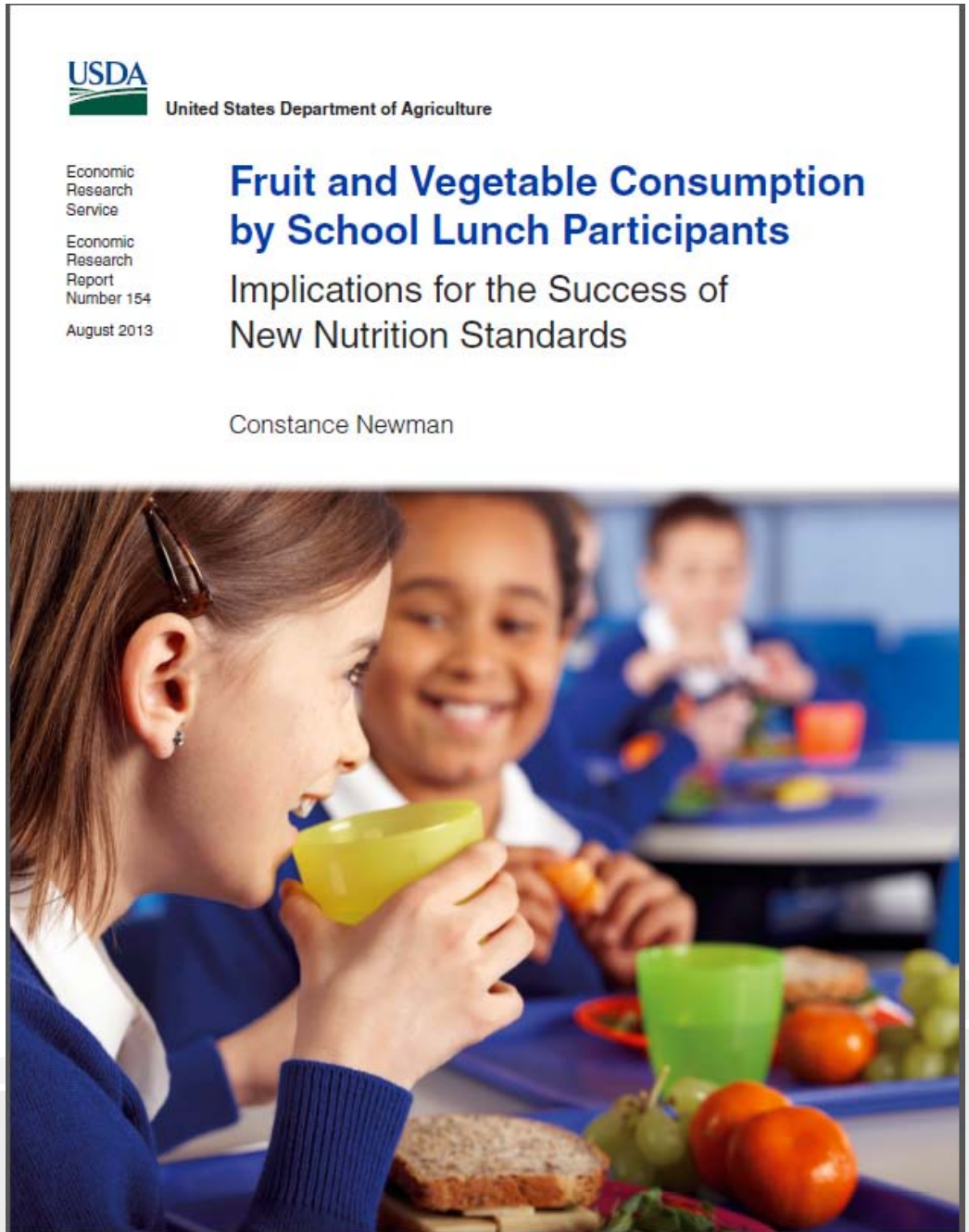


US Consumption Compared to MyPlate



Report Conclusion:

“...Other efforts will be needed to encourage more students to try the new fruit and vegetable offerings. **Multiple strategies for encouraging consumption—such as in-class educational efforts and altering the food environment...are probably needed.**”





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Lori Hoolihan, Ph.D., R.D.N.
Nutrition Research Manager





Nutrition Science: Fat, Salt & Sugar





Myth #1: Dietary fat, especially saturated fat, is bad for you.

Facts:

- People need some fat in their diets
 - Essential fatty acids
 - Fat-soluble vitamins
- AMDR for fat for children 4 yr & up: 25-35% of energy intake
 - For a 2000-kcal diet, this is 56 – 78 g/day
 - For a 3000-kcal diet, this is 83 – 117 g/day
- Children need fat!
 - normal growth and brain development
 - nervous tissue insulation
 - synthesis of hormones
 - satiety

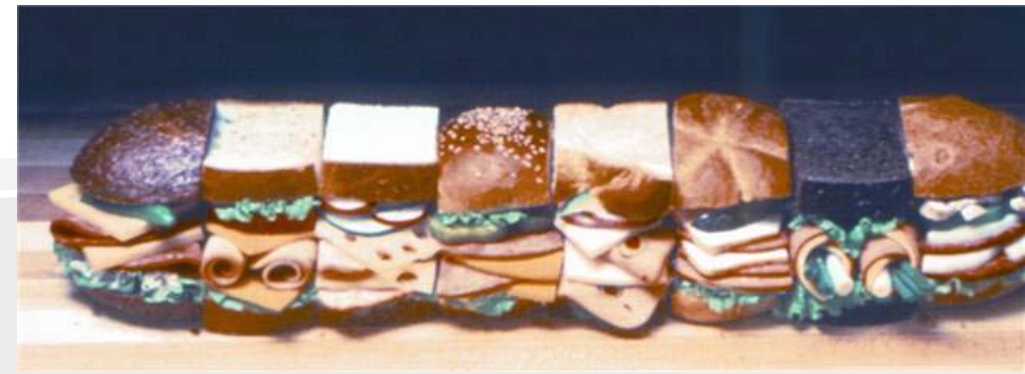


Fat (cont)

- Mono- and polyunsaturated fats should comprise $\sim 2/3$ of total fat intake
 - Vegetable oils, nut oils, olive and canola oils, fish, avocados, nuts, seeds and peanut butter.
- Saturated fat should be limited to $\sim 1/3$ of total fat intake
 - High-fat meats
 - Fried foods
 - Shortening & lard
 - New research is showing dairy fats may be beneficial
- Trans fats should be minimized
 - Margarine, shortening, pastries, baked goods, chips, fried foods

Fat: Bottom Line

- A moderate fat intake is healthy & necessary for growing children and active teenagers
- 50 – 120 g/day depending on age, body size, activity level
- Focus on healthy fats – mono and polyunsaturated
- Ask:
 - If a food is high in fat, what kind of fat?
 - What nutrients does it provide?





Myth #2: Salt raises blood pressure, even in children, and should be minimized.

Facts:

- The current Dietary Guideline for sodium is 1500-2300 mg/day (about 1 tsp)
- The current sodium intake in the U.S. is 3500 mg/day
- There is wide variation in how people react to sodium
 - About 1/3 can reduce their BP on a low-sodium diet = salt-sensitive
 - Other 2/3 a low sodium diet may be harmful
 - Public health recommendations do *not* consider individual variation, in effect putting many people at higher risk.



Sodium (cont)

- 2013 Expert Panel convened by IOM concluded that “there is insufficient evidence to support the current DGAs for dietary sodium.”
- Various studies have shown that the most OPTIMAL sodium intakes are 3000-6000 mg/day
 - Below this, risk for heart attack or stroke increases 27%
- Emerging research suggests that sodium intake is regulated by our brains, and we will consume enough food until our sodium needs are met
 - Neuro-regulation theory
 - Sodium appetite theory

Sodium (cont)

- There is very little data in children, yet they are held to the same recommendations as adults
 - Recent longitudinal study found sodium had NO impact on BP in adolescent girls, and
 - Potassium intake was protective
- Other factors play a big role in BP:
 - Body weight, activity levels, smoking and alcohol
 - The real problem may not be excess sodium but the lack of fruits, vegetables, dairy foods and physical activity



Sodium: Bottom Line



- There is considerable controversy over the dietary sodium recommendation
 - The current low levels are not healthy for everyone
 - The current levels may not be possible, nor sustainable
- Other factors beyond sodium likely play a bigger role in blood pressure regulation, particularly in children
 - Activity, body weight, potassium intakes
- The DASH diet, high in fruits, vegetables, low fat dairy and whole grains, is a dietary pattern found to reduce blood pressure without demonizing any food component.

<https://www.nhlbi.nih.gov/health/health-topics/topics/dash>



Myth #3: Sugar is the culprit in our obesity epidemic

Facts:

- Sugars are carbohydrates, the body's preferred fuel source
- AMDR for carb for children: 50 - 60% of total calories
 - For a 2000-kcal diet, this is 250 – 300 g/day
 - For a 3000-kcal diet, this is 375 – 450 g/day
- Two types of carbs are:
 - Simple carbohydrates (or simple sugars): fructose, glucose, and lactose—found in whole fruits & milk
 - Complex carbohydrates (or starches): starchy vegetables, grains, rice, breads and cereals
- All carbs are broken down into simple sugars and absorbed into the bloodstream

Sugar (cont)

- Some simple sugars are easy to get, come in large portions, taste good and aren't satiating.
 - Children tend to overeat them
 - Many provide 'empty calories' – e.g. sodas, candy, fruit drinks
 - Sweetened drinks are the largest source of added sugar in the diets of U.S. children.
 - Each 12-oz serving of a carbonated, sweetened soft drink contains the equivalent of 10 tsp of sugar and 150 calories.
 - Consuming one 12-ounce sweetened soft drink per day increases a child's risk of obesity.



Sugar (cont)

- Other simple sugars are found in nutritious foods
 - Fruits, vegetables and dairy products
 - Provide a range of essential nutrients that support growth and health
- Sugar is sometimes added to foods to enhance their appeal
 - Yogurt
 - Cereal
 - Flavored milk





Sugar – Bottom Line

- Some sugar, in moderation, can enhance a child's diet & nutritional intake
- Need to look at overall diet
- Limit or avoid simple sugars that provide empty calories & no nutrition
- Recognize that overweight and obesity are the result of a multitude of factors, not any single factor
 - Physical activity
 - Screen time
 - Portion sizes
 - Overall calorie intake
 - Social interactions



Consider the Unintended Consequences:

- Taking foods that are high in sodium off the plate:
 - Pizza
 - Grilled cheese
 - Macaroni & cheese
 - Soup
- Minimizing high-fat foods in school lunches:
 - Peanut butter
 - Nuts
 - Meats
- Avoiding sources of added sugar:
 - Ketchup
 - Chocolate milk



2015 Dietary Guidelines

- Who publishes them?
 - The U.S. Department of Health and Human Services (HHS) and the U.S. Department of Agriculture (USDA)
- How often are they updated?
 - Every 5 yrs
- What is their purpose?
 - To provide evidence-based food and beverage recommendations for Americans ages 2 and older to:
 - Promote health
 - Prevent chronic disease
 - Help people reach and maintain a healthy weight



2015 Dietary Guidelines

- Who uses them?
 - Public health agencies, health care providers, educational institutions
- How do they impact nutrition in the U.S.?
 - Form the basis of federal nutrition policy and programs
 - Help guide local, state, and national health promotion and disease prevention initiatives
 - Inform various organizations and industries (e.g., products developed and marketed by the food industry)



2015 Dietary Guidelines (cont)

- When will they be released?
 - “HHS and USDA will release the 2015 Dietary Guidelines later this year.”
 - DG Report was released in Feb 2015, forming the basis of the Guidelines

<http://health.gov/dietaryguidelines/>



What will the 2015 DGs likely focus on?

- Prevention of chronic disease – obesity, diabetes, heart disease
- Dietary patterns deemed healthy:
 - Healthy U.S.-style Pattern
 - Healthy Mediterranean-style Pattern
 - Healthy Vegetarian Pattern
 - These patterns are rich in vegetables, fruit, whole grains, seafood, legumes, and nuts; moderate in low- and non-fat dairy products and alcohol (among adults); lower in red and processed meat; and low in sugar-sweetened foods and beverages and refined grains



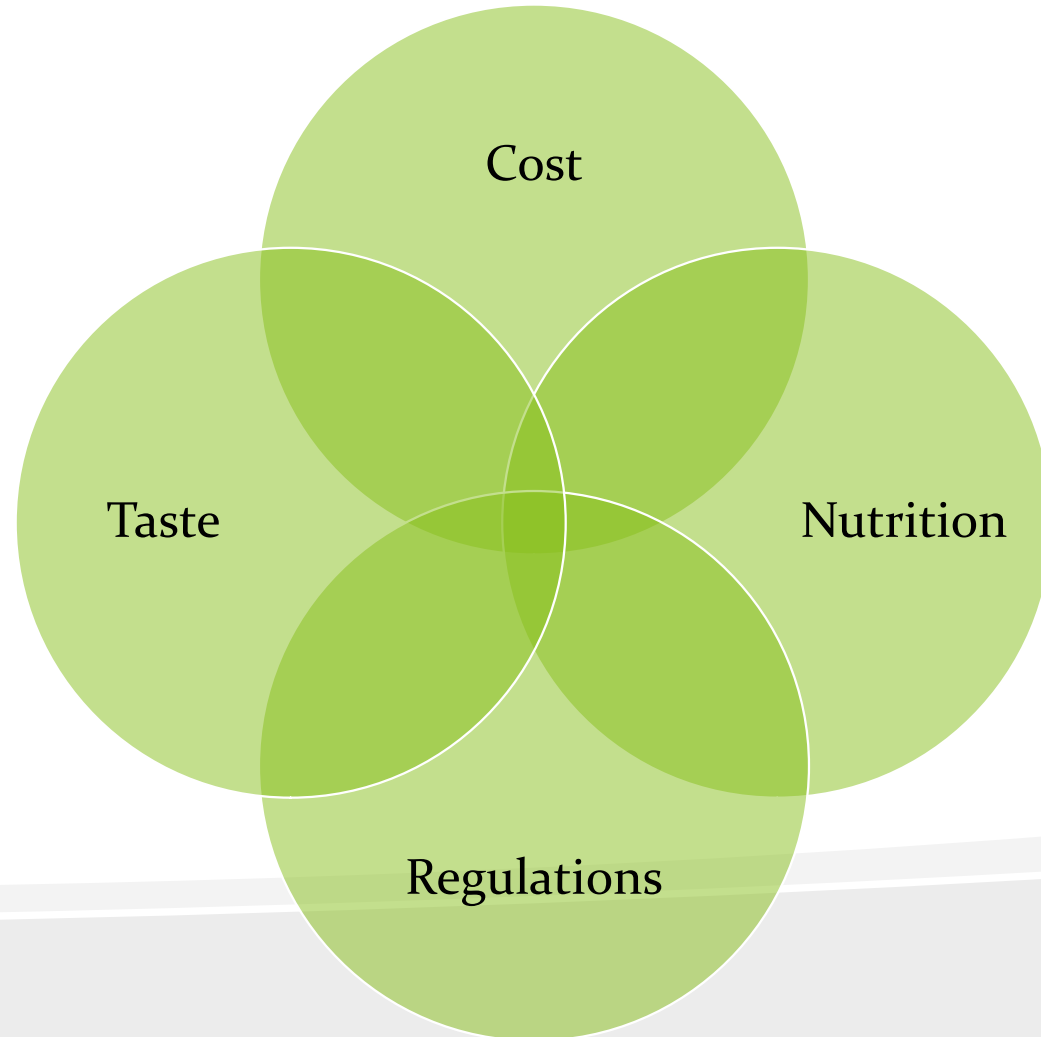
What will the 2015 DGs likely focus on?

- Shortfall nutrients of public health concern: calcium, vitamin D, fiber and potassium
 - also iron in adolescent girls and premenopausal women
- Over consumption of sodium and sat fat
- Sugar-sweetened beverages
- Importance of regular physical activity
- Access to sufficient, nutritious and safe food – sustainable diets

→ These goals will require changes at all levels of the social-ecological model through coordinated efforts among health care and social and food systems from the national to the local level.

A Balancing Act:

Considerations for the SFS Director





Questions?

Thank You

Lori Hoolihan, Ph.D., R.D.N.

FOOD
WARS

Panel Discussion



MYTH -vs- FACT

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