

ALIGNING MENUS: 2010 DIETARY GUIDELINES FOR AMERICANS

Child and Adult Care Food Program

Illinois State Board of Education
Nutrition and Wellness Programs
August 2013



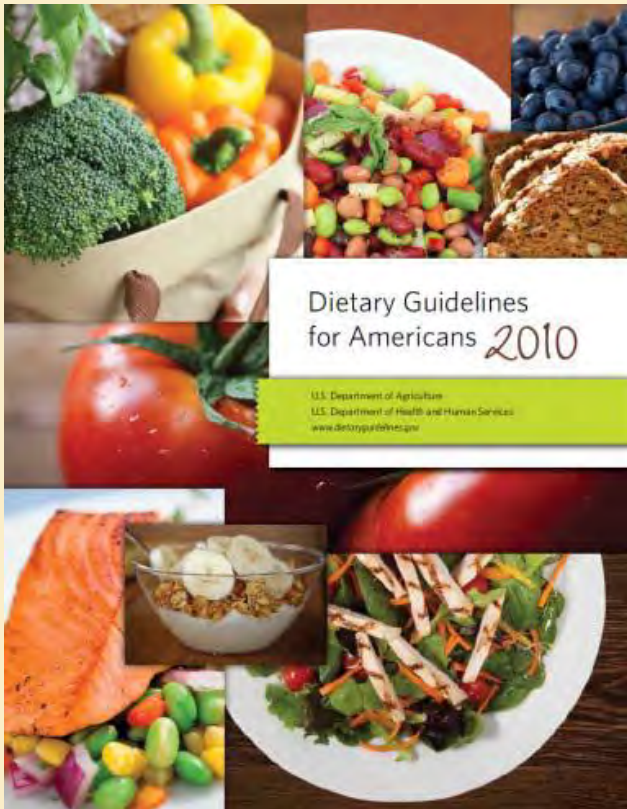
ALIGNING MENUS WITH 2010 DIETARY GUIDELINES

Institute of Medicine Recommendations:

- The Institute of Medicine (IOM) was asked by the USDA to create updated CACFP meal pattern requirements
 - The IOM was established in 1970 under the charter of the National Academy of Sciences
- IOM committee compiled report based on 2010 Dietary Guidelines for Americans
- The updated meal patterns have not yet been released

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Major messages emphasized in the DGAs



- Foods to Increase
- Foods to Reduce
- **Building a Healthy Plate**

www.cnpp.usda.gov/dietaryguidelines

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Foods to Increase:

- Fruits and Vegetables
- Fat-free or low-fat (1%) milk
- Whole grains



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Foods to Increase: Fruits and Vegetables

- Make half your plate fruits and vegetables
 - Fresh, Frozen, Canned, Cooked or Raw
 - Major contributors of under-consumed nutrients
 - Consumption associated with reduced risk of many chronic diseases
 - Relatively low in calories, when prepared w/o added fats and sugars



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Foods to Increase: Fruits and Vegetables

- Whole fruits are recommended over juice



- Fresh, Canned (in 100% fruit juice), Frozen, and Dried
- When juice is on the menu, it should be 100% juice
 - Why limit? Juice lacks dietary fiber and can contribute to excess calories



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Foods to Increase: Fruits and Vegetables

- Veggie variety counts!
 - Increase dark-green, red, and orange vegetables
 - Increase cooked beans and peas
 - Limit starchy vegetables



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Foods to Increase: Fat-free or Low-fat Milk and Milk Products



- Choose fat-free or low-fat milk & milk products

- Includes milk, yogurt, cheese and milk substitutes
- CACFP Reminders:
 - Yogurt and cheese – Credit as Meat Alternate
 - Milk substitutes should meet nutrient requirements
- Provide vitamins and minerals important for good health



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Foods to Increase: Fat-free or Low-fat Milk and Milk Products



- For children ages 1 – 2, whole milk is recommended

- Why? Dietary fats are needed for growth and development; children 2 years and older generally consume enough fats in their diets w/o fats from milk.

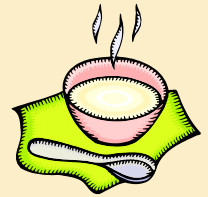
- CACFP Reminder: Any type of milk may be served to children ages 1 – 2



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Foods to Increase: Whole Grains

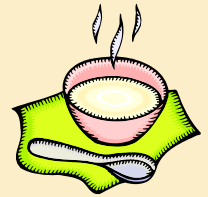
- Make half your grains whole
 - Good source of nutrients such as iron, magnesium, selenium, B vitamins, and dietary fiber
 - Choose whole-grain products over refined grains
 - When refined grains are served, choose enriched grains.



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Foods to Increase: Whole Grains

- Vary the choices
 - Include brown rice, wild rice, rolled oats, oatmeal, buckwheat, barley, quinoa
- Check the Nutrition Facts Label
 - Look for a whole grain listed as first ingredient
 - Choose good sources of fiber
 - Limit grain products high in solid fats and added sugars



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Facts Label: What to look for

- Foods labeled with these words not necessarily whole-grain products:
 - “multi-grain”
 - “stone-ground”
 - “100% wheat”
 - “cracked wheat”
 - “seven-grain”
 - “bran”



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What to Look for on the Food Label:

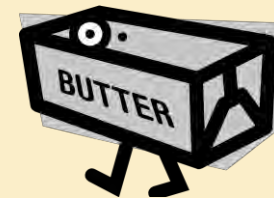
- Instead, choose foods that name a whole-grain ingredient first on the label's ingredient list:
 - brown rice
 - buckwheat
 - bulgur
 - millet
 - oatmeal
 - quinoa
 - rolled oats
 - whole-grain barley
 - whole-grain corn
 - whole-grain sorghum
 - whole-grain triticale
 - whole oats
 - whole rye
 - whole wheat
 - wild rice



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Foods to Reduce:

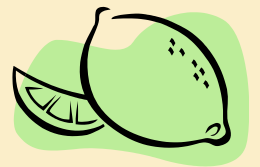
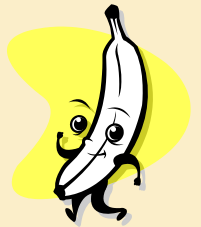
- Sodium intake
- Sugars
- Solid fats



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Foods to Reduce: Sodium

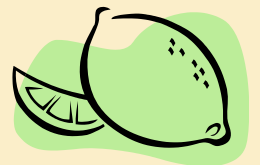
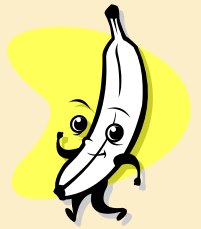
- Help children learn to like and enjoy foods with a less salty taste
 - Preference for salty flavors can develop when served regularly
 - Excess sodium can contribute to high blood pressure
 - In contrast, foods high in potassium may help lower blood pressure



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Foods to Reduce: Sodium

- Read the Nutrition Facts Label
 - Most sodium comes from processed and ready-to-eat foods
 - Pay special attention to info on cans, jars, packages, boxes
 - Look for “reduced sodium,” “low sodium,” and “no salt added.”

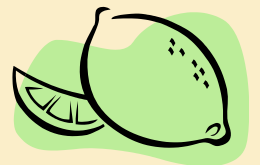
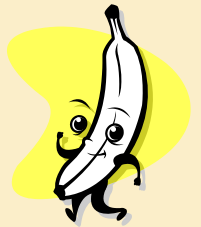


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Foods to Reduce: Sodium

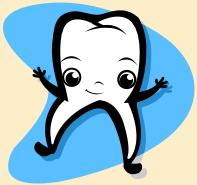
■ Think Fresh

- Serve fresh foods
- Use little or no salt when preparing meals and snacks on-site
- Jazz up the flavors with these instead:
 - Fresh or Dried Herbs
 - Spices
 - Lemon or Orange Zest
 - 100% fruit juices



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Foods to Reduce: Sugars



- **Added sugars:**

- Provide “empty” calories
- Leave less room for more nutritious foods
- Increase risk of dental cavities



- **Read the Nutrition Facts Label**

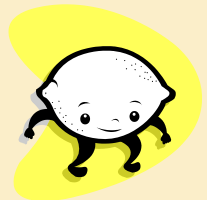
- Look for no added sugars among the first three ingredients
- Choose low-sugar cereal
 - No more than 6 grams of sugar per serving
- Offer fresh, less-processed foods



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Foods to Reduce: Solid Fats

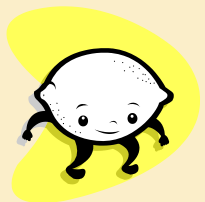
- Limit foods with solid fats
 - Offer processed foods only occasionally; not as everyday choices
 - Processed foods contribute extra calories, making it harder for children to grow at a healthy weight.



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Foods to Reduce: Solid Fats

- Cook with healthy oils instead
 - Oils from plants and fish
 - Healthier options than solid fats
- Lower fat content in recipes
 - Use fat-free and low-fat products
 - Use lean meats and trim away excess fat from meats and poultry
 - Add flavor with lemon or herbs instead of butter, margarine, gravy or cream sauce



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Building a Healthy Plate:

- Better control of calories
- Include more fruits and vegetables
 - Include a greater variety of vegetables
- Make half your grains whole
 - Fewer refined grain foods
- Limit milk choices to non-fat and low-fat
- Emphasize limiting foods high in solid fats, added sugars, and sodium



HEADS OR TAILS GAME

■ Rules of the Game:

1. We ask you a question with two possible answers
2. You pick from one of the two answers
 - HEADS – put hands on head for that answer
 - TAILS – put hands on ...tail (your behind) for that answer

Example: If the correct answer was HEADS and you had your hands on your HEAD you,

- Stay standing and get ready for the next question
- If you had your hands on your ...tail (behind), you must sit down

We will keep asking more questions and those left standing at the end are the winners!

If you answered a question incorrectly and had to sit down, please continue to answer the questions with the rest of the group. We will have a drawing for additional prizes at the end of the game.

HEADS OR TAILS?

Which variety of vegetables should we especially increase?

HEADS

- Yellow
- White
- Light Green

TAILS

- Red
- Orange
- Dark Green

TAILS

- Red
 - Orange
 - Dark Green
-
- Tails group stays standing
 - Heads group sit down.
-
- Eat a variety of vegetables, especially dark-green and red and orange vegetables and beans and peas

HEADS OR TAILS

Which is the Best Choice following the Dietary Guidelines for Children TWO and OLDER?

Heads

- SKIM MILK

Tails

- 2% milk

HEADS WINS

- **Skim Milk-** For children two years and older skim milk or low-fat (1%). For CACFP it is required.
 - However, whole milk is still recommended for children 1 up to 2 years for growth and development

HEADS OR TAILS

Are whole fruits recommended over juice?

HEADS

Yes

TAILS

No

HEADS WINS

- **Whole fruits are recommended over juice**
 - Includes fresh, canned (in 100% fruit juice), frozen, and dried forms
 - When juice is on the menu, it should be 100% juice
 - Why limit? Juice lacks dietary fiber and can contribute to excess calories

HEADS OR TAILS

Which choice would limit your starchy vegetables?

Heads

- White potatoes
- Corn
- Green peas

Tails

- Tomatoes
- Pumpkin
- Mustard greens

TAILS WINS

Tails

- Tomatoes
 - Pumpkin
 - Mustard greens
- Choose less starchy vegetables more often such as tomatoes, spinach, broccoli, pumpkin, mustard greens, and red pepper

HEADS OR TAILS

Should we consume at least $1/2$ or $1/4$ of all grains as whole grain?

■ Heads

■ $1/4$ all grains whole grain

■ Tails

■ $1/2$ of all grains whole grain

TAILS WINS

TAILS

- At least $\frac{1}{2}$ of all grains consumed should be whole grain. Replace refined grains with whole grains.
- Whole grains include a variety of choices
 - Include brown rice, wild rice, rolled oats, oatmeal, buckwheat, barley, quinoa, whole wheat flour, whole grain barley, bulgur

HEADS OR TAILS

Most fats with a high amount of saturated or trans fatty acids are liquid at room temperature?

HEADS

■ True

TAILS

■ False

TAILS

False

- Most fats with a high percentage of saturated or trans fatty acids are solid at room temperature and are referred to as “solid fats”
- Solid fats are usually found in animal foods(except seafood) or made from vegetable foods through hydrogenation.
- Major sources of fats for Americans are cakes, cookies and other desserts, pizza, cheese hot dogs, bacon, sausage, ribs, and ice cream.

HEADS OR TAILS

Is 100% wheat flour a whole grain product?

HEADS

TAILS

■ YES

■ NO

TAILS

- **100% wheat flour is NOT a whole grain. The germ and bran have been removed**

HEADS OR TAILS

Which breakfast menu is preferred?

HEADS

- Low-fat milk
- 100% daily value of vitamin C orange juice
- Wheat toast

TAILS

- Low-fat milk
- Strawberries
- Whole grain waffle

TAILS WINS

TAILS

- Low-fat milk
 - Strawberries
 - Whole grain waffle
- 100% daily value of vitamin C orange juice does not mean the juice is 100% juice.
 - Minimize the daily and weekly servings of juice and replace with fruits and vegetables.
 - Whole grain vs wheat toast (not whole grain) (just because it is brown doesn't mean it is whole grain)

HEADS OR TAILS

Which menu is the best choice for children 3-5 years old?

HEADS

- Chicken
- Brown rice
- Frozen/fresh broccoli
- Fresh melon
- Skim milk

TAILS

- Chicken
- Long grain rice
- Canned Green beans
- Fresh melon
- Skim milk

HEADS WINS

HEADS wins

- Chicken
- Brown Rice (whole grain)
- Broccoli(frozen or fresh -less sodium)
- Fresh melon
- Skim milk

- Chicken
- Long grain rice (not whole grain)
- Green beans (canned more sodium)
- Fresh melon
- Skim milk

HEADS OR TAILS

Which menu choice is better per the Dietary Guidelines?

HEADS

- Beef and bean Burrito
- 100% wheat tortilla
- Baked potato fries
- Iceberg lettuce salad
- Ranch dressing
- Low-fat milk

TAILS

- Bean Burrito
- Whole grain tortilla
- Baked sweet potato fries
- Spinach salad
- Yogurt dressing
- Low-fat milk

TAILS WINS

Lesser choice

- Beef and bean burrito
- 100% wheat tortilla
- Baked potato fries
- Iceberg lettuce salad
- Ranch dressing
- Low-fat milk

Best choice

TAILS

- Bean burrito (less fat, more fiber w/ beans)
- Whole grain tortilla (whole grain)
- Baked sweet potato fries (orange vegetable)
- Spinach salad (dark green vegetable)
- Yogurt dressing (Less fat)
- Low-fat milk

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Building a Healthy Plate:



Resources:

- <http://www.choosemyplate.gov/>
- <http://www.fns.usda.gov/>
- <http://www.isbe.net/nutrition>

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