



The Dietary Guidelines for Americans & the Connection to School Nutrition



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Check Out On-Demand Trainings!

ISBE's 2021 Virtual Wellness Conference is offering on-demand trainings for your convenience, in addition to 9 live sessions!

To access these recorded trainings, visit the main conference webpage:
<https://www.isbe.net/Pages/School-Wellness-Conference.aspx>

Then find this drop-down option to view the trainings:

View On-Demand Trainings



Choose from 9 different topics!





Professional Development Reminder

- **FOR EDUCATORS**

- Evaluation surveys will be available for all live and on-demand sessions
- A link to the evaluation survey will be provided via email
- **Remember to print your certification of completion at the end of the survey!**

- **FOR SCHOOL NUTRITION PROFESSIONALS**

- Training must be job-specific and intended to help employees perform their duties in relation to the School Nutrition Programs
- Details, including hours needed and documentation requirements, can be found on ISBE's [Professional Standards Fact Sheet](#)

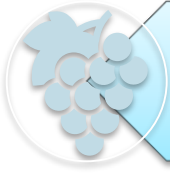
- **FOR OTHER LICENSED PROFESSIONALS**

- Please consult with your professional organization to determine if sessions qualify for continuing education units
- **Conference sessions are NOT pre-approved for CEUs**





Agenda



Dietary Guidelines for Americans



Current Intake



The Connection to School Nutrition



Best Practices

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The Dietary Guidelines for Americans

- The United States Department of Agriculture (USDA) and Health and Human Services (HHS) recently released the 2020-2025 Dietary Guidelines for Americans
- These guidelines are updated and released every five years
- Based on scientific evidence to provide recommendations on food and beverage consumption throughout different stages of life



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The Dietary Guidelines for Americans

History

- US government has provided nutrition guidance for over 100 years
- 1st publication was released in 1980
- Focused on the role of nutrients and their impact on chronic disease

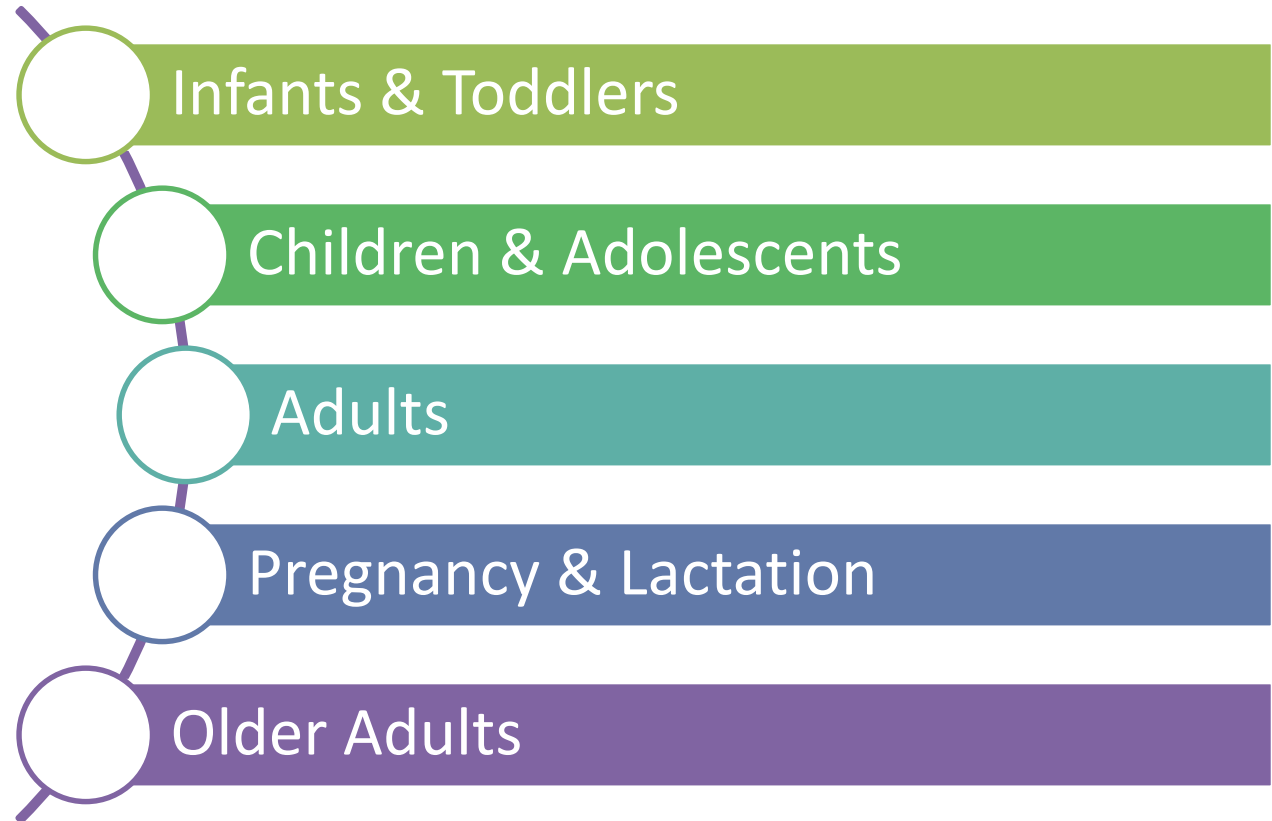
How It Works

- Dietary Guidelines Advisory Committee made up of nutrition experts
- Public input is encouraged throughout the process
- USDA and HHS update and release the guidelines



The Dietary Guidelines for Americans

Nutrition
Across the
Lifespan





The Dietary Guidelines for Americans

Key Recommendations

- ✓ Follow a healthy dietary pattern at every life stage
- ✓ Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations
- ✓ Focus on meeting food group needs with nutrient-dense foods and beverages and stay within calorie limits
- ✓ Limit foods and beverages higher in added sugars, saturated fat, and sodium



The Dietary Guidelines for Americans

Key Recommendations

Follow a healthy dietary pattern at every life stage



Dietary Pattern: foods and beverages in combination that make up a person's diet

Life Stages: infancy through older adulthood

There is no "one size fits all" for a healthy diet



The Dietary Guidelines for Americans

Key Recommendations

Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations



- The Dietary Guidelines for Americans are a framework, not a strict set of standards
- Guidelines focus on broader food groups, rather than specific food and beverages items
- Includes a different options for the food groups for different people

**“Meet people
where they are”**



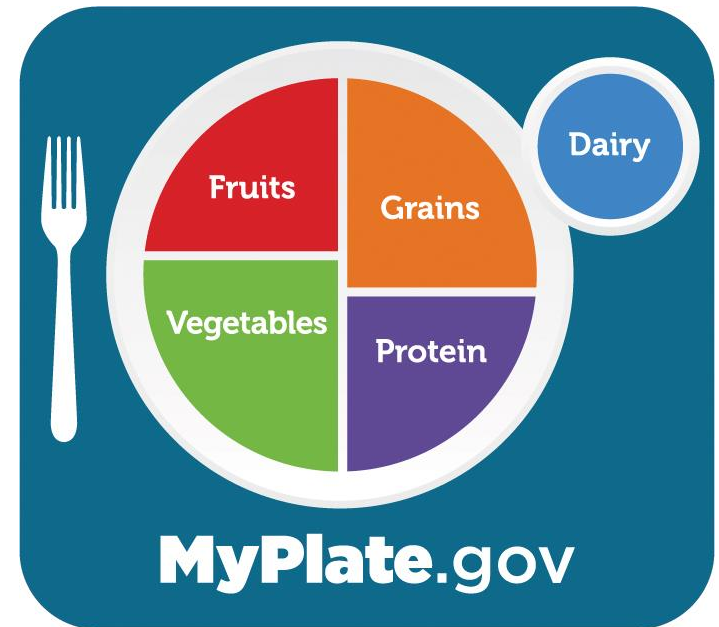
The Dietary Guidelines for Americans

Key Recommendations

Focus on meeting food group needs with nutrient-dense foods and beverages and stay within calorie limits



- Fruits: choose whole fruits when possible
- Vegetables: 1) dark green, 2) red and orange, 3) beans, peas, lentils, 4) starchy, 5) other
- Grains: focus on whole grains
- Protein: vary your protein
- Dairy: opt for fat-free and low-fat (1%)





The Dietary Guidelines for Americans Key Recommendations

Limit foods and beverages higher in added sugars, saturated fat, and sodium



Added Sugars:

- Sugar-sweetened beverages
- Candy
- Desserts
- Sweet snacks

Saturated Fat:

- Sandwiches (e.g. burgers, burritos)
- Desserts
- Grain-based mixed dishes

Sodium:

- Processed foods
- Restaurants
- Sandwiches
- Grain-based mixed dishes



The Dietary Guidelines for Americans

Children & Adolescents

- Ages 2-18
- Sets the stage for adulthood

Rely on others

Experience
new foods

Developing
preferences

Impacted by
external
influences

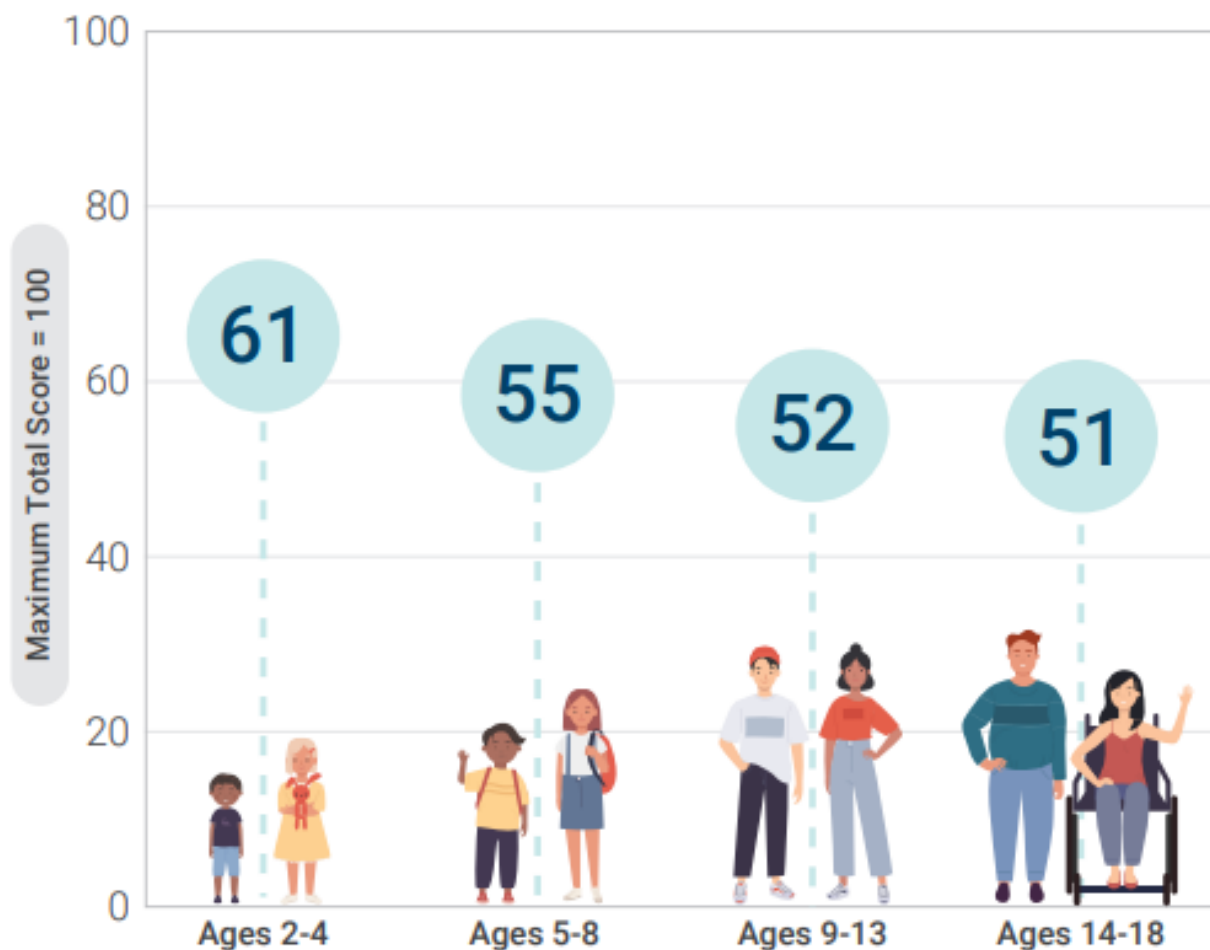
Developing
independence

Varying
nutrition
needs



Figure 3-1

Healthy Eating Index Scores Across Childhood and Adolescence



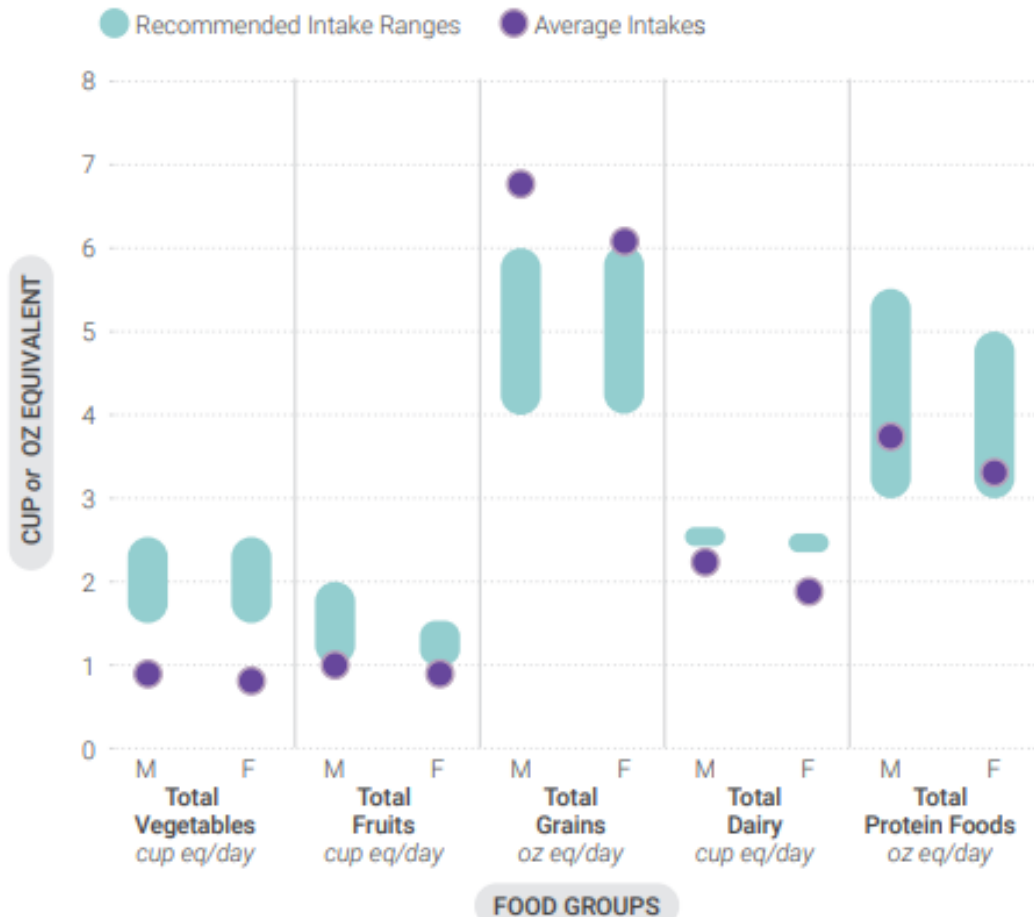
Data Source: Analysis of What We Eat in America, NHANES 2015-2016, ages 2 through 18, day 1 dietary intake, weighted.



Figure 3-4

Current Intakes: Ages 5 Through 8

Average Daily Food Group Intakes Compared to Recommended Intake Ranges



Healthy Eating Index Score
(on a scale of 0-100)

55

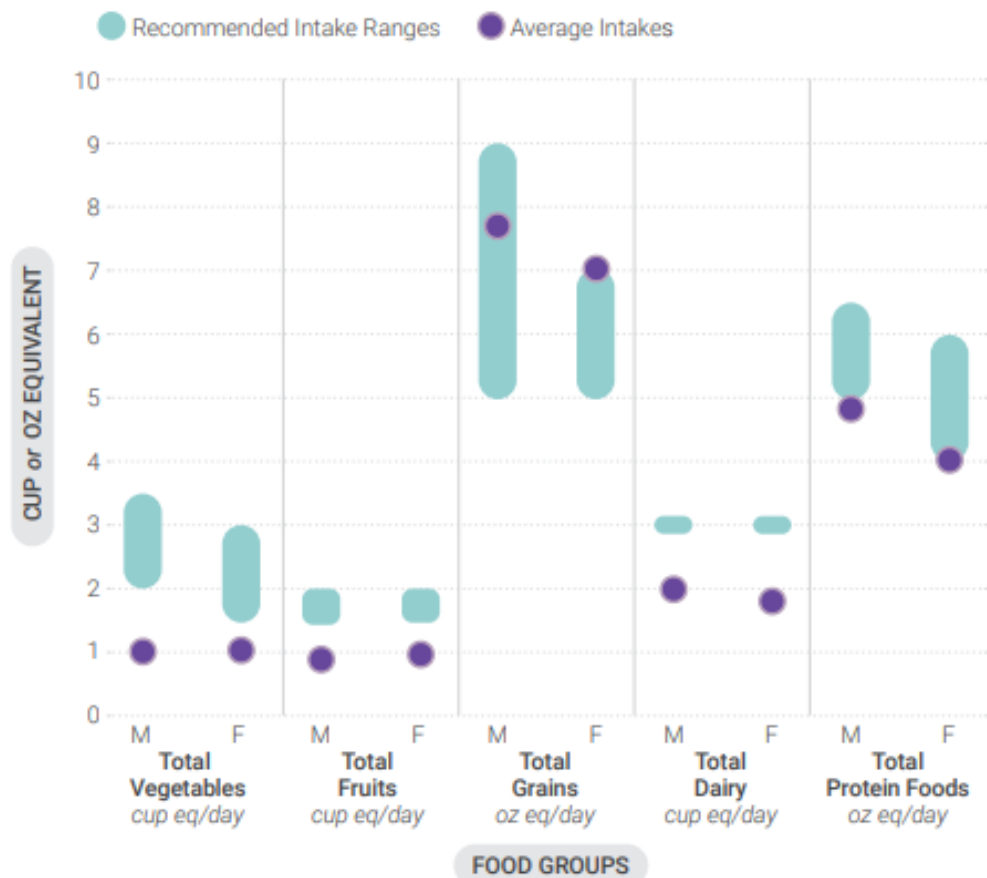




Figure 3-6

Current Intakes: Ages 9 Through 13

Average Daily Food Group Intakes Compared to Recommended Intake Ranges



Healthy Eating Index Score
(on a scale of 0-100)

52

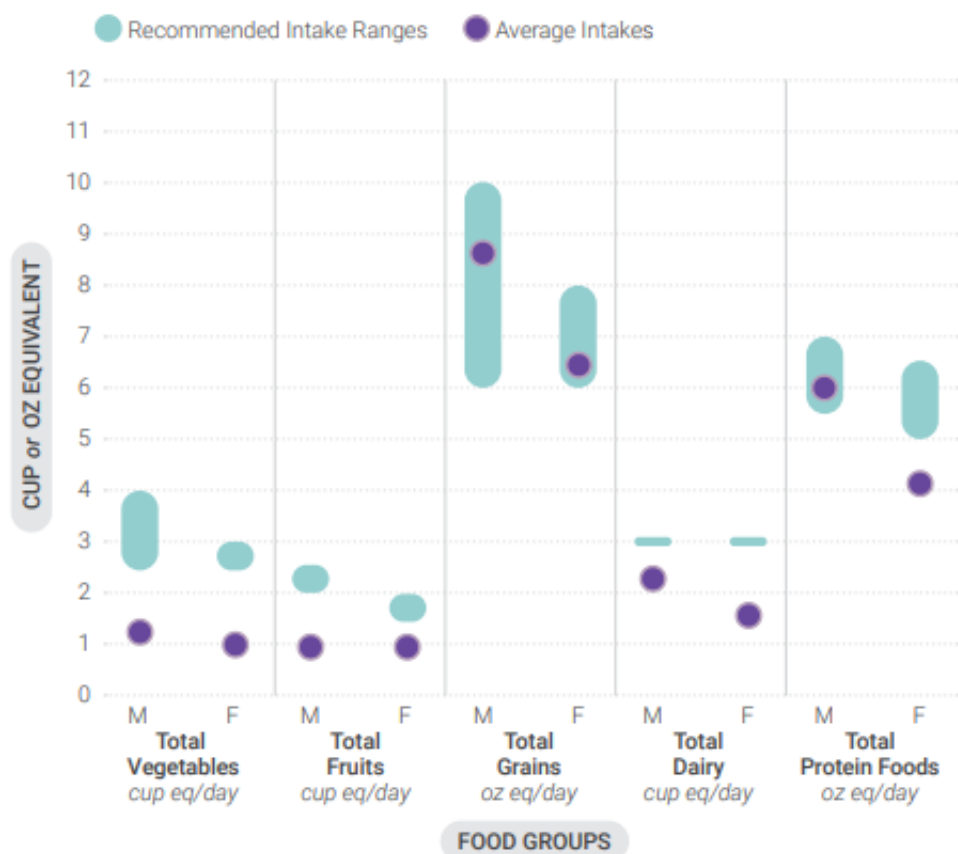




Figure 3-8

Current Intakes: Ages 14 Through 18

Average Daily Food Group Intakes Compared to Recommended Intake Ranges



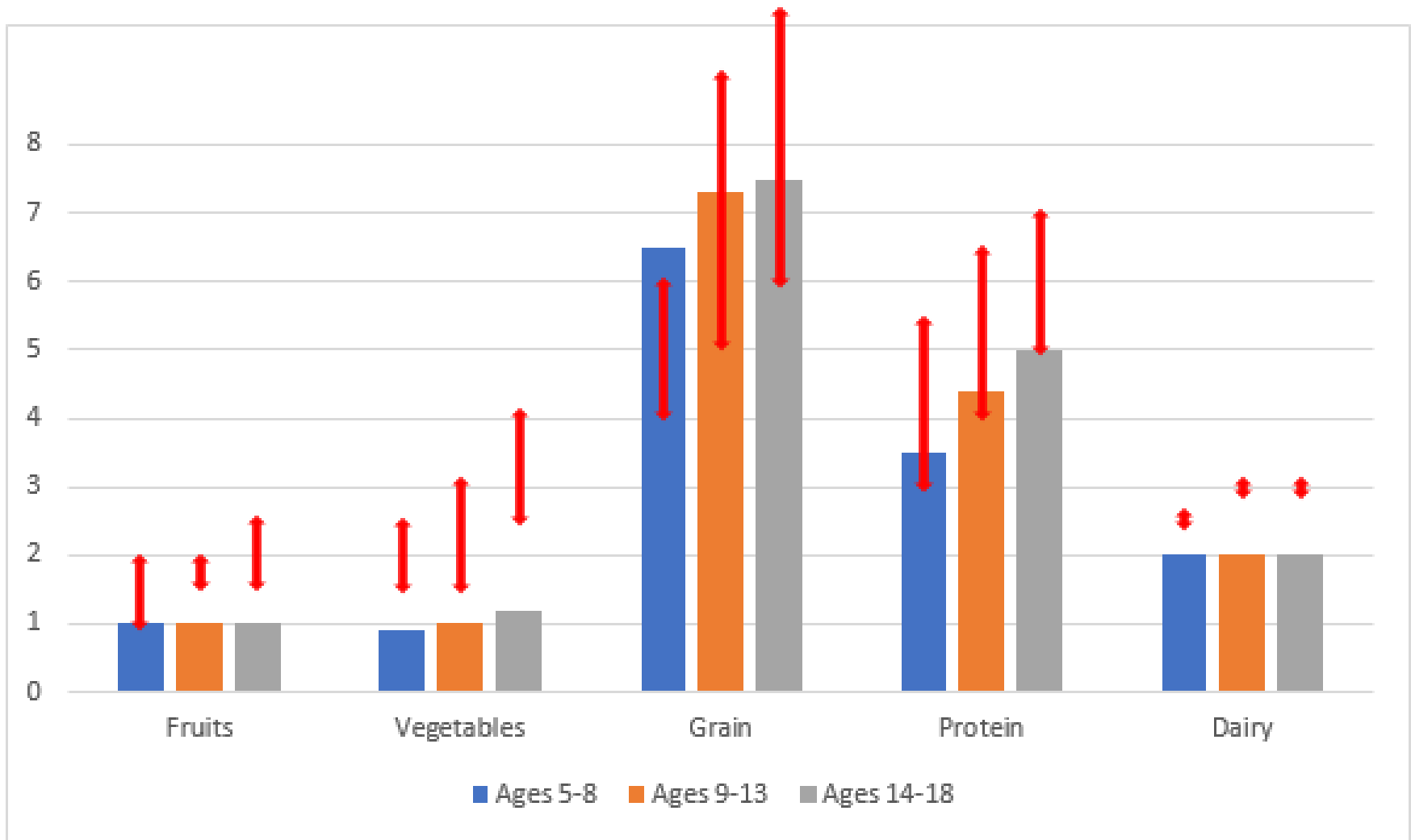
Healthy Eating Index Score
(on a scale of 0-100)

51



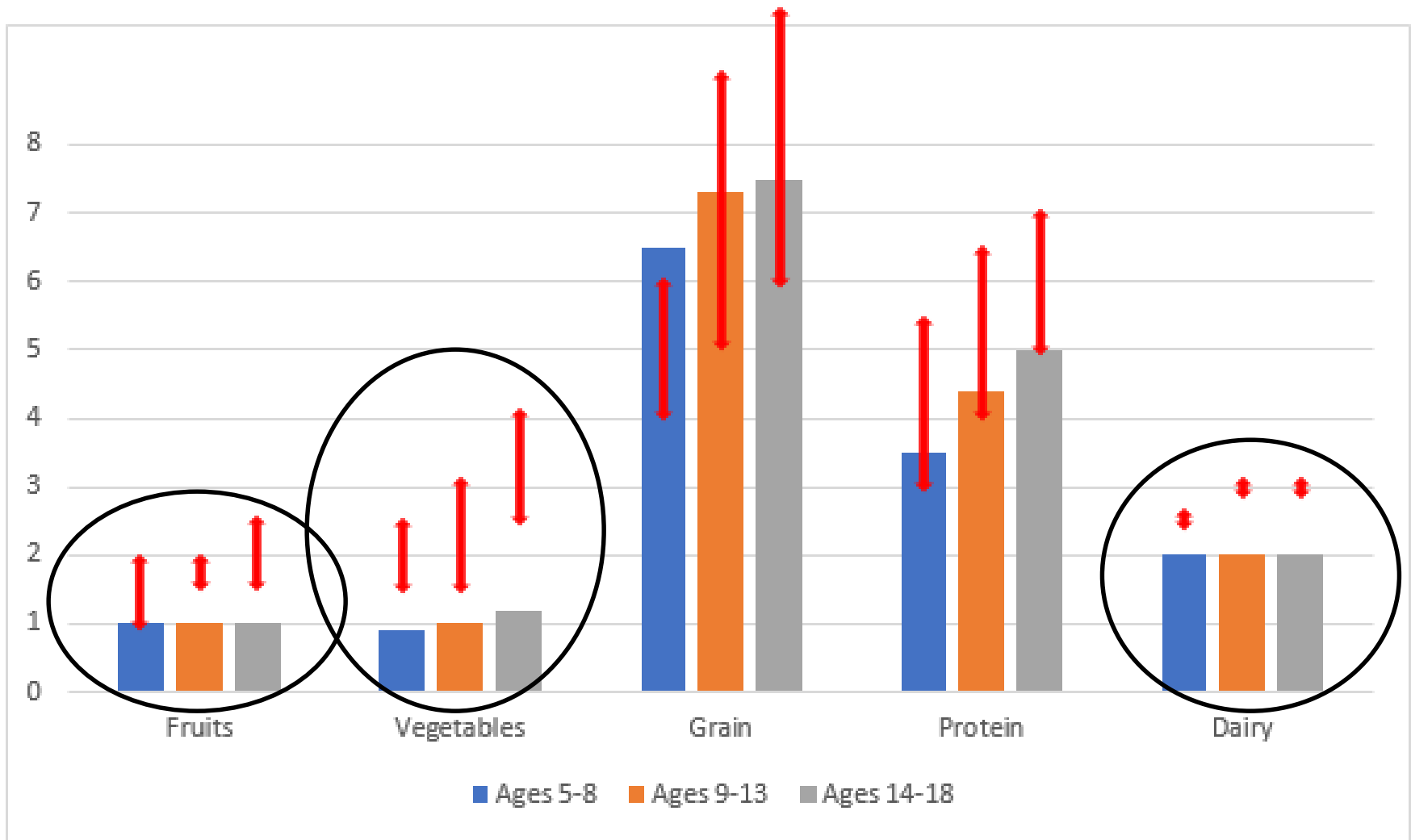


Comparison Across Age Groups





Comparison Across Age Groups





The Dietary Guidelines for Americans

Children & Adolescents

- The connection to School Nutrition:

- Healthy meals are associated with:

- Improved academic performance
 - Increased attendance
 - Better moods

- Schools are in the position to:

- Educate students about healthy eating
 - Provide healthy meals to students





School Nutrition Programs

- School Breakfast Program (SBP)
- National School Lunch Program (NSLP)
- Special Milk Program (SMP)
- Seamless Summer Option (SSO)
- After-School Snack Program



National School Lunch Program & School Breakfast Program Meal Pattern Basics

- Meal patterns for the NSLP and SBP include:
 - Meal Pattern Components:
 - Fruits: fresh, frozen, dried, canned, or 100% juice
 - No more than half can come from juice
 - Vegetables: fresh, frozen, dried, canned, or 100% juice
 - No more than half can come from juice
 - Grains: at least half of weekly grains offered should be whole grain-rich
 - Meat/Meat Alternate: animal and plant-based protein foods
 - Milk: plain or flavored low-fat (1%) and fat-free milk
 - Serving Sizes
 - Grade Groups: K-5, 6-8, 9-12
 - Dietary Specifications: ranges and limits on certain nutrients



School Breakfast Program

Meal Pattern Components

Component	K-5	6-8	9-12
Fruits	1 c (5)	1 c (5)	1 c (5)
Vegetables	Not required, but may be offered		
Grains	1 oz eq (7)	1 oz eq (8)	1 oz eq (9)
Meat/Meat Alternate	Not required, but may be offered		
Milk	1 c (5)	1 c (5)	1 c (5)



National School Lunch Program Meal Pattern Components

Component	K-5	6-8	9-12
Fruits	0.5 c (2.5)	0.5 c (2.5)	1 c (5)
Vegetables	0.75 c (3.75)	0.75 c (3.75)	1 c (5)
Dark Green	0.5	0.5	0.5
Red & Orange	0.75	0.75	1.25
Beans & Peas	0.5	0.5	0.5
Starchy	0.5	0.5	0.5
Other	0.5	0.5	0.75
Additional	1	1	1.5
Grains	1 oz eq (8)	1 oz eq (8)	2 oz eq (10)
Meat/Meat Alternates	1 oz eq (8)	1 oz eq (9)	2 oz eq (10)
Milk	1 c (5)	1 c (5)	1 c (5)



Dietary Specifications

School Breakfast Program			
	K-5	6-8	9-12
Calories	350-500	400-550	450-600
Sodium	≤485 mg	≤535 mg	≤570 mg
Saturated Fat	<10% total kcal	<10% total kcal	<10% total kcal
Trans Fat	0 g	0 g	0 g

National School Lunch Program			
	K-5	6-8	9-12
Calories	550-650	600-700	750-850
Sodium	≤935 mg	≤1035 mg	≤1080 mg
Saturated Fat	<10% total kcal	<10% total kcal	<10% total kcal
Trans Fat	0 g	0 g	0 g



Smart Snacks in Schools

Nutrition standards for all foods sold in schools

- ✓ Grain product that contains at least 50% whole grains by weight
- ✓ First ingredient is a fruit, vegetable, dairy product, or protein food
- ✓ Combination item that contains at least $\frac{1}{4}$ cup fruit and/or vegetable
- ✓ Meets the nutrient standards for calories, sodium, sugar, and fats





Smart Snacks in Schools

	Snack	Entrée
Calories	≤ 200	≤ 350
Sodium	≤ 200 mg	≤ 480 mg
Total Fat	$\leq 35\%$ total kcal	$\leq 35\%$ total kcal
Saturated Fat	$< 10\%$ total kcal	$< 10\%$ total kcal
Trans Fat	0 g	0 g
Sugar	$\leq 35\%$ by weight	$\leq 35\%$ by weight



Smart Snacks in Schools

- ✓ Plain water, with or without carbonation
- ✓ Unflavored or flavored low-fat or fat-free milk
 - ✓ 100% fruit or vegetable juice
- ✓ 100% fruit or vegetable juice diluted with water
- ✓ Low- and no-calorie beverages, with or without caffeine and/or carbonation

	Elementary School	Middle School	High School
Water	No Limit	No Limit	No Limit
Milk	8 oz	12 oz	12 oz
Juice	8 oz	12 oz	12 oz
Diluted Juice	8 oz	12 oz	12 oz
Low-Calorie Beverages	Not Allowable		40 kcal/8 oz 60 kcal/12 oz
No-Calorie Beverages	Not Allowable		10 kcal/20 oz



Best Practices



Involving Students



Nutrition Education



Marketing



School Food Policies



Involving Students

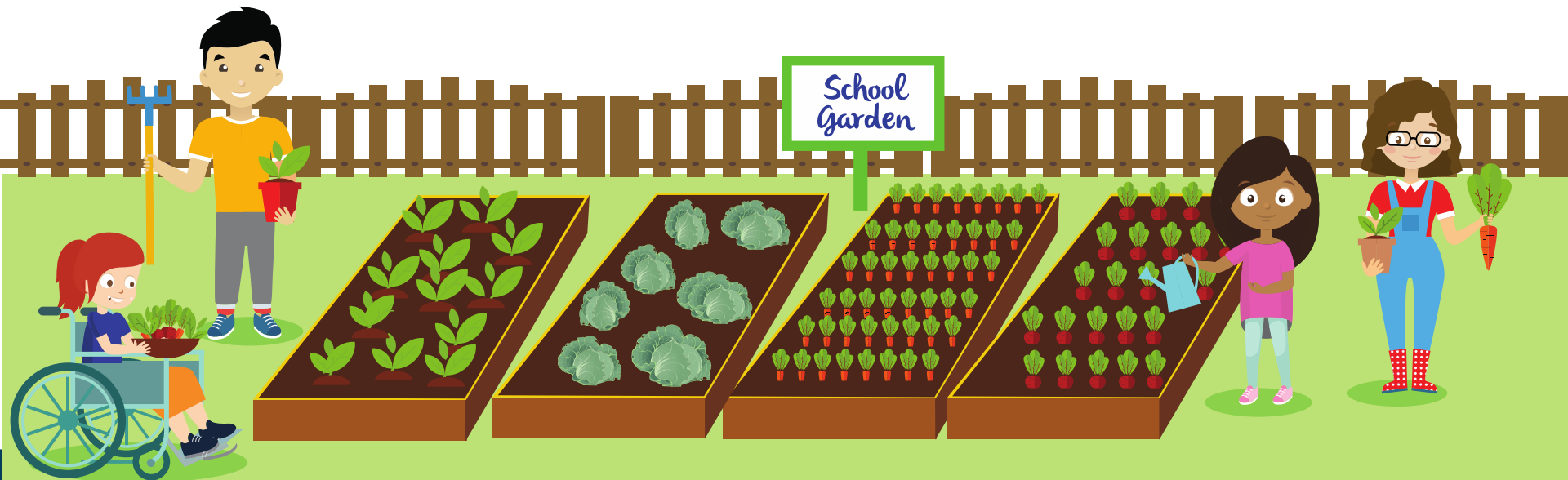
- Taste tests
- Flavor stations
 - Considerations: Condiments, flavorings, etc. still count toward the dietary specifications for the NSLP and SBP
- Clubs or extracurricular activities
 - Student Nutrition Advisory Council
 - Young Chefs Club





Nutrition Education

- Bringing the cafeteria into the classroom
 - Incorporating into core curriculum
- Farm to School
 - School gardens
 - Field trips
- School Nutrition Program education
 - School staff, households, etc.





Marketing

- Signage
 - Reimbursable meals
 - Student art
- Cafeteria environment
 - Themes/decor
- Special events
 - Themed menus





School Food Policies

- Foods provided, but not sold to students
 - Non-food rewards and prizes
 - Smart Snack-compliant foods and beverages
- Fundraising
 - Non-food fundraisers
 - Smart Snack-compliant foods and beverages





Questions can be entered into the question box



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Looking for More Information?

- US Department of Agriculture's MyPlate Webpage:
<https://www.myplate.gov/>
- Illinois State Board of Education's Nutrition Webpage:
<https://www.isbe.net/nutrition>

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Thank you for attending today's webinar!

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