

enjoy your food, but eat less



10 tips to enjoying your meal

You can enjoy your meals while making small adjustments to the amounts of food on your plate. Healthy meals start with more vegetables and fruits and smaller portions of protein and grains. And don't forget dairy—include fat-free or low-fat dairy products on your plate, or drink milk with your meal.

1 **get to know the foods you eat**
Use the **SuperTracker** to find out what kinds of foods and how much to eat and to get tips and support for making better food choices.

SuperTracker

2 **take your time**
Be mindful to eat slowly, enjoy the taste and textures, and pay attention to how you feel. Use hunger and fullness cues to recognize when to eat and when you've had enough.

3 **use a smaller plate**
Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.

4 **if you eat out, choose healthier options**
Check and compare nutrition information about the foods you are eating. Preparing food at home makes it easier to control what is in your meals.

5 **satisfy your sweet tooth in a healthy way**
Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.



6 **choose to eat some foods more or less often**
Choose more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. Cut back on foods high in solid fats, added sugars, and salt.

7 **find out what you need**
Get your personalized plan by using the **SuperTracker** to identify your food group targets. Compare the foods you eat to the foods you need to eat.

8 **sip smarter**
Drink water or other calorie-free beverages, 100% juice, or fat-free milk when you are thirsty. Soda and other sweet drinks contain a lot of sugar and are high in calories.



9 **compare foods**
Check out the **Food-A-Pedia** to look up and compare nutrition information for more than 8,000 foods.

10 **make treats “treats,” not everyday foods**
Treats are great once in a while. Just don't make treat foods an everyday choice. Limit sweet treats to special occasions.

10 consejos

Serie de educación en nutrición

disfrute de sus alimentos, pero coma menos

10 consejos para disfrutar de sus comidas



Puede disfrutar de sus comidas mientras hace pequeños ajustes a las cantidades de alimentos en su plato. Las comidas saludables empiezan con más vegetales, frutas, y porciones más pequeñas de proteínas y granos. No olvide los lácteos: incluya productos lácteos sin grasa o bajos en grasa en sus comidas, o beba leche con su comida.

1 conozca los alimentos que ingiere
Utilice el "Super Tracker" para averiguar cuánto y qué tipos de alimentos debe comer, también para obtener consejos y apoyo para hacer la mejor elección de alimentos. **SuperTracker**

2 tómese el tiempo necesario
Tenga presente que debe comer despacio, disfrute del sabor y las texturas y preste atención a cómo se siente. Use las señales de hambre y saciedad para reconocer cuándo comer y si ha tenido suficiente.

3 use un plato más pequeño
Utilice platos más pequeños en las comidas para ayudar con el control de las porciones. Así puede terminar su plato completo y sentirse satisfecho sin comer en exceso.

4 Si come fuera, elija las opciones más saludables
Compruebe y compare la información nutricional sobre los alimentos que está comiendo. La preparación de los alimentos en el hogar hace más fácil controlar los ingredientes de sus comidas.

5 satisfaga sus deseos de comer algo dulce de manera saludable
Disfrute de un postre endulzado naturalmente, como las frutas. Sírvese un coctel de frutas fresco o con yogur. Para un postre caliente, hornee manzanas y remate con canela encima.



6 elija comer algunos alimentos con más o menos frecuencia
Elija más vegetales, frutas, granos enteros y leche descremada o productos lácteos bajos en grasa (1%). Disminuya el consumo de alimentos con alto contenido de grasas sólidas, azúcares añadidos y sal.

7 encuentre lo que necesita
Obtenga su plan personalizado utilizando el "Super Tracker" para identificar sus metas para cada grupo de alimentos. Compare los alimentos que come con los alimentos que necesita comer.

8 beba de forma inteligente
Cuando este sediento tome agua o bebidas libres de calorías, 100% jugo de frutas o leche sin grasa. Las gaseosas o refrescos y otras bebidas dulces contienen mucha azúcar y tienen un alto contenido de calorías.



9 compare alimentos
Consulte "Food-A-Pedia" para buscar y comparar la información nutricional de más de 8,000 alimentos.

10 haga que las golosinas sean "golosinas," no comidas cotidianas
Las golosinas son buenas de vez en cuando. No trate de convertirlas en su alimento diario. Restrinja las golosinas dulces para ocasiones especiales.

make better beverage choices



10 tips to get started

What you drink is as important as what you eat. Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too much fat and too many calories. Here are some tips to help you make better beverage choices.

1 drink water

Drink water instead of sugary drinks when you're thirsty. Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed. To maintain a healthy weight, sip water or other drinks with few or no calories.



2 how much water is enough?

Let your thirst be your guide. Water is an important nutrient for the body, but everyone's needs are different. Most of us get enough water from the foods we eat and the beverages we drink. A healthy body can balance water needs throughout the day. Drink plenty of water if you are very active, live or work in hot conditions, or are an older adult.

3 a thrifty option

Water is usually easy on the wallet. You can save money by drinking water from the tap at home or when eating out.

4 manage your calories

Drink water with and between your meals. Adults and children take in about 400 calories per day as beverages—drinking water can help you manage your calories.

5 kid-friendly drink zone

Make water, low-fat or fat-free milk, or 100% juice an easy option in your home. Have ready-to-go containers filled with water or healthy drinks available in the refrigerator. Place them in lunch boxes or backpacks for easy access when kids are away from home. Depending on age, children can drink ½ to 1 cup, and adults can drink up to 1 cup of 100% fruit or vegetable juice* each day.



*100% juice is part of the Fruit or Vegetable Group. Juice should make up half or less of total recommended fruit or vegetable intake.

6 don't forget your dairy**

When you choose milk or milk alternatives, select low-fat or fat-free milk or fortified soymilk. Each type of milk offers the same key nutrients such as calcium, vitamin D, and potassium, but the number of calories are very different. Older children, teens, and adults need 3 cups of milk per day, while children 4 to 8 years old need 2½ cups and children 2 to 3 years old need 2 cups.



7 enjoy your beverage

When water just won't do—enjoy the beverage of your choice, but just cut back. Remember to check the serving size and the number of servings in the can, bottle, or container to stay within calorie needs. Select smaller cans, cups, or glasses instead of large or supersized options.

8 water on the go

Water is always convenient. Fill a clean, reusable water bottle and toss it in your bag or brief case to quench your thirst throughout the day. Reusable bottles are also easy on the environment.



9 check the facts

Use the Nutrition Facts label to choose beverages at the grocery store. The label contains information about total sugars, fats, and calories to help you make better choices.

10 compare what you drink

Food-A-Pedia, an online feature available at ChooseMyPlate.gov/SuperTracker, can help you compare calories, added sugars, and fats in your favorite beverages.

** Milk is a part of the Dairy Group. A cup = 1 cup of milk or yogurt, 1½ ounces of natural cheese, or 2 ounces of processed cheese.

make celebrations fun, healthy & active



10 tips to creating healthy, active events

Eating healthy and being physically active can be a fun part of parties and events. Great gatherings are easy to do when tasty, healthy foods from all the food groups are offered in a fun, active environment. Above all, focus on enjoying friends and family.

1 make healthy habits part of your celebrations

Food and beverages are a part of an event, but they do not have to be the center of the occasion. Focus on activities to get people moving and enjoy being together.

2 make foods look festive

Decorate foods with nuts or seeds or use new shapes for vegetables. Add a few eye-catching fruits to a favorite dish, serve up a new recipe, or add a sprinkle of almonds or green onions to add just an extra something.

3 offer thirst quenches that please

Make fun ice cubes from 100% juice or add slices of fruit to make water more exciting. Create a "float" by adding a scoop of low-fat sorbet to seltzer water.

4 savor the flavor

Take time to pay attention to the taste of each bite of food. Make small changes in your old recipes or try dishes from another culture to liven things up.

5 use ChooseMyPlate.gov to include foods from the food groups for your party

Offer whole-grain crackers, serve a spicy bean dip and a veggie tray, make fruit kabobs, layer yogurt and fruit to create a sweet parfait. Use whole grains and veggies to make a savory, healthy salad.

6 make moving part of every event

Being physically active makes everyone feel good. Dancing, moving, playing active games, wiggling, and giggling add fun to any gathering.

7 try out some healthier recipes

Find ways to cut back on sugar, salt, and fat as you prepare your favorite recipes. Try out some of the recipes on ChooseMyPlate.gov.

8 keep it simple

Have others participate by contributing a prepared dish, helping with the clean up, or keeping the kids active and moving.

9 shop smart to eat smart

Save money by offering foods that fit your budget. Buy in-season produce when it costs less and tastes better. Plan in advance and buy foods on sale.

10 be a cheerleader for healthy habits

It's never too early for adults to set an example. Keep in mind that children follow what the adults around them do—even at parties.



Why Participate?

Participating schools can:

- Get recognized nationally and earn monetary awards!

Gold Award of Distinction	\$2,000
Gold Award	\$1,500
Silver Award	\$1,000
Bronze Award	\$500

- Build school spirit, cooperation, and proudly display the HealthierUS banner and plaque as a symbol of their school's achievement.
- Be a leader in efforts to end childhood obesity. The HealthierUS School Challenge helps you form a school team and learn from what's worked at other schools.



How Can I Apply?

For more information, the application, success stories, and other resources, visit the Team Nutrition Web site: <http://teammnutrition.usda.gov> and click on HealthierUS School Challenge.

For additional information, you may also contact your State Child Nutrition Agency.

State Agency Contact Information:

“As a food service director who has seen firsthand how the HealthierUS School Challenge can have positive effects on our school and school improvement, I would wholeheartedly encourage anyone in a similar position to begin the journey and enjoy similar success.”

David Roberts, Food Service Director
Maine School Administrative District #52
Turner, ME



HealthierUS School Challenge



Recognizing Excellence in
Nutrition and Physical Activity



U. S. Department of Agriculture
Food and Nutrition Service
FNS-413
Revised June 2012

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Take the HealthierUS School Challenge!



Schools play an important role in helping to reduce childhood obesity. Kids who have healthy eating patterns and get regular physical activity are also more likely to perform better academically.

That's why the U.S. Department of Agriculture (USDA) offers the HealthierUS School Challenge to support the over 101,000 schools that participate in school meals programs in their efforts to promote nutritious food choices and physical activity.



What Is the HealthierUS School Challenge?

- The HealthierUS School Challenge is a voluntary certification initiative that has recognized thousands of schools for their efforts in improving food and beverage offerings, teaching kids about nutritious food choices and being physically active, providing opportunities for physical activity, and having supportive school wellness policies.
- Participation in the HealthierUS School Challenge is voluntary and certifies schools that meet specific criteria at four award levels: Bronze, Silver, Gold, and Gold Award of Distinction.

Who Can Apply?

Schools are eligible to apply if they:

- Participate in the School Breakfast Program (SBP) and the National School Lunch Program (NSLP).
- Are a USDA Team Nutrition school. Registering as a Team Nutrition school is easy, free, and connects you with free nutrition education and food service training materials for your school. Learn more at <http://teammnutrition.usda.gov>.

- Meet or exceed all HealthierUS School Challenge criteria for the desired award level relating to the following:
 - School Breakfast and Lunch Offerings
 - Foods Sold Outside of the School Meal Programs (such as in vending machines and à la carte)
 - Average Daily Participation for the SBP and NSLP (for Silver awards and higher)
 - Nutrition Education
 - Physical Education
 - Opportunities for Physical Activity
 - School Wellness Policies and Practices
 - A Menu of Other Criteria of Excellence From Which Schools Select

Healthier Middle Schools

Every parent can help.

Your child needs your involvement at home and school.

At home you do what you can to make sure your kids eat healthier and stay active. But since they spend so much of their day in middle school, your influence is needed there, too.

Parents are key to making middle schools healthier. Together we can influence:

- ✓ Cafeteria menus
- ✓ Vending machine choices
- ✓ Fundraiser options
- ✓ Physical activity time during and after school

There is power in numbers.

The USDA is reaching out not only to you but also to middle school teachers, school principals, food service managers, and students. Why? Because in schools where healthier change has successfully been made, people from all of these groups worked together to make it happen.

Physical activity and healthier foods can help your kids do better in school.

As almost any teacher will tell you, healthy foods and regular physical activity can make a positive difference in the classroom.^{1,2,3,4,5} They may help kids to:

- ✓ Concentrate better
- ✓ Perform at their best
- ✓ Have better attendance



Some of the best ideas are on the back of this flyer, along with a web address where you can find ready-to-use materials to get started.

1. Florence MD, Asbridge M, Veugelaers PJ. Diet quality and academic performance. *J Sch Health*. 2008; 78:209-215.

2. Fu ML, Cheng L, Tu SH, Pan WH. Association between unhealthy eating patterns and unfavorable overall school performance in children. *J Am Diet Assoc*. 2007; 107:1935-1943.

3. Sigfúsdóttir ID, Kristjánsson AL, Allegrante JP. Health behaviour and academic achievement in Icelandic school children. *Health Educ Res*. 2007; 22:70-80.

4. Kim HY, Frongillo EA, Han SS, Oh SY, Kim WK, Jang YA, Won HS, Lee HS, Kim SH. Academic performance of Korean children is associated with dietary behaviours and physical status. *Asia Pac J Clin Nutr*. 2003; 12:186-192.

5. Centers for Disease Control and Prevention. *The association between school based physical activity, including physical education, and academic performance*. Atlanta, GA: U.S. Department of Health and Human Services; 2010.

Middle schools get healthier when **parents** use their power.



Start a conversation.

Let people at school know this issue is important to you. Talk with the principal, your child's favorite teacher, or other parents. Ask who is working on ways to improve food or physical activity options and how you can help.



Let your kids see you making healthier choices.

Middle school kids still need their parents to show them the way. Be their role model for healthy foods and physical activity at home and school. Encourage them all you can.



Sign up. Join in.

Volunteer for a project or join a parent's committee on wellness.

Get on the agenda at the next parent's association meeting. Or start a parent's group online.



Make fundraisers healthier.

Instead of the usual candy and dessert foods, how about selling fresh fruit or holding a car wash or walkathon? Healthier choices can work just as well and are better for everybody.



Start small and work with others.

The important thing is to get something going now. Even small changes can make a healthy difference.



Get started today at TeamNutrition.usda.gov.

You'll find ready-to-use tools, like conversation starters and checklists. You'll also see what other middle school parents are doing to make their schools healthier.

Thanks for your help.



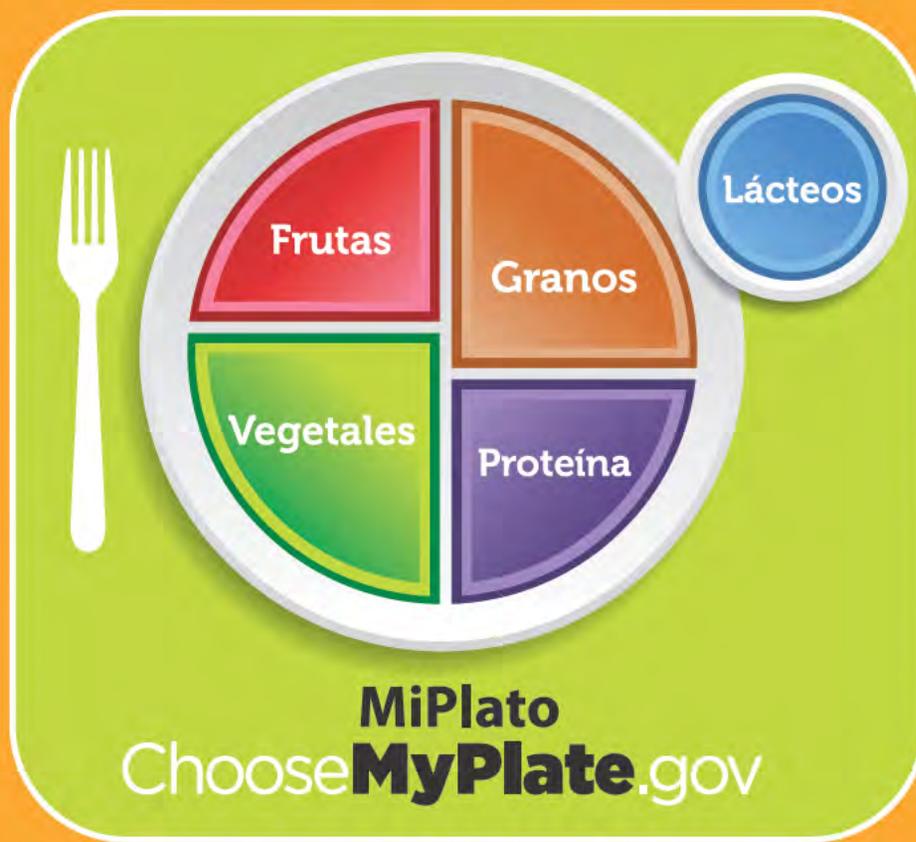
United States
Department of
Agriculture

TeamNutrition@fns.usda.gov

TeamNutrition.usda.gov

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¿Qué hay en su plato?



Antes de comer, piense qué y cuánto va a servir en el plato, tazón o vaso. Durante el transcurso del día, incluya alimentos de todos los grupos: vegetales, frutas, granos integrales, lácteos bajos en grasa y alimentos que contengan proteína y sean bajos grasas.



Haga que la mitad de su plato contenga frutas y vegetales.



Asegúrese de que por lo menos la mitad de los granos consumidos sean integrales.



Cambie a leche descremada o con 1% de grasa.



Varíe sus fuentes de proteína.

Vegetales	Frutas	Granos	Lácteos	Proteínas
<p>Coma más vegetales rojos, anaranjados y verde oscuro como tomates, camotes (batatas) y brócoli como parte de los platos principales.</p> <p>Agregue legumbres a las ensaladas (frijoles o garbanzos), sopas (guisantes o lentejas) y a los platos de acompañamiento (frijoles pintos o cocidos en salsa dulce), o sívalos como plato principal.</p> <p>Considere todo tipo de vegetales: frescos, congelados y enlatados. Elija vegetales enlatados con "sodio reducido" o "sin sal agregada" ("reduced sodium" o "without added salt").</p>	<p>Use frutas como bocadillos, en ensaladas y postres. En el desayuno agregue bananas o fresas a su cereal; agregue arándanos a sus panqueques.</p> <p>Compre frutas secas, congeladas o enlatadas (en agua o 100% jugo), así como frutas frescas.</p> <p>Al seleccionar jugos, elija jugos 100% de fruta.</p>	<p>Elija opciones de panes, roscas de pan, panecillos, cereales para el desayuno, galletas, arroz, y fideos y tallarines hechos de granos integrales en lugar de granos refinados.</p> <p>Busque en la lista de ingredientes de las etiquetas de los productos por las palabras "integral" o "grano integral" ("whole grain") antes del nombre del ingrediente.</p> <p>Elija productos que incluyan algún grano integral como el primer ingrediente de la lista.</p>	<p>Beba leche descremada (sin grasa) o de 1% de grasa (baja en grasa). Esta contiene la misma cantidad de calcio y otros nutrientes esenciales que la leche entera, pero con menos grasa y calorías.</p> <p>Use yogur bajo en grasa como aderezo para ensaladas de fruta y papas.</p> <p>Si no tolera la lactosa, pruebe leche sin lactosa o leche de soja enriquecida (bebida de soja).</p>	<p>Coma variedad de alimentos del grupo de la proteína cada semana, como: pescado, mariscos, legumbres y nueces; así como carnes magras de res y ave, y huevos.</p> <p>Haga que la proteína en su plato provenga de pescado y mariscos, dos veces por semana.</p> <p>Elija carnes magras y carne molida que sea por lo menos 90% magra.</p> <p>Recorte o escurra la grasa de las carnes y quíteles el pellejo a las carnes de ave para reducir la grasa y las calorías.</p>

Para llevar un plan de alimentación de 2,000 calorías al día, usted necesita las cantidades indicadas de los siguientes grupos de alimentos. Para encontrar las cantidades indicadas para usted, visite ChooseMyPlate.gov.

Consuma 2½ tazas al día	Consuma 2 tazas al día	Consuma 6 onzas al día	Consuma 3 tazas al día	Consuma 5½ onzas al día
<p>¿Cómo se calcula una taza?</p> <p>1 taza de vegetales crudos o cocidos, o de jugo de vegetales; 2 tazas de vegetales de hoja crudas</p>	<p>¿Cómo se calcula una taza?</p> <p>1 taza de frutas crudas o cocidas, o de jugo 100% de fruta; ½ taza de frutas secas</p>	<p>¿Cómo se calcula una onza?</p> <p>1 rebanada de pan; ½ taza de arroz, cereal, o fideos o tallarines cocidos; 1 onza de cereal listo para comer</p>	<p>¿Cómo se calcula una taza?</p> <p>1 taza de leche, yogur, o leche de soja fortificada; 1½ onzas de queso natural; 2 onzas de queso procesado</p>	<p>¿Cómo se calcula una onza?</p> <p>1 onza de carne de res o ave magra, pescado o mariscos; 1 huevo; 1 cucharada de mantequilla de cacahuate (maní); ½ onza de nueces o semillas; ¼ de taza de legumbres</p>

Reduzca el sodio y las calorías sin valor nutritivo provenientes de las grasas sólidas y los azúcares agregados



Vea cuánta sal (sodio) contienen los alimentos que compra. Compare el sodio en los alimentos y elija los que tengan menos.

Beba agua en lugar de bebidas con azúcar. Coma alimentos azucarados con menos frecuencia.

Haga que las comidas con grandes cantidades de grasas saturadas, como pasteles, galletas dulces, helado, pizza, queso, chorizo y salchichas, sean opciones ocasionales y no comidas diarias.

Limite las calorías sin valor nutritivo a menos de 260 al día, para una dieta de 2,000 calorías al día.

Esté físicamente activo a su manera

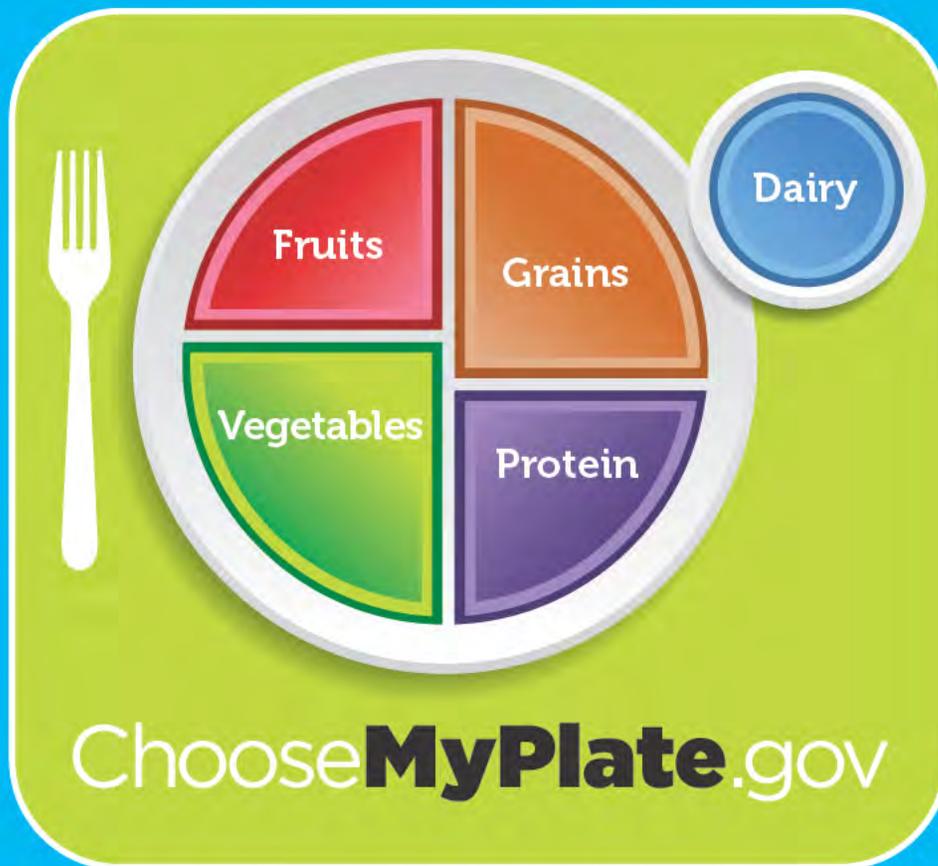
Elija actividades que le gusten y haga cada una de ellas por lo menos durante 10 minutos por vez. Todo ello se acumula y los beneficios de salud aumentan a medida que dedica más tiempo a estar activo.

Niños y adolescentes: 60 minutos o más al día.

Adultos: 2 horas y 30 minutos o más por semana de una actividad que requiera esfuerzo moderado, como caminar a paso rápido.



What's on your plate?



Before you eat, think about what and how much food goes on your plate or in your cup or bowl. Over the day, include foods from all food groups: vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods.



Make half your plate fruits and vegetables.



Make at least half your grains whole.



Switch to skim or 1% milk.



Vary your protein food choices.

Vegetables	Fruits	Grains	Dairy	Protein Foods
<p>Eat more red, orange, and dark-green veggies like tomatoes, sweet potatoes, and broccoli in main dishes.</p> <p>Add beans or peas to salads (kidney or chickpeas), soups (split peas or lentils), and side dishes (pinto or baked beans), or serve as a main dish.</p> <p>Fresh, frozen, and canned vegetables all count. Choose "reduced sodium" or "no-salt-added" canned veggies.</p>	<p>Use fruits as snacks, salads, and desserts. At breakfast, top your cereal with bananas or strawberries; add blueberries to pancakes.</p> <p>Buy fruits that are dried, frozen, and canned (in water or 100% juice), as well as fresh fruits.</p> <p>Select 100% fruit juice when choosing juices.</p>	<p>Substitute whole-grain choices for refined-grain breads, bagels, rolls, breakfast cereals, crackers, rice, and pasta.</p> <p>Check the ingredients list on product labels for the words "whole" or "whole grain" before the grain ingredient name.</p> <p>Choose products that name a whole grain first on the ingredients list.</p>	<p>Choose skim (fat-free) or 1% (low-fat) milk. They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.</p> <p>Top fruit salads and baked potatoes with low-fat yogurt.</p> <p>If you are lactose intolerant, try lactose-free milk or fortified soymilk (soy beverage).</p>	<p>Eat a variety of foods from the protein food group each week, such as seafood, beans and peas, and nuts as well as lean meats, poultry, and eggs.</p> <p>Twice a week, make seafood the protein on your plate.</p> <p>Choose lean meats and ground beef that are at least 90% lean.</p> <p>Trim or drain fat from meat and remove skin from poultry to cut fat and calories.</p>

For a 2,000-calorie daily food plan, you need the amounts below from each food group.
To find amounts personalized for you, go to ChooseMyPlate.gov.

<p>Eat 2½ cups every day</p> <p>What counts as a cup? 1 cup of raw or cooked vegetables or vegetable juice; 2 cups of leafy salad greens</p>	<p>Eat 2 cups every day</p> <p>What counts as a cup? 1 cup of raw or cooked fruit or 100% fruit juice; ½ cup dried fruit</p>	<p>Eat 6 ounces every day</p> <p>What counts as an ounce? 1 slice of bread; ½ cup of cooked rice, cereal, or pasta; 1 ounce of ready-to-eat cereal</p>	<p>Get 3 cups every day</p> <p>What counts as a cup? 1 cup of milk, yogurt, or fortified soymilk; 1½ ounces natural or 2 ounces processed cheese</p>	<p>Eat 5½ ounces every day</p> <p>What counts as an ounce? 1 ounce of lean meat, poultry, or fish; 1 egg; 1 Tbsp peanut butter; ½ ounce nuts or seeds; ¼ cup beans or peas</p>
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Cut back on sodium and empty calories from solid fats and added sugars



Look out for salt (sodium) in foods you buy. Compare sodium in foods and choose those with a lower number.

Drink water instead of sugary drinks. Eat sugary desserts less often.

Make foods that are high in solid fats—such as cakes, cookies, ice cream, pizza, cheese, sausages, and hot dogs—occasional choices, not every day foods.

Limit empty calories to less than 260 per day, based on a 2,000 calorie diet.

Be physically active your way

Pick activities you like and do each for at least 10 minutes at a time. Every bit adds up, and health benefits increase as you spend more time being active.

Children and adolescents: get 60 minutes or more a day.

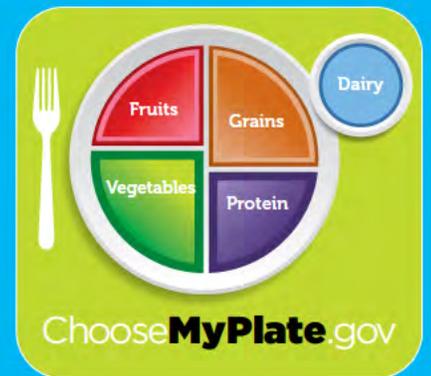
Adults: get 2 hours and 30 minutes or more a week of activity that requires moderate effort, such as brisk walking.



U.S. Department of Agriculture • Center for Nutrition Policy and Promotion
August 2011
CNPP-25
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Let's eat for the health of it



Start by choosing one or more tips to help you...



**Build a
healthy plate**



**Cut back on
foods high in solid
fats, added sugars,
and salt**



**Eat the right
amount of
calories for you**



**Be physically
active your way**

► Build a healthy plate

Before you eat, think about what goes on your plate or in your cup or bowl. Foods like vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods contain the nutrients you need without too many calories. Try some of these options.

Make half your plate fruits and vegetables.

- Eat red, orange, and dark-green vegetables, such as tomatoes, sweet potatoes, and broccoli, in main and side dishes.
- Eat fruit, vegetables, or unsalted nuts as snacks—they are nature's original fast foods.

Switch to skim or 1% milk.

- They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.
- Try calcium-fortified soy products as an alternative to dairy foods.



Make at least half your grains whole.

- Choose 100% whole-grain cereals, breads, crackers, rice, and pasta.
- Check the ingredients list on food packages to find whole-grain foods.



Vary your protein food choices.

- Twice a week, make seafood the protein on your plate.
- Eat beans, which are a **natural** source of fiber and protein.
- Keep meat and poultry portions small and lean.



Keep your food safe to eat—learn more at www.FoodSafety.gov.

► Cut back on foods high in solid fats, added sugars, and salt

Many people eat foods with too much solid fats, added sugars, and salt (sodium). Added sugars and fats load foods with extra calories you don't need. Too much sodium may increase your blood pressure.

Choose foods and drinks with little or no added sugars.

- Drink water instead of sugary drinks. There are about 10 packets of sugar in a 12-ounce can of soda.
- 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 you buy—it all adds up.

- Compare sodium in foods like soup, bread, and frozen meals—and choose the foods with lower numbers.
- Add spices or herbs to season food without adding salt.



Eat fewer foods that are high in solid fats.

- Make major sources of saturated fats—such as cakes, cookies, ice cream, pizza, cheese, sausages, and hot dogs—occasional choices, not everyday foods.
- Select lean cuts of meats or poultry and fat-free or low-fat milk, yogurt, and cheese.
- Switch from solid fats to oils when preparing food.*

*Examples of solid fats and oils

Solid Fats	Oils
Beef, pork, and chicken fat	Canola oil
Butter, cream, and milk fat	Corn oil
Coconut, palm, and palm kernel oils	Cottonseed oil
Hydrogenated oil	Olive oil
Partially hydrogenated oil	Peanut oil
Shortening	Safflower oil
Stick margarine	Sunflower oil
	Tub (soft) margarine
	Vegetable oil

► Eat the right amount of calories for you



Everyone has a personal calorie limit. Staying within yours can help you get to or maintain a healthy weight. People who are successful at managing their weight have found ways to keep track of how much they eat in a day, even if they don't count every calorie.

Enjoy your food, but eat less.

- Get your personal daily calorie limit at www.ChooseMyPlate.gov and keep that number in mind when deciding what to eat.
- Think before you eat...is it worth the calories?
- Avoid oversized portions.
- Use a smaller plate, bowl, and glass.
- Stop eating when you are satisfied, not full.

Cook more often at home, where *you* are in control of what's in your food.

When eating out, choose lower calorie menu options.

- Check posted calorie amounts.
- Choose dishes that include vegetables, fruits, and/or whole grains.
- Order a smaller portion or share when eating out.



Write down what you eat to keep track of how much you eat.

If you drink alcoholic beverages, do so sensibly—limit to 1 drink a day for women or to 2 drinks a day for men.

► Be physically active your way

Pick activities that you like and start by doing what you can, at least 10 minutes at a time. Every bit adds up, and the health benefits increase as you spend more time being active.



Note to parents

What you eat and drink and your level of physical activity are important for your own health, and also for your children's health.



You are your children's most important role model. Your children pay attention to what you **do** more than what you **say**.

You can do a lot to help your children develop healthy habits for life by providing and eating healthy meals and snacks. For example, don't just **tell** your children to eat their vegetables—**show** them that you eat and enjoy vegetables every day.

Use food labels to help you make better choices

Most packaged foods have a Nutrition Facts label and an ingredients list. For a healthier you, use this tool to make smart food choices quickly and easily.

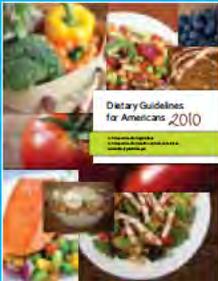
Check for calories. Be sure to look at the serving size and how many servings you are actually consuming. If you double the servings you eat, you double the calories.

Choose foods with lower calories, saturated fat, *trans* fat, and sodium.

Check for added sugars using the ingredients list. When a sugar is close to first on the ingredients list, the food is high in added sugars. Some names for added sugars include sucrose, glucose, high fructose corn syrup, corn syrup, maple syrup, and fructose.



Dietary Guidelines for Americans



The *Dietary Guidelines for Americans, 2010* are the best science-based advice on how to eat for health. The Guidelines encourage all Americans to eat a healthy diet and be physically active.

Improving what you eat and being active will help to reduce your risk of chronic diseases such as diabetes, heart disease, some cancers, and obesity. Taking the steps in this brochure will help you follow the Guidelines.

For more information, go to:

- www.DietaryGuidelines.gov
- www.ChooseMyPlate.gov
- www.Health.gov/paguidelines
- www.HealthFinder.gov



USDA Publication number: Home and Garden Bulletin No. 232-CP
HHS Publication number: HHS-ODPHP-2010-01-DGA-B

June 2011



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Release No. 0023.12

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USDA Unveils Historic Improvements to Meals Served in America's Schools

New Standards Will Improve the Health and Wellbeing of 32 Million Kids Nationwide

FAIRFAX, Va., Jan. 25, 2012 – First Lady Michelle Obama and Agriculture Secretary Tom Vilsack today unveiled new **standards for school meals** that will result in healthier meals for kids across the nation. The new meal requirements will raise standards for the first time in more than fifteen years and improve the health and nutrition of nearly 32 million kids that participate in school meal programs every school day. The healthier meal requirements are a key component of the Healthy, Hunger-Free Kids Act, which was championed by the First Lady as part of her Let's Move! campaign and signed into law by President Obama.

"As parents, we try to prepare decent meals, limit how much junk food our kids eat, and ensure they have a reasonably balanced diet," said First Lady Michelle Obama. "And when we're putting in all that effort the last thing we want is for our hard work to be undone each day in the school cafeteria. When we send our kids to school, we expect that they won't be eating the kind of fatty, salty, sugary foods that we try to keep them from eating at home. We want the food they get at school to be the same kind of food we would serve at our own kitchen tables."

"Improving the quality of the school meals is a critical step in building a healthy future for our kids," said Vilsack. "When it comes to our children, we must do everything possible to provide them the nutrition they need to be healthy, active and ready to face the future – today we take an important step towards that goal."

The final standards make the same kinds of practical changes that many parents are already encouraging at home, including:

- Ensuring students are offered both fruits and vegetables every day of the week;
 - Substantially increasing offerings of whole grain-rich foods;
- Offering only fat-free or low-fat milk varieties;
- Limiting calories based on the age of children being served to ensure proper portion size; and
- Increasing the focus on reducing the amounts of saturated fat, trans fats and sodium.

A sample lunch menu with a before and after comparison is available to view and download in [PDF](#) and [JPG](#) formats.

USDA built the new rule around recommendations from a panel of experts convened by

the Institute of Medicine —a gold standard for evidence-based health analysis. The standards were also updated with key changes from the 2010 Dietary Guidelines for Americans – the Federal government’s benchmark for nutrition – and aimed to foster the kind of healthy changes at school that many parents are already trying to encourage at home, such as making sure that kids are offered both fruits and vegetables each day, more whole grains, and portion sizes and calorie counts designed to maintain a healthy weight.

USDA received an unprecedented 132,000 public comments on its proposed standards (available on the web at www.regulations.gov) – and made modifications to the proposed rule where appropriate. USDA Under Secretary Kevin Concannon said: “We know that robust public input is essential to developing successful standards and the final standards took a number of suggestions from stakeholders, school food service professions and parents to make important operational changes while maintaining nutritional integrity.”

The new standards are expected to cost \$3.2 billion over the next five years -- less than half of the estimated cost of the proposed rule and are just one of five major components of the Healthy Hunger Free Kids Act, now implemented or under development, that will work together to reform school nutrition. In addition to the updated meal standards, unprecedented improvements to come include:

- **The ability to take nutrition standards beyond the lunchline** for the first time ever, foods and beverages sold in vending machines and other venues on school campuses will also contribute to a healthy diet;
- **Increased funding for schools** – an additional 6 cents a meal is the first real increase in 30 years – tied to strong performance in serving improved meals;
- **Common-sense pricing standards for schools** to ensure that revenues from non-Federal sources keep pace with the Federal commitment to healthy school meals and properly align with costs; and
- **Training and technical assistance** to help schools achieve and monitor compliance.

The final nutrition standards released today also provide more time for schools to implement key changes, which will be largely phased in over a three-year period, starting in School Year 2012-2013. For example, schools will be permitted to focus on changes in the lunches in the first year, with most changes in breakfast phased in during future years.

USDA's **Food and Nutrition Service** administers 15 nutrition assistance programs including the National School Lunch and School Breakfast programs, the Summer Food Service Program, and Supplemental Nutrition Assistance Program, and the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC). Together these programs make up the federal nutrition safety net.

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Last modified: 2/16/2012

Healthy Meals and Healthy Kids

Posted by on January 25, 2012

Ed note: this has been cross-posted from the [USDA's blog](#)

Today we celebrate an historic achievement on behalf of kids across America. We have accomplished a critical step on the road to deliver healthier, more nutritious food to our nation's schoolchildren. Today the U.S. Department of Agriculture released the final rule that sets the standards for critical improvements to the child nutrition programs that serve millions of children across the country every day.

The new rule implements important provisions of the [Healthy, Hunger-Free Kids Act of 2010](#). It will substantially increase offerings of fruits, vegetables, and whole grains, reduce saturated fat, trans fats and sodium, and set sensible calorie limits based on the age of children being served.

The final standards make the same kinds of practical changes that many parents are already encouraging at home, including:

- Ensuring students are offered both fruits and vegetables every day of the week;
- Substantially increasing offerings of whole grain-rich foods;
- Offering only fat-free or low-fat milk varieties;
- Limiting calories based on the age of children being served to ensure proper portion size; and
- Increasing the focus on reducing the amounts of saturated fat, trans fats and sodium.

First Lady Michelle Obama announced the new meal standards during a guest appearance at Parklawn elementary school in Alexandria, Va., today. The President and the First Lady have advocated strongly for passing the Healthy, Hunger-Free Kids Act, and USDA is in lockstep with them to continue to focus on the twin issues of childhood obesity and hunger.

The strength of our communities, our economy, and our national security, rely on the health of our children. The Healthy, Hunger-Free Kids Act strengthens the school nutrition environment, expands access to healthy meals, and simplifies processes so every child can receive a well-balanced school meal.

While the rule is based on the law and latest science, USDA knew that responsible change had to take into account the real circumstances of communities across America. So in finalizing the rule, we reached beyond the Washington beltway and asked for comments from the public.

Thousands of parents, educators and nutrition advocates responded with their views. And we listened, making changes to the rule to ensure that the new standards not only do what's right for children's health, they do it in a way that's achievable in schools across the nation.

So on behalf of the USDA family, I say thank you for caring and supporting our children. We should all celebrate this tremendous accomplishment while looking forward to those achievements yet to come.

www.letsmove.gov

