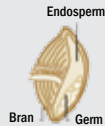


FOODS TO INCREASE IN IDAHO SCHOOLS



WHOLE GRAINS



New Standard

School Food Authorities shall offer one whole grain in all serving lines at least three times per week at breakfast and at least three times per week at lunch. A whole grain food is defined as:

- Purchased Foods: the whole grain must be listed first in the ingredient list.
- Homemade Foods: more than 50% of the grains in the recipe must be whole grains.

Rationale

School Food Authorities should increase the amount and variety of whole grain products offered to students. The consumption of whole grains is strongly encouraged in the 2005 Dietary Guidelines for Americans with the recommendation that at least half of the grains consumed each day should come from whole grains.

What is a Whole Grain?

Whole grains consist of the entire grain seed or kernel. The kernel has three parts—the bran, the germ, and the endosperm.

Using Commodities to Meet This Standard

Schools can order whole wheat flour and whole grain pastas (spaghetti and rotini) through the USDA Food Distribution Program. Idaho is also participating in the USDA Whole Grain Pilot Program which will offer whole grain pancakes and whole grain tortillas to schools.

Menu Tips

- Gradually add whole grains to your menus to allow time for students to get used to them.
- Provide taste tests of new whole grain foods prior to serving them.

- Identify whole grains on your menu to let families know you are serving a whole grain item. For example, instead of listing "roll" list "whole wheat roll" on your menu. This will also encourage families to try whole grain items at home.

Sample Whole Grain Ingredient Label:

INGREDIENTS: WHOLE WHEAT FLOUR (WHOLE GRAIN) WATER, WHEAT GLUTEN, BROWN SUGAR, YEAST, RAISIN JUICE, CANOLA OIL (NON-HYDROGENATED) CULTURED WHEY, SALT, CONTAINS 2% OR LESS OF THE FOLLOWING:

FRUITS AND VEGETABLES



Idaho grows a variety of fresh fruits and vegetables. Try purchasing fresh Idaho produce in the fall when they are at the peak of their freshness. For more information, visit the Idaho Farm to School web site at www.sde.idaho.gov/site/cnp/farm_school.htm

New Standards

BREAKFAST: School Food Authorities shall offer at a minimum, one fruit on all points of service for breakfast. If only one fruit choice is offered at breakfast, juice may only be offered two times per week as the fruit choice.

LUNCH: School Food Authorities shall offer at least one fruit and one non-fried vegetable at all points of service each day.

School Food Authorities shall offer fresh fruits and vegetables when possible. When using frozen and canned fruits, School Food Authorities shall use products that are packed in natural juice, water, or light syrup. School Food Authorities shall make an effort to provide a variety of fruits and vegetables throughout the week making sure dark green and orange fruits and vegetables are offered.

Rationale

Fresh, frozen, canned, or dried fruits and vegetables are the major sources of many vitamins and minerals, including Vitamin A and C, folate, and potassium. They also contain antioxidants, fiber and other phytonutrients with potential health-promoting qualities.

School Food Authorities should increase the availability and variety of fruits and vegetables at all meals. One of the key recommendations in the 2005 Dietary Guidelines for Americans (DGAs) is to choose a variety of fruits and vegetables each day. Fruits and vegetables offer somewhat different combinations of nutrients; thus, consuming a variety of each is important for a well-balanced diet. Vegetables from each of the five subgroups: dark green, orange, legumes, starchy, and other should be offered every week. Americans need to specifically increase their intake of dark green and orange vegetables.

The DGAs recommend the consumption of whole fruits and vegetables rather than juices to ensure adequate fiber intake.

Using Commodities to Meet These Standards

A variety of fruits and vegetables are available through the Food Distribution Program. The program offers fruits and vegetables in many forms, including fresh, frozen, canned, and dried.

Menu Tips

- Buy fresh fruits in season when they may be less expensive and at their peak flavor.
- Add fruits to desserts such as a fruit cobbler or a fruit salad.
- Choose a variety of fruits with contrasting colors and shapes to catch students' attention.
- Cut up fruits, especially apples and oranges, to make them easier to eat.

New Standard

School Food Authorities shall offer meals with at least one gram of fiber per 100 calories. This is not a new standard for Idaho Child Nutrition Programs.

Rationale

Most Americans eat only half the recommended amount of dietary fiber each day. The 2005 Dietary Guidelines for Americans (DGAs) recommend dietary fiber intake at 14 grams per 1,000 calories, or 1.4 grams per 100 calories. The fiber nutrition standard is helping schools work towards the DGAs recommendation.

What is Fiber?

Fiber is that part of plant food that is indigestible by humans. Fiber aids in digestion, promotes health and offers protection from some diseases. Fiber, also known as nature's scrub brush, is a key

nutrient in maintaining health. Unlike other food components, fiber passes through the digestive system without being broken down and absorbed into the bloodstream. Besides helping the digestive system process foods, fiber helps to prevent diseases such as cancer, heart disease, high cholesterol, and diabetes.

Fiber comes from plant sources of foods including fruits, vegetables, legumes, grains, nuts, and seeds. The DGAs recommend that most fruits and vegetables come from whole forms because they are better sources of fiber than fruit and vegetable juices.

Using Commodities to Meet This Standard

The USDA Food Distribution Program offers a variety of fiber-rich foods like canned dry beans (including pinto, black-eyed peas, refried and kidney beans), whole grains, and canned, fresh or frozen fruits and vegetables.

Menu Tips:

- Compare the Nutrition Facts label of foods and choose foods higher in fiber.
- Add whole grains to the menu including tortillas, breads, cereals, buns, bagels, crackers, and pasta.
- Serve brown rice or a mixture of half brown rice and half white rice.
- Serve more fruits, vegetables, and legumes.
- Breakfast is a good time to serve fiber-rich foods such as oatmeal, whole wheat muffins, whole wheat waffles, whole wheat pancakes, and fiber-rich cereals and bars.
- Provide hummus as a dip for vegetables.



FIBER

SAMPLE MENUS

Sample Breakfast Menu (K-12)

Monday	Tuesday	Wednesday	Thursday	Friday
Whole Wheat Breakfast Burrito*	Oatmeal*	Cheerios*	Breakfast Sandwich	Bagel
Salsa	Raisins	Orange Juice	Pears	Cream Cheese
Orange Halves	Whole Wheat Toast*	Blueberry Muffin Square	Milk	Strawberry & Bananas
Milk	Peaches	Milk		Yogurt
	Milk			Milk

*Denotes a whole grain food item. Skim White and 1% chocolate milk served every day.

Sample Lunch Menu (K-6)

Monday	Tuesday	Wednesday	Thursday	Friday
Beef and Broccoli Brown Rice Bowl*	Whole Grain Spaghetti w/ Meat Sauce*	Chicken Fajitas w/Whole Grain Tortillas*	Whole Grain Pizza*	Whole Wheat Turkey Sandwich*
Peaches	Whole Wheat Roll*	Low-Fat Refried Beans	Romaine Salad Mix	Broccoli / Cauliflower
Carrots Sticks	Romaine Salad Mix	Spanish Rice*	Pineapple Chunks	Low Fat Ranch Dressing
Low-Fat Ranch Dressing	Pears	Grapes	Whole Grain Rocket Bar*	Bananas
Milk	Milk	Corn	Milk	Low-Fat Chocolate Pudding
		Milk		Milk

*Denotes a whole grain food item. Skim White and 1% chocolate milk served every day.

Note: A detailed menu and nutrient analysis can be found at www.sde.idaho.gov/site/cnp/nutritionStandards/. Some condiments included in the nutrient analysis do not appear on the menu.