

Food Recommendations

Entrée items in the portion sizes served as a component of the USDA reimbursable breakfast and lunch program are recommended for sale without meeting additional nutrition standards.

Fresh, frozen, canned vegetables

Not prepared by deep fat frying

No saturated or trans fat in salad dressings, breading or margarine-type toppings

Fresh, frozen, canned, dried fruit

No added sugar or artificial sweeteners

Canned in natural juice or water

Low fat and fat free yogurt, pudding, frozen yogurt, ice milk

< 200 calories/selling unit

No artificial sweeteners

The American Academy of Pediatrics Policy Statement on Calcium Requirements of Infants, Children and Adolescents recommends daily consumption of milk, yogurt and cheese and other calcium rich foods for children to help build bone mass.

Regular and low fat natural and processed cheese

< 200 calories/selling unit

Breads, cereals, grains

Whole grains preferred

Not prepared by deep fat frying

< 1 gram fiber/selling unit

Meat, fish, poultry

Not prepared by deep fat frying

No added saturated or trans fats in breading, fillers

Nuts, nut butters, seeds, seed butters, soy butter, hummus

< 2 oz portion

No trans fats

Snack foods: chips, pretzels, crackers, popcorn, breakfast pastries, breakfast bars, cookies, cakes, pies

< 200 calories per selling unit

< 35% calories from fat (< 7.6 grams per selling unit)

< 10% calories from saturated fat (< 2.2 grams per selling unit)

No trans fats

< 35% total sugar by weight (< 35 grams of sugar per 100 grams of product)

Foods of Minimal Nutritional Value as defined by USDA are not recommended.

Beverage Recommendations

Water Caffeine free

No added natural or artificial sweeteners

Vegetable Juice Any

Fruit Juice > 50% juice, no added natural or artificial sweeteners

< 12 oz portion for 100% juices

Excessive consumption of fruit juices may contribute to overweight and obesity. The American Academy of Pediatrics recommends no more than 8 12 oz 100% fruit juice/day for 7-18 year olds.

Milk Low fat and fat free

Flavored Milk Low fat and fat free

< 16 oz portion

No artificial sweeteners; < 4 grams total sugar/oz

Only 20% of 9-19 year olds meet the Dietary Guidelines recommendation for three servings of dairy/day. The Dietary Guidelines support the addition of small amounts of sugar to nutrient rich foods like reduced fat milk to increase palatability to improve nutrient intake.

Yogurt Drinks Low fat and fat free

< 12 oz portion

No artificial sweeteners; < 4 grams total sugar/oz

Soy and Rice USDA approved dairy substitute preferred

Must be fortified with calcium and vitamin D equal to milk

Fat level < 2.3 grams fat/100 calories (same as low fat milk)

Beverages

< 16 oz portion

No artificial sweeteners; < 4 grams total sugar/oz

Soda, Tea, Not recommended

Lemonade, American Academy of Pediatrics Policy Statement on Soft Drinks in

Fruit drinks, Schools: Potential health problems associated with high intake of sweetened drinks are 1) overweight or obesity attributable to additional calories in the diet; 2) displacement of milk consumption resulting in calcium deficiency with attendant risk of osteoporosis and fractures; and 3) dental caries and potential enamel erosion.

Fruit punches

Diet soda Not recommended

While not a source of calories, these may displace consumption of healthier beverages.

Diet beverages

Sports beverages Not recommended

Sports drinks are only recommended for actual times of vigorous physical activity that last 60-90 minutes. (Nancy Clark's Sports Nutrition Guidebook, 3rd edition.)

Oyster River Cooperative School District Nutrition Guidelines* for Competitive Foods & Vending Machines