

SCSDB Nutrition Council



Food Service changes for positive nutritional benefits

Proudly Presents Information for You - Fuel for Your Body!

Children over six to teen age girls - 2,200 calories (recommended daily calorie intake)
Teen age boys - 2,800 calories

	2,200 calories	2,800 calories
Bread group	9 (servings)	11
Vegetables	4	5
Fruit	3	4
Meat	2 (6 oz. total)	3 (7 oz. total)
Milk	3	3

Examples of group serving size

- 1 milk = 1 - 8 oz. cup skim or low fat milk or 1 - 6 oz. yogurt or 2 oz. processed cheese
- 1 meat = 3 oz. lean meat, poultry or fish or 1 egg or 2 oz. peanut butter
- 1 bread = 1 slice of bread or 1 cup cereal or ½ cup rice/pasta
- 1 vegetable = 1 cup raw leafy vegetable or ½ cup cooked or raw or ¾ cup vegetable juice
- 1 fruit = 1 medium apple, banana, orange or ½ cup canned fruit or ¾ cup 100% fruit juice

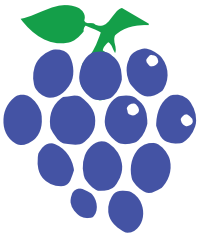
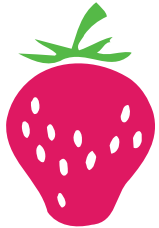
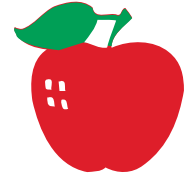
Exercise

Sixty minutes of moderate physical activity. Play tag, jump rope, ride a bicycle, dance, run, roller-skate, walk

Healthy Snack Examples

Banana, string cheese, grapes, applesauce, crackers, peanut butter & jelly sandwich, oatmeal cookie

- ✓ Wheat bread vs. white bread
- ✓ Healthy choices for snack break, i.e. peanut butter and crackers, fruit cocktail, juice, yogurt, cheese
- ✓ Alternating dessert choices with fresh fruit bowls and regular desserts
- ✓ Use of sugar-free puddings and Jell-O
- ✓ Use of low-fat cake and muffin mixes
- ✓ Limit the amount of sugar cereals (1 non-sugar choice/2 low sugar choices)
- ✓ Limit fried foods
- ✓ Omit sweet breakfast items, i.e. donuts, Danish pastry, pecan spins, cinnamon rolls
- ✓ Most food is prepared from scratch versus pre-packaged foods
- ✓ Nutrition information available in all three dining halls for education
- ✓ Fresh fruit and salad bar available with low fat/low calorie dressing choices



- Sanitation and cleanliness is important for many reasons such as not spreading germs and keeping our food safe.
- It is important for students to wash their hands before eating their meals.
- As a reminder, please supervise your students when they are serving themselves at the salad bar and self serve stations.

For more information about nutrition:

<http://www.usda.gov>
<http://www.nutrition.gov>