



PRE-FRIED FOODS

New Standards

BREAKFAST: School Food Authorities shall limit serving pre-fried, flash-fried, or par-fried side items/components to no more than three times per week.

LUNCH: School Food Authorities shall limit serving pre-fried, flash-fried, or par-fried entrees/meat/meat alternate to no more than three times per week.

LUNCH: School Food Authorities shall limit serving pre-fried, flash-fried, or par-fried side items/other components to no more than three times per week.

Frozen potato products, breaded chicken products and other items are frequently pre-fried during the cooking process. Even though school foodservices bake these products, they may be high in fat due to pre-frying during the manufacturing process.

NOTE: "Entrée" and "side items" is specific to Nutrient Standard Menu Planning. "Meat/meat alternate" and "other components" is specific to Food-Based Menu Planning.

Rationale

Most Americans, including children, need to decrease their intake of total fat, including saturated fats and trans fats. According to the 2005 *Dietary Guidelines for Americans*, the consumption of fried foods can have a negative impact on the nutritional quality of the diets of children and adolescents and may increase risk for obesity. Limiting the consumption of pre-fried foods is one of the most effective means of reducing the intake of fats. Processed foods and oils provide approximately 80 percent of trans fats in the diet.

