Handout 5.1: *Competitive Foods Bingo* Activity

Criteria for portion size/calories	Foods exempt from the total fat criteria	Competitive food documentation for Gold applications	Maximum fluid ounces of milk and juice that can be sold	Criteria for sodium for side item for Bronze/Silver/Gold
Why criteria set for individual foods	Total fat limit	Kinds of juice that can be sold?	Food exempt from the saturated fat criteria	Criteria for holiday and birthday parties
Kinds of milk that can be sold	Kinds of water that can be sold	**FREE SPACE**	Sodium limit for main dish/entrée for Bronze, Silver, Gold	Time and place of competitive food criteria for Gold Awards
Criteria for *trans* fat	Time and place of competitive food criteria for Silver/Bronze	Menu item exempt from competitive foods criteria	Food ingredients ending with "ose" generally have added _____	Criteria for added sugars
Foods exempt from sugar criteria	Competitive food documentation for Silver/Bronze applications	Sodium limit for main dish/entrée for Gold Award of Distinction	Sodium limit for side items for Gold Award of Distinction	Criteria for saturated fat

Handout 5.2: *Does Your Food Meet the HUSSC Competitive Foods Criteria?* Activity

Food	Portion Size/Calories, same portion as NSLP or ≤ 200 calories	Calories from Total Fat ≤ 35%	Calories from Saturated Fat < 10%	*Trans* Fat Free or < 0.5 g	Sodium (mg)	Sugar by Weight ≤ 35%	Food Meets the HUSSC? (Y/N)
1. Honey Graham Crackers							
2. Flavored Tortilla Chips							
3. Snack Mix-Baked							
4. Soft Snack Cakes							
5. Cereal Bar-Blueberry							
6. Oatmeal Bar-Breakfast Bar							
7. Oatmeal Bar-Breakfast Bar							
8. Strawberry Yogurt, Low-Fat							
9. Pizza, Whole Grain with Cheese							

Handout 5.3: Formulas for Competitive Foods Calculations

Although the online HUSSC application contains a built-in calculator to calculate these figures it is important to understand how they are done. All information needed to complete these calculations can be obtained from a product's Nutrition Facts label.

Percent of Calories from Total Fat

Grams of Fat in a serving (Nutrition Facts label): ____ gm; multiply by 9 = ____ (calories from fat)
Total calories in a serving (Nutrition Facts label): ____
Divide calories from fat (above) by total calories in a serving (above) = ____

To convert to a %, move the decimal point two places to the right, or multiply by 100; Round to the largest whole number.

HUSSC total fat criteria: must be at or below 35% of calories per serving.

Percent of Calories from Saturated Fat

Grams of Saturated Fat in a serving (Nutrition Facts label): ____ gm; multiply by 9 = ____ (calories from fat)
Total calories in a serving (Nutrition Facts label): ____
Divide calories from fat (above) by total calories in a serving (above) = ____

To convert to a %, move the decimal point two places to the right, or multiply by 100; Round to the largest whole number.

HUSSC saturated fat criteria: must be below 10% of calories.

Trans Fat

Amount of trans fat in a serving of the food (Nutrition Facts label): ____ gm.

HUSSC trans fat criteria: must be less than 0.5 gm per serving.

Percent of Sugar, by Weight

Grams of Sugar in a serving (Nutrition Facts label): ____ gm (A)
Gram weight in a serving (Nutrition Facts label): ____ gm (B)
Divide A by B = ____ (percent of sugar by weight)

To convert to a %, move the decimal point two places to the right, or multiply by 100; Round to the largest whole number.

HUSSC sugar criteria: must be at or below 35% by weight.

Sodium:

If the serving size is the same as what is listed on the food label:

Milligrams (mg) of sodium in one serving (Nutrition Facts label): ____ mg (A)

If using a serving size greater or less than what is listed on the Nutrition Facts label:
Multiply the mg of sodium in one serving (A) by the amount (factor) of increase or decrease (2 times, ½, etc.) to determine the mg of sodium in the new serving size _____ mg.

If a simple factor is not easy to determine:
Divide the gm weight of the adjusted serving size to be served/consumed _____ gm (B) by the gm weight of one serving _____ gm (C) to determine the adjustment factor____ (D).
Multiply the mg of sodium in one serving (A) times the adjustment factor (D) ____ to determine the mg of sodium in the adjusted serving size_____ mg.
Compare results with sodium criteria below:

HUSSC sodium criteria for Side Dish or Non-entrée:

- **Bronze/Silver/Gold levels should be at or below 480 mg.**
- **Gold of Distinction levels should be at or below 200 mg.**

HUSSC sodium criteria for Main Dish/Entree:

- **Bronze/Silver/Gold levels should be at or below 600 mg.**
- **Gold of Distinction levels should be at or below 480 mg.**

Rounding Rules:

To express nutrient values to the nearest 1 g increment, for amounts falling exactly halfway between two whole numbers or higher (e.g., 2.5 to 2.99 g), round up (e.g., 3 g). For amounts less than halfway between two whole numbers (e.g, 2.01 g to 2.49 g), round down (e.g., 2 g).

[excerpted from: http://www.cfsan.fda.gov/~dms/nutrguid.html]

Handout 5.4: Product Label 1, Honey Graham Crackers

Honey Graham Crackers

Now more whole grains

Nutrition Facts

Serving Size: 2 squares (14 g)

Calories	59
Protein	1 g
Carbohydrate	11 g
Dietary Fiber	0 g
Sugars	4 g
Total Fat	1 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	85 mg
Vitamin A	0%
Vitamin C	0%
Iron	6%
Calcium	0%

Ingredients: Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), sugar, graham flour (whole-grain wheat flour), soybean oil, high fructose corn syrup, partially hydrogenated cottonseed oil, honey, leavening (baking soda, calcium phosphate), salt, artificial flavor, soy lecithin- an emulsifier, cornstarch.

Handout 5.5: Product Label 2, Flavored Tortilla Chips

Flavored Tortilla Chips

Net Wt. 1 oz. (28.3 g)

Nutrition Facts

Serving Size: 1 package
Servings per Container 1

Calories	150
Protein	2 g
Total Carbohydrate	17 g
Dietary Fiber	1 g
Sugars	1 g
Total Fat	8 g
Saturated Fat (g)	1.5 g
Trans Fat (g)	0 g
Cholesterol	0 mg
Sodium	180 mg
Vitamin A	0%
Vitamin C	0%
Iron	0%
Vitamin B_6	2%
Thiamin	4%
Calcium	2%
Phosphorus	6%

Ingredients: Whole corn, vegetable oil (contains one or more of the following: corn, soybean, and/or sunflower oil), salt, cheddar cheese (milk, cheese cultures, salt, enzymes, maltodextrin, wheat flour solids, romano cheese from cow's milk (part-skim cow's milk, cheese cultures, salt, enzymes), whey protein concentrate, onion powder, partially hydrogenated soybean and cottonseed oil, corn flour, disodium phosphate, lactose, natural and artificial flavor, dextrose, tomato powder, spices, lactic acid, artificial color (including yellow 6, yellow 5, red 40), citric acid, sugar, garlic powder, red and green bell pepper powder, sodium caseinate, disodium inosinate, disodium guanylate, nonfat milk solids, whey protein isolate, and corn syrup solids. **Contains milk and wheat ingredients.**

Handout 5.6: Product Label 3, Snack Mix—Baked Snacks

Snack Mix—Baked Snacks (100 Calorie Snacks)

Net Wt. 0.771 oz. (22 g)

Nutrition Facts

Serving Size: 1 package (22 g)

Calories	100
Protein	2 g
Total Carbohydrate	16 g
Dietary Fiber	<1 g
Sugars	2 g
Total Fat	3 g
Saturated Fat	0.5 g
Trans Fat	0 g
Polyunsaturated fat	1.5 g
Cholesterol	0 mg
Sodium	210 mg
Vitamin A	0%
Vitamin C	0%
Iron	6%
Calcium	0%

Ingredients: Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), whole wheat, soybean oil, sugar, whole wheat flour, salt, partially hydrogenated cottonseed oil, corn syrup solids, corn syrup, high fructose corn syrup, leavenin (baking soda, calcium phosphate, yeast), cheddar cheese (made from cultured milk, salt, enzymes and annatto extract color), malt syrup, malted barley flour, natural flavor, autolyzed yeast extract, spices (includes paprika, dried garlic, monosodium glutamate flavor enhancer, soy lecithin (emulsifier, soy sauce (made from soybeans, wheat and salt), annatto extract, vegetable color, palm oil, sodium caseinate

Handout 5.7: Product Label 4, Soft Snack Cakes

Soft Snack Cakes

3 cakes=3 servings

Net Wt. 2.65 oz (75 g)

Servings per Container 3

Nutrition Facts

Serving Size: 1 cake		**3 cakes**
Calories	110	340
Protein	1 g	3 g
Total Carbohydrate	16 g	49 g
Dietary Fiber	0 g	<1 g
Sugars	11 g	33 g
Total Fat	5 g	15 g
Saturated Fat	1 g	3.5 g
Trans Fat	0 g	0 g
Polyunsaturated fat	1 g	3 g
Cholesterol	0 mg	5 g
Sodium	70 mg	200 mg
Potassium	20 mg	55 mg
Vitamin A	0%	
Vitamin C	0%	
Iron	0%	
Calcium	0%	

Ingredients: SUGAR, ENRICHED UNBLEACHED AND BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN, FOLIC ACID, CANOLA OIL, AND/OR PALM OIL AND/OR PALM KERNEL OIL, HIGH FRUCTOSE CORN SYRUP, SKIM MILK, FRUCTOSE, DEXTROSE, CORNSTARCH, EGG WHITES, SALT, CORN SYRUP, EMULSIFIER (VEGETABLE MONGLYCERIDES, SOY LECITHIN), LEAVING (BAKING SODA AND/OR SODIUM ACID PYROPHOSPHATE AND/OR CALCIUM PHOSPHATE), EGGS, CORN FLOUR, NATURAL AND ARTIFICIAL FLAVOR, MALIC ACID, SODIUM ALGINATE, TRICALCIUM PHOSPHATE, POTASSIUM SORBATE ADDED TO PRESERVE FRESHNESS, TRISODIUM PHOSPHATE, CARAMEL COLOR. **CONTAINS: WHEAT, MILK, EGG, SOY**

Handout 5.8: Product Label 5, Cereal Bar—Blueberry

Cereal Bar

1 Bar. Net Wt. 1.3 oz (37 g)

Nutrition Facts

Serving Size: 1 bar

Calories	140
Protein	1 g
Total Carbohydrate	26 g
Dietary Fiber	<1 g
Sugars	13 g
Total Fat	3 g
Saturated Fat	0.5 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	105 mg
Vitamin A	15%
Vitamin C	0%
Thiamin	25%
Riboflavin	25%
Folic Acid	10%
Zinc	10%
Iron	10%
Calcium	20%

Ingredients: Filling (high fructose corn syrup, corn syrup, blueberry puree concentrate, glycerin, sugar, modified corn starch, sodium alginate, natural and artificial blueberry flavor, citric acid, sodium citrate, modified cellulose, dicalcium phosphate, maltic acid, red #40, blue #1), enriched flour (wheat flour, niacinamide, reduce iron, thiamin monnitrate, riboflavin, folic acid), whole grain oats, sugar, sunflower oil, high fructose corn syrup, contains two percent or less of honey, calcium carbonate, dextrose, nonfat dry milk, wheat bran, salt, cellulose, potassium bicarbonate, natural and artificial flavor.

Handout 5.9: Product Label 6, Oatmeal Bar—Breakfast Bar

Oatmeal Bar

1 Bar. Net Wt. 2.1 oz (60 g)

Nutrition Facts

Serving Size: 1 bar (60 g)

Calories	220
Protein	4 g
Total Carbohydrate	43 g
Dietary Fiber	5 g
Sugars	19 g
Total Fat	4 g
Saturated Fat (g)	1 g
Trans Fat (g)	0 g
Cholesterol	15 mg
Sodium	230 mg
Vitamin A	20%
Vitamin C	0%
Vitamin E	10%
Thiamin	20%
Riboflavin	20%
Niacin	20%
Vitamin B6	20%
Folic Acid	20%
Iron	20%
Calcium	20%
Phosphorus	10%

Ingredients: Whole grain rolled oats, high fructose corn syrup, brown sugar, oat bran concentration, rice flour, oat flour, sugar, margarine (partially hydrogenated soybean oil), soybean oil, water, partially hydrogenated cottonseed oil, salt, monodyglercide, soy lecithin, calcium disodium, annatto color, artificial flavor Vitamin A palmitate, maltodextrin, too tiny to read other trace ingredients

Handout 5.10: Product Label 7, Oatmeal Bar—Breakfast Bar

Oatmeal Bar

1 Bar. Net Wt. 1.4 oz 40 g)

Nutrition Facts

Serving Size: 1 bar (40 g)

Calories	140
Protein	3 g
Total Carbohydrate	29 g
Dietary Fiber	3 g
Sugars	13 g
Total Fat	2.5 g
Saturated Fat	0.5 g
Trans Fat	0 g
Cholesterol	10 mg
Sodium	150 mg
Vitamin A	10%
Vitamin C	0%
Vitamin E	6%
Thiamin	10%
Riboflavin	15%
Niacin	15%
Vitamin B6	15%
Folic Acid	100%
Iron	20%
Calcium	10%

Ingredients: Whole grain rolled oats, high fructose corn syrup, brown sugar, oat bran concentration, rice flour, oat flour, sugar, margarine (partially hydrogenated soybean oil), soybean oil, water, partially hydrogenated cottonseed oil, salt, monodyglercide, soy lecithin, calcium disodium, annatto color, artificial flavor Vitamin A palmitate, maltodextrin, too tiny to read other trace ingredients

Handout 5.11: Product Label 8, Strawberry Yogurt, Low-Fat

Yogurt

1 container. Net Wt 4 oz (113 g)

Nutrition Facts

Serving Size: 4 oz container (113 g)

Calories	100
Protein	5 g
Total Carbohydrate	14 g
Dietary Fiber	0 g
Sugars	13 g
Total Fat	2 g
Saturated Fat	1 g
Trans Fat	0 g
Cholesterol	10 mg
Sodium	55 mg
Potassium	190 mg
Vitamin A	0%
Vitamin C	0%
Vitamin D	15%
Thiamin	4%
Riboflavin	15%
Iron	0%
Calcium	30%
Phosphorus	15%

Ingredients: Lowfat yogurt (cultured Grade A reduced fat milk, sugar, milk protein concentrate, whey protein concentrate, cornstarch, Kosher gelatin, Vitamin D3), sugar, water, contains less than 1% of calcium citrate, modified cornstarch, natural flavor, fruit and vegetable juices (for color), sodium citrate, malic acid.

Handout 5.12: Product Label 9, Pizza, Whole Grain with Cheese

Pizza, Whole Grain with Cheese/ also served as part of the NSLP reimbursable meal

1 slice: 4.8 oz. *Note: This product did not have the weight in grams; 28.3 grams = 1 oz: (136 g)*

Nutrition Facts

Serving Size: 4.8 oz

Calories	280
Protein	18 g
Total Carbohydrate	31 g
Dietary Fiber	3 g
Sugars	3 g
Total Fat	9 g
Saturated Fat	4 g
Trans Fat	0 g
Cholesterol	25 mg
Sodium	600 mg
Vitamin A	8%
Vitamin C	0%
Iron	1.8%
Calcium	20%

Ingredients: Toppings: Low moisture part-skim mozzarella cheese (cultured pasteurized part-skim milk, salt, enjymes), reduced fat mozzarella pasteurized part skim milk, non-fat milk, modified food starch, cheese culture, potassium chloride, natural flavors, Vitamin A palmitate, enzymes; Crust: White whole wheat flour, enriched wheat flour (contains niacin, reduced iron, thiamine mononitrate; riboflavin, folic acid, malted barley flour, ascorbic acid), water, contains 2% or less of: yeast, soybean oil, sugar, dough conditioner (vegetable gum L-cysteine, enzymes), calcium propionate to maintain freshness; Sauce: Tomatoes (water, tomato paste [not less than 31% soluble solids]), modified food starch, sugar, dextrose, spices, salt, onion, dehydrated Romano cheese (sheep's and cow's milk, cheese cultures, salt, enzymes), garlic powder, paprika, citric acid, beet powder (dehydrated). Contains milk, wheat.

Handout 5.13

MyPyramid.gov
STEPS TO A HEALTHIER YOU

Fact Sheet

Be Salt Savvy – Cut Back on Sodium *for Healthier School Meals*

KEY ISSUES:

- Too much salt and sodium are linked to high blood pressure. Reducing dietary sodium can lower blood pressure, which reduces the risk of heart disease, stroke and kidney disease.
- The *2005 Dietary Guidelines for Americans* recommend that both adults and children get less than 2,300 mg of sodium (approximately one teaspoon of salt) per day. Many students eat nearly double the daily recommended amount!
- The typical school lunch contains more than 1,000 mg of sodium. Strive to offer school lunches with less than 800 mg of sodium.
- Cutting back on sodium in school meals can help students learn to enjoy foods for their natural tastes. Kicking the salt habit may provide health benefits for a lifetime.

Nearly all Americans consume more sodium than they need. Often we don't know how much sodium we are getting. Taste alone may not tell us which foods are high in sodium. Table salt (sodium chloride) isn't the only source of sodium. Look at ingredient lists for other sources, such as monosodium glutamate (MSG), baking soda, baking powder, disodium phosphate, sodium alginate, and sodium nitrate or nitrite.

Children's taste for salt is a learned habit. By gradually reducing the salt and sodium in school meals, students' tastes can change. Offer lower sodium versions of popular menu items and recipes at the beginning of a school year. Students may hardly notice the difference. Be "salt savvy" and help students enjoy the taste of the food instead of the salt!

Easy ways to follow the *2005 Dietary Guidelines for Americans*

Recipe for Success

- **Read Nutrition Facts labels** to compare the sodium content for similar foods. Foods that are low in sodium contain less than 140 mg or 5% Daily Value (DV). Choose products with the lowest amount of sodium per serving.
- **Serve more fresh foods** and fewer processed foods. Most fresh fruits and vegetables are naturally low in sodium.
- **Talk to food vendors that offer low-sodium products.** Order lower sodium versions when purchasing popular processed foods.

Nutrition Facts
Serving Size 1 slice (34g)
Servings Per Container 108

Amount Per Serving		
Calories 90	Calories from Fat 15	
		%Daily Value*
Total Fat 1.5g		2 %
Saturated Fat 0g		0 %
Trans Fat 0g		
Cholesterol 0mg		0 %
Sodium 140mg		6 %
Total Carbohydrate 16g		5 %
Dietary Fiber 1g		0 %
Sugars 2g		
Protein 2g		
Vitamin A 0%	Vitamin C 0%	
Calcium 0%	Iron 6%	

* Percent Daily Values are based on a 2,000 calorie diet.

USDA Commodity Food Program

USDA plans to offer new low-sodium canned vegetables through the USDA Commodity Food Program in School Year 2009. Schools can also order frozen vegetables as a lower sodium option. Check the list of available foods at: www.fns.usda.gov/fdd/programs/schcnp/.

- **Offer high-sodium foods less often.** Go easy on pre-prepared, processed entrees and side dishes, such as pizza, chicken nuggets, and hot dogs. Use grilled chicken breast instead of luncheon meat, bacon, sausage, or ham.
- **Modify recipes that use high-sodium ingredients** such as cheese sauces, canned soups, tomato sauce, paste, or spaghetti sauce, canned vegetables, chips, and taco shells. Use lower sodium versions or use less. Remove salt from recipes whenever possible. (Note: Do not leave out the salt when preparing baked goods because it could affect the baking process.)
- **Use fresh or dried herbs,** spices, lemon or orange zest, or fruit juices to jazz up the flavors in foods without adding sodium!

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Messages for Students

- Be "salt savvy"- read the Nutrition Facts label and choose foods with less sodium.
- Try fruit or veggies with low-fat dip instead of salty snack foods.

Did You Know?

Most sodium (about 75 percent) in our diet comes from eating processed and prepared foods, such as canned vegetables, soups, luncheon meats, and frozen entrees. Food manufacturers use salt or other sodium-containing compounds to preserve food as well as to modify the taste and texture.

Some condiments such as soy sauce and ketchup can be high in sodium. Adding them - either while cooking or at the table - can raise the sodium content of the meal!

Sodium that naturally occurs in meat, poultry, dairy products, and vegetables, accounts for only about 10 percent of our salt intake.

For more information:

www.mypyramid.gov

www.fns.usda.gov/oane/MENU/Published/CNP/FILES/SNDAIII-Vol2.pdf

Handout 5.14

MyPyramid.gov
STEPS TO A HEALTHIER YOU

Fact Sheet

Trim *Trans* Fat *for Healthier School Meals*

KEY ISSUES:

- Most Americans, including children, need to decrease their intake of *trans* fat according to the *2005 Dietary Guidelines for Americans*.
- A high intake of *trans* fat, as well as saturated fat and cholesterol, may increase the risk of coronary heart disease.
- Schools should serve meals with little or no *trans* fat to help reduce this risk.

We know that fats and oils are a part of a healthful diet, but the type of fat makes a difference to heart health. Although a small amount of *trans* fat is found naturally in foods like meat, butter, and milk, most *trans* fat is formed when hydrogen is added to an oil to make a more solid fat like shortening or margarine. This process, called "hydrogenation," increases shelf life and helps maintain the flavor and texture of foods.

You can reduce the amount of *trans* fat your students consume by eliminating products with *trans* fat or serving them less often. Check the Nutrition Facts labels and note the amount of "*trans* fat" listed just below "saturated fat." Food manufacturers can show "0 grams of *trans* fat" if a serving contains less than 0.5 gram.

Nutrition Facts
Serving Size 1 slice (34g)
Servings Per Container 108

Amount Per Serving		
Calories 90	Calories from Fat 15	
		% Daily Value*
Total Fat 1.5g		2 %
Saturated Fat 0g		0 %
Trans Fat 0g		
Cholesterol 0mg		0 %
Sodium 140mg		6 %
Total Carbohydrate 16g		5 %
Dietary Fiber 1g		0 %
Sugars 2g		
Protein 2g		
Vitamin A 0%	• Vitamin C 0%	
Calcium 0%	• Iron 6%	

* Percent Daily Values are based on a 2,000 calorie diet.

Easy ways to follow the *2005 Dietary Guidelines for Americans*

Recipe for Success

- **Review your menus.** Serve foods with *trans* fat less often.
- **Check Nutrition Facts labels and ingredient lists on similar foods.** Choose the food with the lowest amount of *trans* fat. Review nutrition labels frequently, as manufacturers change products regularly. Foods that list "shortening" or "partially hydrogenated vegetable oil" as an ingredient may contain *trans* fat.
- **Talk with your current food vendors about new products with little or no *trans* fat.** Look for vendors that have eliminated or reduced *trans* fat in their products.

USDA Commodity Food Program

USDA eliminated trans fat from its frozen potato products and stopped offering solid shortening. For more information about USDA commodity products and updates on efforts to reduce trans fat in other popular products, visit: www.fns.usda.gov/fdd/programs/schcnp/.

- **Write specifications for food products** with no *trans* fat.
- **Serve nonbreaded meat products**, which usually contain less *trans* fat than breaded products.
- **Offer fruits and vegetables** to satisfy kids' tastes for sweet and crunchy foods.
- **Discontinue the sale of á la carte snacks** containing *trans* fat such as certain types of cakes, cookies, and crackers.
- **Take the HealthierUS School Challenge!** Go for the Gold and offer meals that include more fruits, vegetables, and whole grains, which are naturally low in *trans* fat!

For more information:

www.MyPyramid.gov

www.cfsan.fda.gov/~dms/transfat.html#whatis

www.cnpp.usda.gov/DietaryGuidelines.htm

www.teamnutrition.usda.gov/HealthierUS/index.html

Messages for Students

- Be "label able." Learn to read the Nutrition Facts label so you can make healthier food choices.
- For a fast and fun snack, grab nuts and fruits instead of cookies and chips.

Did You Know?

Processed foods and oils provide about 80 percent of *trans* fat in the diet, compared to about 20 percent that occur naturally in food from animal sources.

These categories of processed foods contribute to the 80 percent:

40%	cakes, cookies, crackers, pies, bread, etc.
17%	margarine
8%	fried potatoes
5%	potato chips, corn chips, popcorn
4%	household shortening
5%	other foods including breakfast cereal and candy

Handout 5.15

MyPyramid.gov
STEPS TO A HEALTHIER YOU

Fact Sheet

Limit Saturated Fat & Cholesterol *for Healthier School Meals*

KEY ISSUES:

- Most Americans need to decrease their dietary intakes of saturated fat. Many Americans also need to decrease their intake of cholesterol to reduce the risk of heart disease.
- The *2005 Dietary Guidelines for Americans* recommend we eat less than 10 percent of calories from saturated fat and less than 300 mg of cholesterol per day.
- When averaged over a week, school meals must provide less than 10 percent of calories from saturated fat (no more than 6-8 grams at lunch).
- Aim for less than 100 mg of cholesterol at lunch and less than 75 mg at breakfast on average over a week.
- Schools can meet these recommendations by serving lean meats, encouraging more fruits, vegetables, dry beans, and whole grains, and serving only fat-free or low-fat (1%) milk.

When it comes to heart health, the type and amount of fat we eat makes a big difference. Many Americans eat too much saturated fat and cholesterol, which increase unhealthy blood lipids (low-density lipoproteins, or "LDL cholesterol"). Most of the saturated fat in our diet comes from cheese and other higher fat dairy products, beef, and baked goods like cakes, cookies, and doughnuts. Foods higher in saturated fat usually contain more cholesterol, too.

Look for the amount of "saturated fat", "*trans* fat," and "cholesterol" per serving listed on the Nutrition Facts label. Choose foods that have the least amount of all three. A manufacturer can claim a food as "low-cholesterol" if the product contains 20 mg of cholesterol or less and 2 g or less of saturated fat per serving.

Easy ways to follow the *2005 Dietary Guidelines for Americans*

Recipe for Success

- **Offer fat-free (skim) or low-fat (1%) milk and yogurt.** They're rich in protein, calcium, and other nutrients and lower in saturated fat and cholesterol.
- **Try low-fat cottage cheese**, part-skim mozzarella, ricotta, and other low-fat or reduced-fat cheeses.
- **Omit butter and cream in sauces** or as a seasoning for vegetables. Try herbs and spices to add more flavor without the fat.
- **Choose lean cuts of meats** with minimal visible fat. Trim all outside fat before cooking and remove the skin on poultry.
- **Prepare fish baked, broiled, or grilled** rather than breaded and fried.

USDA Commodity Food Program

USDA has reduced or eliminated saturated fat and cholesterol in commodities offered to schools. Shortening and butter are no longer available. Processors now use lean meat in place of skin and fat in processed poultry products. Schools can order lean meats and poultry items, part-skim mozzarella cheese, and other reduced-fat cheeses through the commodity program. Check the list of available foods at: www.fns.usda.gov/fdd/programs/schcnp/.

- **Avoid using too many processed meats** including sausage, bologna, salami, and hot dogs — even those with "reduced fat" labels — they may still be high in calories, saturated fat, and cholesterol. Serve grilled, skinless chicken breast instead.
- **Limit certain bakery products** like doughnuts, pies, cakes, cookies, and crackers, which may contain saturated fat and *trans* fat.

Messages for Students

- Want a crunchy addition to your salad? Try a small scoop of nuts. Nuts provide mostly unsaturated fats and are high in protein, leaving you feeling satisfied.
- Grab a handful of nuts and fruit for a smart snack.
- Did you eat pizza yesterday? Try something different today!

For more information:

www.MyPyramid.gov

Did You Know?

Cholesterol is a waxy, fat-like substance that the body needs to function normally. Our bodies make enough cholesterol, so there is no required amount we should eat each day. When you have too much cholesterol—because of diet, how well your body is able to process it, or your genetic history—it can build up in arteries and restrict blood flow to the heart and brain.

Two major types of cholesterol in the blood are:

Low-Density Lipoprotein (LDL) - It is normal to have some of this type of cholesterol, but when too much LDL cholesterol circulates in the blood, it can slowly clog the arteries supplying blood to the heart and brain. This increases your risk for a heart attack.

High-Density Lipoprotein (HDL) - The "good" form of cholesterol helps to keep the arteries clear. Some studies suggest that high levels of HDL cholesterol can reduce your risk of heart attack and stroke.

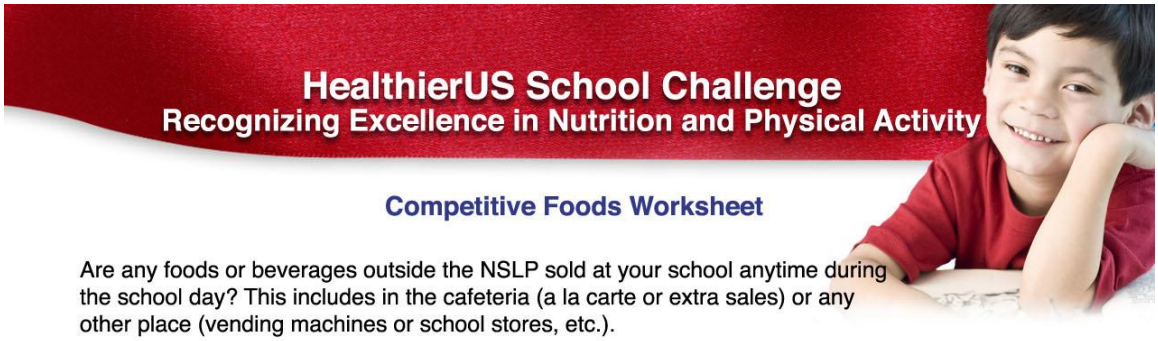
Liver, other organ meats, egg yolks, and dairy fats contain higher levels of cholesterol. Plant foods such as vegetables, fruits, whole grains, and nuts contain no dietary cholesterol.

Handout 5.16: *Ingredient Sources of Dietary Components to Limit* Activity

Match the recipe ingredients on the left to the dietary component on the right. There may be more than one correct match.

Recipe Ingredients	Dietary Components to Limit
_____ 1. Granulated sugar	a. *Trans* fat
_____ 2. Soy sauce	b. Sodium
_____ 3. Lard	c. Added sugars
_____ 4. Honey	d. Saturated fat
_____ 5. Worcestershire sauce	
_____ 6. Pickles	
_____ 7. Brown sugar	
_____ 8. Spaghetti sauce	
_____ 9. Monosodium glutamate	
_____ 10. Seasoning salts	
_____ 11. Ketchup	
_____ 12. Shortening or partially hydrogenated vegetable oil	
_____ 13. Canned soups or broths	
_____ 14. Cheese (regular)	
_____ 15. Molasses or syrup	
_____ 16. Canned vegetables	
_____ 17. Salted or cured meats	
_____ 18. Tomato sauce and paste	
_____ 19. Whole or reduced-fat (2%) milk	
_____ 20. Chips	

Handout 5.17:



HealthierUS School Challenge
Recognizing Excellence in Nutrition and Physical Activity

Competitive Foods Worksheet

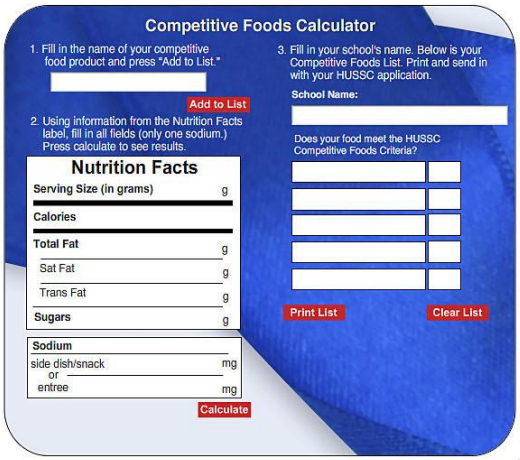
Are any foods or beverages outside the NSLP sold at your school anytime during the school day? This includes in the cafeteria (a la carte or extra sales) or any other place (vending machines or school stores, etc.).

☐ Yes ☐ No

If YES, go to the online HUSSC Competitive Foods Calculator to determine if the food and beverages sold as competitive foods meet the HUSSC criteria. Print out results from the Calculator and include with product ingredient labels, Nutrition Facts Labels and/or recipes for each item in the application.

If this is a school made product please submit the recipe with the application.

Seconds or extra sales of entrees offered as part of the day's reimbursable lunches are exempt.



Reminder Save Your Work!

http://healthymeals.nal.usda.gov/hsmrs/HUSSC/calculator.html

The calculator formulas are at http://teamnutrition.usda.gov/HealthierUS/formulas_foodcalc.pdf

Please check when page is completed. ☐

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HealthierUS School Challenge
Recognizing Excellence in Nutrition and Physical Activity

Competitive Foods Worksheet

Does your school sell/serve a la carte or extra foods or beverages during meal periods in the food service area(s), including vending machines or a school store, in competition with school meals?

☐ Yes ☐ No

If YES, go to the online HUSSC Competitive Foods Calculator to determine if the food and beverages sold as competitive foods meet the HUSSC criteria. Print out results from the Calculator and include with product ingredient labels, Nutrition Facts Labels and/or recipes for each item in the application.

If this is a school made product please submit the recipe with the application.

Seconds or extra sales of entrees offered as part of the day's reimbursable lunches are exempt.

http://healthymeals.nal.usda.gov/hsmrs/HUSSC/calculator.html

The calculator formulas are at http://teamnutrition.usda.gov/HealthierUS/index.html

Please check when page is completed. ☐