

**If schools can't serve high sugar cereals how will they meet the calorie requirement at breakfast?**

If schools offer a variety of whole grains, fruits, protein foods, and dairy foods they will be able to meet the calorie requirement for breakfast. High sugar breakfast foods are not as nutrient dense as the foods recommended by the *2005 Dietary Guidelines for Americans* and are therefore not as beneficial to the health of students.

## Fiber

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**How do you add fiber to breakfast?**

Serving more whole grain foods and fruits at breakfast will help increase fiber. Look at food labels and try to get cereals with five grams or more fiber per serving.

## Cholesterol

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**Why isn't the cholesterol for breakfast higher than the cholesterol for lunch since breakfast foods tend to be higher in cholesterol?**

The USDA nutrition standards are based on 1/4 the RDAs (Recommended Dietary Allowances) for breakfast and 1/3 the RDA for lunch. The *New Nutrition Standards for Idaho School Meals* are also based on these numbers. The *2005 Dietary*

*Guidelines for Americans* recommend consuming less than 300mg of cholesterol per day. One-fourth of 300mg is 75mg which is the breakfast standard and one-third of 300mg is 100mg which is the lunch standard.

## Condiments

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**What does "control portions" mean in the condiment standard?**

Because condiments can be high in fat, saturated fat, and sodium, the *New Nutrition Standards for Idaho School Meals* encourage schools to control portions. Portions of condiments can be controlled in multiple ways. Below are some ideas for controlling portions:

- Control portions by providing correct serving utensils (1 oz ladle)
- Use pumps that are set at 1 oz
- Use portion packets
- Pre-portion condiments
- Pre-mix salad dressing in the salads (a salad recipe can be found on the Nutrition Standards web site at [www.sde.idaho.gov/site/cnp/nutritionStandards/](http://www.sde.idaho.gov/site/cnp/nutritionStandards/))

Schools should not have high fat or high sodium condiments available in self serve containers that are high flowing and encourage large portions.

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## References

**The following resources were used in the development of the *New Nutrition Standards for Idaho School Meals*:**

Dietary Guidelines United States. 2005. *Dietary Guidelines for Americans, 2005*. New York: United States Government Printing Office.

Duyff, Roberta Larson. 2006. *American Dietetic Association Complete Food and Nutrition Guide*. New York: Wiley.

IOM (Institute of Medicine). 2007. *Nutrition Standards for Foods in Schools : Leading the Way Toward Healthier Youth*. Washington, DC: The National Academies Press.

United States Department of Agriculture Food and Nutrition Service. 2008. *Fact Sheets for Healthier School Meals*.