

Nourishing News

IDAHO STATE DEPARTMENT OF EDUCATION CHILD NUTRITION PROGRAMS



JANUARY 2009



This publication has been sent to all:

- School Food Service Directors
- School Food Service Kitchen Managers

WELLNESS FORUMS

- | | |
|--|-------------------------------------|
| <i>January 27, 2009 Coeur d'Alene</i> | <i>February 18, 2009 Twin Falls</i> |
| <i>January 28, 2009 Lewiston</i> | <i>February 19, 2009 Blackfoot</i> |
| <i>February 5, 2009 American Falls</i> | <i>February 24, 2009 Meridian</i> |

For more information please visit our wellness website
www.sde.idaho.gov/site/cnp/wellness_policy.htm

Inside:

A Message from the Director..... 2

USDA Foods: Healthy Choices; American Grown..... 2

Keeping Sugar in Check 2

How Fried Is It?..... 3

Condiments: How much is too much?..... 3

It All Adds Up: Don't Forget the A La Carte Items..... 3

Fruit & Juice Differences in the National School Lunch Program.. 3

Commodities are Getting Leaner Too 3

Whole Grains Pilot Program 4

To sign up for Child Nutrition trainings or for more information, visit our training web site: www.databasesdoneright.com/nutrition/

- CIRCULATE TO: Superintendent Principal
 School Nurse Health Teacher Kitchen Staff

USDA Foods: Healthy Choices. American Grown.

USDA offers healthy food choices so that schools can serve meals consistent with the *2005 Dietary Guidelines for Americans*. USDA Foods are available in a variety of convenient products that are safe, wholesome, and 100-percent American-grown.

► **Fruits and vegetables:** USDA purchases over \$180 million of canned, frozen, and dried fruits and vegetables for schools each year.

► **More whole grains:** In addition to the whole-grain foods already offered, USDA is now purchasing whole-grain pastas (spaghetti and rotini).

► **Less sodium (salt):** Most USDA canned vegetables meet the Food and Drug Administration's "healthy" standard for sodium. In SY 2008-09, USDA is reducing the sodium content of canned vegetables even more. Frozen vegetables are salt-free.

► **Less sugar:** Canned fruits must be packed in light syrup, water, or natural juices. Unsweetened applesauce became available to schools in SY 2007-08.



A Message from the Director

USDA has contracted with the Institute of Medicine (IOM) to examine ways to implement the 2005 Dietary Guidelines for Americans

(DGAs) into the school meals programs. This expert panel will provide USDA with recommendations to update the meal patterns and nutrition requirements for both the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). USDA estimates this study will take a total of 18 to 24 months. USDA will then engage in the formal rulemaking process to publish a proposed rule that incorporates the IOM recommendations to the fullest extent practicable.

In the meantime, USDA has requested that state agencies begin proactively implementing the applicable recommendations for the 2005 DGAs into Child Nutrition

Programs. In response to the USDA's request, the Idaho Child Nutrition Programs has formed a panel to develop new Nutrition Standards for Idaho Child Nutrition Programs. A random sample of Idaho Food Service Directors representing a wide variety of schools and menu-planning methods were asked for input in developing these new standards. Input from Food Service Directors has been used to finalize these Idaho Nutrition Standards. The new standards can be found in poster format in this issue of *Nourishing News*. The Idaho State Department of Education, Child Nutrition Programs would like to thank those who participated and provided the helpful suggestions for these new Idaho Nutrition Standards. Your input was very helpful and useful in developing the final guidelines.

Sincerely,

Colleen Fillmore, PhD, RD, LD
CNP Director

Keeping Sugar in Check

Anna Mae Florence RD, LD, Coordinator

Balancing what you eat with the calories that you burn is essential for maintaining a healthy weight. Because there are forty nutrients or so that the body requires, including foods that are nutrient dense is wise.

Sugar contains calories without a significant amount of other nutrients. High-sugar foods tend to have fewer vitamins and minerals and may replace more nutritious foods. High-sugar foods also have many unnecessary calories that can lead to obesity.

The Institute of Medicine (IOM) investigated the consumption of sugar in American children's diets and determined that when foods have 25 percent or more calories coming from added sugar, the nutrient density decreased. However, because manufacturers are not required at this time to list added sugars, the IOM established a goal of 35 percent of calories from sugar as a recommendation. To think about these recommendations with a real food example, consider this:

A one-ounce (high-sugar) cereal has 115 calories, and the label says that 12.8 grams of sugar are added. Multiply 12.8 by 4, (the number of calories that 1 gram of sugar provides), and the answer is 51.2 calories. Those are the calories that are found in that cereal from sugar. If you divide that by 115 (the total number of calories), you get .445 or 44.5 percent, which is the percent of calories from sugar in that food.

Another way to consider the amount of sugar in food is to relate it back to a teaspoon of sugar. One teaspoon equals 4.2 grams and 16 calories. Applying that to the

example above reveals that the cereal has over one tablespoon of sugar in one ounce.

With this in mind, the new Idaho Nutrition Standards address the amount of sugar that cereals should be limited to:

► SFAs shall **not offer** grains (cereals, breads, pastries, cookies, cakes, etc) with more than 14 grams of sugar **per ounce** in purchased products, at breakfast and lunch. Also, natural sugars such as fruits are exempt.

► SFAs shall strive to include foods with **less than 10g** of sugar **per ounce** at breakfast and lunch.

School districts are encouraged to offer cereals that are lower in sugar. When students try these, they will not be disappointed. Encourage more protein foods like peanut butter, cheese or ham. Protein at breakfast provides lasting energy; keeping students satisfied until they eat lunch.

Addressing this in a positive manner can make a positive difference.



How Fried Is It?

Ed Herrera BS, Coordinator

What is the difference between flash-fried, par-fried and pre-fried? Sometimes these terms are used interchangeably, but there are subtle differences. (*Please note: These are generally accepted culinary terms. Definitions may vary among manufacturers and food labels.*)

FLASH-FRIED – A food item that is cooked in oil at a high heat for a very short time. The temperature of the oil is maintained during the cooking process. Generally, the item is coated with egg white or a starch to contain the juices. Fried chicken and mozzarella cheese sticks may be flash fried.

PAR-FRIED – Also known as blanching or half-frying. Food items are partially/mostly cooked and then quickly cooled to room temperature. The foods may be refrigerated and/or frozen. When the item is reheated, the cooking cycle is completed. Most french fries are par-fried.

PRE-FRIED – The food item is fully cooked and then quickly cooled/frozen. Some examples include burritos, chicken nuggets and chicken patties.

Regardless of the terminology used on manufacturer's food labels, it is very important to note that all items that are flash-fried, par-fried or pre-fried are cooked by being submerged in oil

It All Adds Up: Don't Forget the A La Carte Items

Lynda Westphal MPH, Coordinator

According to the book "Nutrition Standards for Foods in Schools – Leading the Way to a Healthier You" published by the Institute of Medicine, children consume between 19-50 percent of their total calories at school. While school meals have been required to provide healthful foods and beverages, these guidelines should be followed in the a la carte offerings at each school. Children need to be able to recognize the importance of consuming nutrients through their food and beverages. What better way than providing them healthier options from which to choose?

The new Idaho Nutrition standards for a la carte were created to mirror the standards that are being followed in NSLP meals. The children will benefit by being offered healthy a la carte items in your schools.

The state agency recommends that all a la carte offerings adhere to these requirements:

- ▶ Strive to eliminate foods containing trans fats and limit pre-fried foods
- ▶ Offer whole grains, fruits and vegetables
- ▶ Give low-fat milk choices
- ▶ Reduce the amount of sugar, sodium and cholesterol
- ▶ Increase the amount of fiber
- ▶ Control portions for high-fat condiments

Condiments: How much is too much?

Colleen Fillmore, PhD, RD, LD

You have purchased the right foods, planned your weekly menu and are now prepared to serve a healthy meal. But have you thought about the condiments? Let's say you are going to eat your favorite turkey sandwich on whole grain bread with a salad on the side. Healthy, right? But don't forget to consider the condiments. Condiments that are high in fat or calories can turn even the healthiest lunch into a fat-laden meal if you don't look out for portion size and type of condiment (if high in fat). So whether it's a dressing, sauce or spread, you must consider the calories and fat you are adding to your meal.

Most students love condiments, and they love to dip foods. Using a variety of condiments as a tool for getting kids to try new foods can be a good idea, if used in moderation. You should try to lighten up on added fats like butter, margarine, oil, salad dressings and mayonnaise and keep in mind that creamy salad dressings, such as Caesar or ranch, have more saturated fat than clear dressings, such as Italian.

Do not forget the importance of correctly analyzing your condiment usage throughout the week. If the item, for example, is a condiment that is not pre-portioned, the menu planner will need to determine the average portion size selected by the students. To calculate the average portion selected, divide the total amount of a food item served on the menu (number of cans of catsup, gallons of mayonnaise, etc.) by the number of applicable meals served that day. Under- or over-estimating the size of a self-serve portion can greatly affect the nutrient analysis.

Make your choices wisely, and you can keep that meal healthy!

Fruit & Juice Differences in the National School Lunch Program

Mary Jo Marshall BS, Coordinator

With all of the emphasis on healthy eating and snacking, there seems to be a misconception among the general public about fruits and juices. Some of this can be directly related to misleading advertising and marketing.

Many snack items for children are being advertised as "healthy" or "good for you" fruit snacks when in reality they do not contain fruit or fruit juice. In the USDA school meals programs, fruit snacks and fruit drinks may or may not be served and counted as a reimbursable food item depending on your menu-planning system

Sponsors need to be avid label readers to determine whether a food item contains enough or any fruit or juice to meet the requirements of their menu-planning system or to be allowed as a component of a reimbursable meal.

Products labeled "fruit drinks" or "juice drinks" often contain less than 20 percent juice. Always look for 100 percent fruit juice on the label.

Whole fruits are more nutritious than juices and need to be included more often on menus. Many sponsors serve fruit juices at breakfast because they are portable and children accept them well. To meet the fiber requirement, it is necessary to include fruits other than juice regularly. One way to increase acceptance is to cut up whole fruits so that they are easier to eat. Another option is to allow the children to take a whole piece of fruit with them to eat as a snack later in the day.

Commodities are Getting Leaner Too...

- ▶ Since 1992, USDA beef is 85-percent lean and schools have had the option of ordering beef patties with a fat level as low as 10 percent.
- ▶ USDA has recently offered a lower-fat turkey taco filling, frozen diced chicken, 97-percent lean ham, and 95-percent lean turkey ham.
- ▶ Currently, USDA is evaluating a 95-percent lean beef patty for use in schools.
- ▶ USDA offers part skim milk mozzarella and several types of reduced-fat/lite cheese.
- ▶ Processors are substituting lean meat for skin and fat in processed poultry products.
- ▶ Trans fats have been eliminated from frozen potato products effective SY 2007-08, and a fat-free potato wedge is being evaluated.
- ▶ Shortening was eliminated as an ordering option, effective SY 2007-08.
- ▶ Butter was eliminated as an ordering option for schools in 1997.

Source: USDA Parent Fact Sheet at www.fns.gov/fdd/foods/healthy/Parents.htm



Whole Grains Pilot Program

Ed Herrera BS, Coordinator

We are excited to announce that Idaho has been selected to participate in a Whole Grains Pilot Program for USDA Commodities. USDA has developed two whole grain commodity items for this pilot program - Whole Wheat Tortillas and Whole Wheat Pancakes. We hope to offer these items in January 2009 for delivery in February 2009. These items **will not** count against each school district's entitlement.

We encourage you to start thinking about menu changes and promotions to accommodate use of the whole wheat items. Consider using the whole wheat tortilla in any recipe that currently uses flour tortillas. Another way to incorporate whole wheat tortillas is to use the following recipe:

SOUTHWEST CHICKEN WRAP - YIELD 100 EACH

- 3 lbs. Shredded lettuce
- 2 lbs. Cheese Blend, American shredded
- 12.5 lbs. Chicken Breast Fajita Meat, Seasoned, Cooked Diced
- 100 ea. Whole Wheat Tortilla 8" (commodity)
- 8 lbs. Tomatoes, red, ripe, raw diced

Instructions:

1. Place 2 oz of chicken across center of tortilla.
2. Sprinkle with 1/3 cup of lettuce, tomato and cheese mixture.
3. Gently roll tortilla (burrito style).
4. Cut diagonally and place halves next to each other and wrap in plastic. Serve with 1 oz Southwestern Ranch Dressing in a 1 oz portion cup.

▶ Recipe courtesy of Kim Huntley, Foodservice Director, Meridian School District #2

SOUTHWEST RANCH DRESSING - YIELD 128 EACH 1 OZ PORTIONS

- 3 quarts Low Fat Ranch Dressing
- 1 quart Salsa (commodity)

Instructions:

1. Mix Ranch Dressing and Salsa
2. Portion into 1 oz cups. Chill.



Idaho State Department of Education

Tom Luna
Superintendent of Public Instruction
650 W. State St.
P.O. Box 83720
Boise, ID 83720-0027
208-332-6800
Toll Free: 800-432-4601

For more information contact:

Idaho Child Nutrition Programs
(208) 332-6820
or visit www.sde.idaho.gov/site/cnp
Paid for by USDA grants.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, DC 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY).

"USDA is an equal opportunity provider and employer."