

**The whole grain standard says that whole grains must be served at least three times a week in all serving lines. Do all of the lines have to serve the whole grains on the same day?**

No. Different lines can serve different whole grains on different days as long as each line offers a whole grain at least three times per week.

**Because the whole grains must be offered at all points of service, what does a school do if it serves pizza from a vendor every day in one line and that vendor does not have whole grain pizza crust?**

The school has multiple options in this situation. The school can request that the pizza vendor start making a whole grain pizza crust for the school. Many pizza vendors are willing to make adjustments to their pizza recipes to reduce the fat in pizza for schools and may be willing to add whole grain flour to their crust. The school can also consider writing whole grain pizza crust in their bid for pizza to see if there are any pizza companies in the area who are willing to make a whole grain crust. The school also has the option of adding whole grain items to the pizza meal such as a whole grain breadstick, a whole grain roll, or a whole grain desert item.

## Fruits and Vegetables

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**What does “variety” mean in the fruit and vegetable standard?**

Variety means serving fruits and vegetables from the different color categories and in different forms throughout the week. It is important that schools do not serve the same fruits and vegetables each day. Different fruits and vegetables contain different nutrients so it is important to serve a variety. The HealthierUS Challenge requires schools to serve at least one different fruit and at least one different vegetable every day of the week as well as three dark green or orange vegetables per week. This would be a good goal for a school to work towards.

**Why limit juice?**

Fruit juice is often low in fiber compared to whole fruits. Often the fiber in fruit comes from its peel and/or pulp which are usually removed in juices. The *2005 Dietary Guidelines for Americans* recommend that whole fruit rather than fruit juice is consumed to meet the fruit recommendation to ensure adequate

fiber intake. The American Academy of Pediatrics also recommends that juice intake be limited because of concerns about excess juice consumption leading to excess energy intake, as well as displacing other more nutrient-dense foods.

## Milk

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**Can schools serve flavored milk under the new nutrition standards?**

Yes, studies show that offering students flavored milk can help increase consumption of the nutritionally dense beverage.

## Legumes

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**What are dry beans? Do they have to be dry?**

Dry beans do not mean that the bean needs to be purchased in its dry form. Dry beans include canned, pre-cooked beans or dry packaged beans.

**What is the minimum serving for legumes?**

A minimum serving has not been defined for any of the foods in the nutrition standards because different menu planning methods have different requirements. Each district must meet the minimum requirements of their menu planning method and anything above that is a plus.

The *2005 Dietary Guidelines for Americans* recommend consuming 3 cups of legumes per week. This recommendation is for an entire week and for all meals during the day.

## Sugar

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**Why does the sugar standard only apply to purchased items?**

Schools should work to reduce sugar in all foods, both purchased foods and those made from scratch. Since all menu planning methods do not use nutrient analysis it would be difficult for all schools to know the grams of sugar in made from scratch items. Also, different made from scratch products need different amounts of sugar to make the product bake correctly and be palatable. A good rule of thumb to follow for homemade products is to limit sugar to seven cups per 100 servings (or three pounds sugar per 100 servings) to be in line with the sugar standard for purchased items.