

# Healthy Changes in Our School Cafeterias

Fall 2012

## Special points of interest:

- Greater access to a wide variety of fruits and vegetables
- More healthy, whole grains
- Less salt
- Proper portion sizes for each age group
- Fat-free or 1% milk

*Courtesy of the NJ Department of Education in collaboration with the NJ Department of Agriculture*

## Tough New Standards for School Cafeterias

Beginning in the fall of 2012, school cafeterias must meet tough new federal nutrition standards which include some of the biggest changes in 30 years. The new standards make sure that students receive well-balanced meals and all the nutrition they need to succeed in school.

School meals will include:

- A larger variety of fruits and vegetables
- Serving sizes for each age group
- More whole grains
- Less salt
- Fat-free or 1% milk (flavored milk must be fat-free)



*Some school cafeterias have fruit and vegetable bars so students can serve themselves.*

## Fruits and Vegetables

More fruits and vegetables will be served in school cafeterias this year. A variety of vegetables from five different groups will be served each week. Some students will have an opportunity to taste fruits and vegetables they have never tried before! For a complete list of the five categories of vegetables, please visit the New Jersey Department of Agriculture's website: <http://www.nj.gov/agriculture/divisions/fn/pdf/form138.pdf>.



*Fruits and vegetables will be featured in school lunches and breakfasts.*

## Whole Grains

Nutritious and tasty whole grain items will be added to cafeteria menus. "Whole" before a grain's name means that it includes all parts of the grain kernel. Some examples of whole grains are: wheat, corn, rice, oats, barley, quinoa, sorghum, spelt, and rye. Whole grains even include popcorn!

Whole grains are part of a healthy diet and studies have shown they can help lessen a person's risk for chronic disease.



# A Healthy Plate

MyPlate is used as a guide for healthy eating. It shows sections for fruits, vegetables, grains, proteins and dairy. Families can:

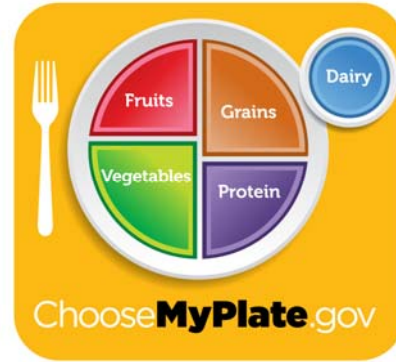
- fill half their plates with vegetables and fruits
- make at least half the grains served whole grains, like oatmeal and brown rice
- serve fat-free or low-fat (1%) milk and water rather than sugary drinks
- choose pre-packaged foods that are low in sodium
- avoid serving oversized portions



Families can visit a local farmer's market to purchase fresh fruits and vegetables.

## Healthy Eating Activities for Families

1. Try a new food each week. Choose a vegetable, fruit, or whole grain item.
2. Select several items from your kitchen and check the sodium content on the labels. The less sodium per serving the better.
3. Eat from the rainbow and try new colors of fruits and vegetables weekly. See how many colors you can try.
4. Cook together as a family.
5. Cut out drinks with added sugar and drink water and low-fat milk instead.



MyPlate was created to remind us to eat healthfully.

## Salt

Many children eat foods with too much salt (sodium chloride). Too much salt can lead to high blood pressure. Over the next several years school lunch and breakfast programs will begin to serve foods with less salt. You can lessen the amount of salt your family eats by checking

**Nutrition Facts** labels for sodium content. If a serving has 140 mg or less of sodium it is considered a low salt food.

Look at the label to the right. Is this a low salt food?

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container about 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
<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>Proteins</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
Saturated 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

Questions? Email [cshp@doe.state.nj.us](mailto:cshp@doe.state.nj.us)