



# Nutrition Tidbits



## Dietary Guidelines for Americans 2015

The 2015–2020 Dietary Guidelines is designed to help Americans eat a healthier diet. Intended for policymakers and health professionals, this edition of the Dietary Guidelines outlines how people can improve their overall eating patterns — the complete combination of foods and drinks in their diet. This edition offers 5 overarching Guidelines and a number of Key Recommendations with specific nutritional targets and dietary limits.

### The Guidelines:

1. Follow a healthy eating pattern across the lifespan. All food and beverage choices matter. Choose a healthy eating pattern at an appropriate calorie level to help achieve and maintain a healthy body weight, support nutrient adequacy, and reduce the risk of chronic disease.
2. Focus on variety, nutrient density, and amount. To meet nutrient needs within calorie limits, choose a variety of nutrient-dense foods across and within all food groups in recommended amounts.
3. Limit calories from added sugars and saturated fats and reduce sodium intake. Consume an eating pattern low in added sugars, saturated fats, and sodium. Cut back on foods and beverages higher in these components to amounts that fit within healthy eating patterns.
4. Shift to healthier food and beverage choices. Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices. Consider cultural and personal preferences to make these shifts easier to accomplish and maintain.
5. Support healthy eating patterns for all. Everyone has a role in helping to create and support healthy eating patterns in multiple settings nationwide, from home to school to work to communities.

### DGA Key Recommendations...sound like School Lunch regulations

The *Dietary Guidelines*' Key Recommendations for healthy eating patterns should be applied in their entirety, given the interconnected relationship that each dietary component can have with others.

#### Consume a healthy eating pattern that accounts for all foods and beverages within an appropriate calorie level.

##### A healthy eating pattern includes:<sup>1,2</sup>

- A variety of vegetables from all of the subgroups—dark green, red and orange, legumes (beans and peas), starchy, and other
- Fruits, especially whole fruits
- Grains, at least half of which are whole grains
- Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
- A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products
- Oils

##### A healthy eating pattern limits:

- Saturated fats and *trans* fats, added sugars, and sodium

Key Recommendations that are quantitative are provided for several components of the diet that should be limited. These components are of particular public health concern in the United States, and the specified limits can help individuals achieve healthy eating patterns within calorie limits:

- Consume less than 10 percent of calories per day from added sugars<sup>3,4</sup>
- Consume less than 10 percent of calories per day from saturated fats<sup>5</sup>
- Consume less than 2,300 milligrams (mg) per day of sodium<sup>6</sup>

If alcohol is consumed, it should be consumed in moderation—up to one drink per day for women and up to two drinks per day for men—and only by adults of legal drinking age.<sup>7</sup>

In tandem with the recommendations above, Americans of all ages—children, adolescents, adults, and older adults—should meet the *Physical Activity Guidelines for Americans* to help promote health and reduce the risk of chronic disease. Americans should aim to achieve and maintain a healthy body weight. The relationship between diet and physical activity contributes to calorie balance and managing body weight. As such, the *Dietary Guidelines* includes a Key Recommendation to

Meet the *Physical Activity Guidelines for Americans*.<sup>8</sup>

**A la carte items sold during lunch within QCUSD must meet the USDA Smart Snacks Standards. Listed below are the guidelines and the nutrition information for all a la carte items.**

<b>Does not exceed 200 calories</b>	<b>≤35% total calories from fat (excludes nuts, seeds, reduced fat cheese)</b>
<b>Zero grams trans fat</b>	<b>≤10% calories from saturated fat</b>
<b>No more than 35% total sugar by weight</b>	<b>Maximum 230 mg sodium per item</b>

**After meeting ALL of these standards, each item must also meet ONE of the following:**

- Whole grain rich (at least 50%)
- Have as the first ingredient a fruit, vegetable, dairy product or protein food (meat, beans, etc.)
- Be a “combination food” with at least 1/4 cup fruit and/or vegetable
- Contain 10% of the Daily Value of one nutrient of public health concern (through June 30, 2016) such as Calcium, Potassium, Vitamin D, or Dietary Fiber



#### Baked Cookies—\$.25

Cal: 183, Cal from Fat: 55 (30%), Total Fat: 6g, Sat Fat: 1.65g (8.1%), Sodium: 150mg, Fiber: 2g, Sugar: 12g (28.6%), Protein: 3g

#### Fudge Brownie (low fat) —\$.75

Cal: 175, Cal from Fat: 23 (13%), Total Fat: 3g, Sat Fat: 1g (5.1%), Sodium: 206mg, Fiber: 1g, Sugar: 18g (31.5%), Protein: 3g

#### Cereal Bars (Cinnamon)—\$.75

Cal: 140, Cal from Fat: 30 (21%), Total Fat: 3.5g, Sat Fat: .5g (3.2%), Sodium: 125mg, Fiber: 1g, Sugar: 10g (27%), Protein: 2g

#### Simply Chex (Chocolate)—\$.75

Cal: 150, Cal from Fat: 45 (30%), Total Fat: 5g, Sat Fat: 1.5g (9%), Sodium: 80mg, Fiber: 2g, Sugar: 9g (26%), Protein: 2g

#### Sunflower Seeds (Salted)\*—\$.50

Cal: 170, Cal from Fat: 130 (exempt), Total Fat: 14.5g, Sat Fat: 2g, Sodium: 110mg, Fiber: 3g, Sugar: 1g (3%), Protein: 5g

#### Fantastix! (Flamin' Hot)—\$.75

Cal: 130, Cal from Fat: 45 (34.6%), Total Fat: 5g, Sat Fat: 1g (6.9%), Sodium: 210mg, Fiber: 1g, Sugar: 0g, Protein: 2g

#### Blue Bunny Ice Cream Sandwich 3oz—\$.75

Cal: 130, Cal from Fat: 25, Total Fat: 2.5g (17.3%), Sat Fat: 1g (6.9%), Sodium: 105mg, Fiber: <1g, Sugar: 12g (21.8%), Protein: 3g

#### Whole Grain Rice Krispies Treat—\$.75

Cal: 160, Cal from Fat: 35, Total Fat: 4g (22.5%), Sat Fat: 1g (5.6%), Sodium: 150mg, Fiber: <1g, Sugar: 11g (27.5%), Protein: 2g

#### 100% Juice Penguin Ice 7oz (slush)—\$.75

Cal: 87, Cal from Fat: 0, Total Fat: 0g (0%), Sat Fat: 0g (0%), Sodium: 12.79mg, Fiber: 0g, Carbohydrates: 21g (14.29%), Protein: 0g

#### 100% Fruit Juice 4oz (Grape)—\$.50

Cal: 80, Cal from Fat: .9, Total Fat: .1g, Sat. Fat: 0g, Sodium: Trace, Fiber: 0g, Protein : .5g

#### Fat Free Milk 8oz (Chocolate)—\$.50

Cal: 140, Cal from Fat: 0, Total Fat: 0g, Sat. Fat: 0g, Sodium: 200mg, Fiber: 0g, Sugar: 24g, Protein: 8g

**\*\*Available daily; 100% Orange, Apple, Apple-Cherry, Fruit Punch, Grape, or Orange Juice(4oz), 1% milk (8oz), fat-free chocolate or strawberry milk (8oz), fresh or canned fruits and vegetables (\$.50)\*\***