

RESOURCES USED

All of the facts provided in this brochure were obtained by reliable, research-based studies referenced below:

- ¹ MD Florence, et al. *Diet Quality and Academic Performance*. Journal of School Health. 2008. Vol 78. 209-215.
- ² M. Stenberg and K Bark. *Healthy Students Learn More: The Value of Improving Nutrition and Physical Activity in Montana Schools*. Montana Team Nutrition. 2004.
- ³ J.M. Murphy et al., *Maryland Meals for Achievement Year III Final Report*, October 2001.
- ⁴ *School Meals: Types of Foods Offered to and Consumed by Children at Lunch and Breakfast* J Amer Diet Assoc Vol 109, Issue 2, Supplement Pages S67-S78 (Feb 2009)
- ⁵ MK Crepinsek, et al. *The Third School Nutrition Dietary Assessment Study: Findings and Policy Implications*. J Amer Diet Assoc. Feb 2009. Vol 109. S7-S17.
- ⁶ Harnack L., et al, J AM Diet Assoc 2003; 103: 1015-1019.

For more information on the New Nutrition Standards for Idaho School Meals visit: www.sde.idaho.gov/site/cnp/NutritionStandards/

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A RECIPE FOR ACADEMIC SUCCESS



Research-Based Evidence Supporting Idaho's New Nutrition Standards

Idaho State Department of Education
Child Nutrition Programs

THE NEED FOR NEW IDAHO NUTRITION STANDARDS

SCHOOL MEAL PARTICIPATION IS IMPORTANT TO STUDENT HEALTH AND ACADEMIC SUCCESS

Studies Prove the Importance of Child Nutrition Programs:

“Consumption of school meals is positively related to children’s intakes of key food groups at lunch and breakfast. Offering more fresh fruit, whole grains, and a greater variety of vegetables could lead to additional health benefits.”⁴

“School lunch participants consumed more nutrients—protein, vitamin A, vitamin B-12, riboflavin, calcium, phosphorus, potassium, and zinc—at lunch than non-participants.”⁵

The Idaho Nutrition Standards require schools to serve the most important basic meal components at every meal:

- Whole Grains
- Fruits
- Vegetables (lunch only)
- Low-Fat Milk
- Lean Protein



NUTRITION IS TIED TO ACADEMIC SUCCESS

Studies Show the Importance of Healthy Meals:

“Students with increased intake levels of fruits and vegetables and lower caloric intake levels of fats were significantly less likely to fail the literacy assessment test.”¹

“Poor nutrition, inactivity and weight problems adversely affect academic achievement and possibly cost schools millions of dollars each year.”²

“Children not getting adequate nutrients have lower test scores.”²

“Schools that implemented universal breakfast saw a “five point increase in percentage of students who scored at or above the satisfactory level in Performance Assessment.”³

**GOOD NUTRITION
FUELS LEARNING!**

HOW WILL IDAHO’S NEW STANDARDS HELP?

Research shows that a high intake of fat contributes to obesity.⁴ The major sources of fat in school lunches were salad dressings, condiments/spreads, pizza products, peanut butter sandwiches, and French fries.⁵

The New Idaho Nutrition Standards will...

- Reduce fat, saturated fat, and trans fat in meals.
- Limit the amount of high fat condiments and fried foods in school meals.
- Encourage students to eat reduced-fat salad dressings and low-fat dairy products!

WHOLE GRAINS ARE AN IMPORTANT SOURCE OF FIBER AND OTHER NUTRIENTS

The Dietary Guidelines recommends that whole grains make up at least half of the grains you eat each day.

“Only 7% of children ages 2-19 years meet the Dietary Guidelines recommendation for whole grains.”⁵

Studies concluded that interventions are needed to increase intake of whole-grain foods for adolescents.”⁶

The New Idaho Nutrition Standards require schools to serve more whole grains because...

