

What's New About the Missouri Eat Smart Guidelines?

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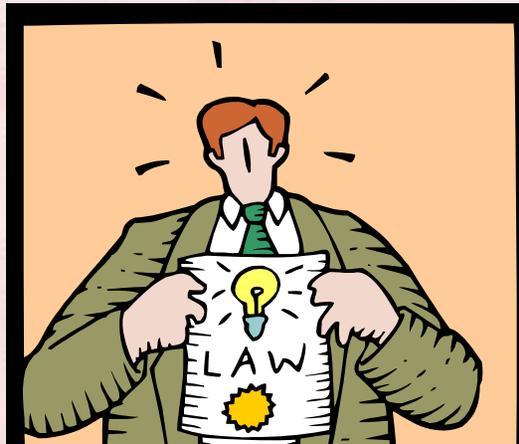
Department of Elementary and
Secondary Education

School Food Services



Child Nutrition and WIC Reauthorization Act of 2004

- As of the beginning of the 2006-2007 school year, every Local Education Agency is required to have a Local Wellness Policy.



Intent of the Law

- Keep decisions at the local level to promote student health and to reduce “childhood overweight” by targeting obesity risk factors of physical inactivity and unhealthy eating.



Who Develops the Wellness Policy?

- Local Level
 - Parents, Students, School Board, Representative of School Food Authority, School Administrators, and the Public.
 - Select what is manageable for you and what is beneficial to your students.



Component of a Local Wellness Policy

- Nutrition Guidelines:
 - Selected by the LEA for all foods available on each campus during the school day with the objective of promoting student health and reducing childhood obesity.



Missouri Eat Smart Guidelines Grades PK – 12

- Set of guidelines
- Voluntary, not a requirement
 - Can be a good tool to use when working on your own local wellness policy
- You can choose to adopt all, use part, or develop your own



6 Areas of Guidance

1. School Meals
 - National School Lunch Program (NSLP)
 - School Breakfast Program (SBP)
2. A La Carte
 - Items sold in competition with the NSLP or SBP
3. Vending
 - Machines and School Stores
4. Before and After School Programs
5. Other
 - Including classroom rewards, classroom parties and celebrations, fundraisers, and intramural events
6. Environmental Factors
 - NEW AREA!!



Three Target Levels

- Minimum
- Intermediate
 - More healthful than minimum.
- Advanced
 - More healthful than intermediate.



NEW TARGET LEVEL!

- Exemplary
 - More Healthful than Advanced



School Meals

- National School Lunch Program (NSLP)
- School Breakfast Program (SBP)
- Minimum: All school meals comply with USDA regulations and state policies.



A La Carte

- All other food and beverage items sold by the school food service program in the school cafeteria or other locations where school meals are served or eaten.



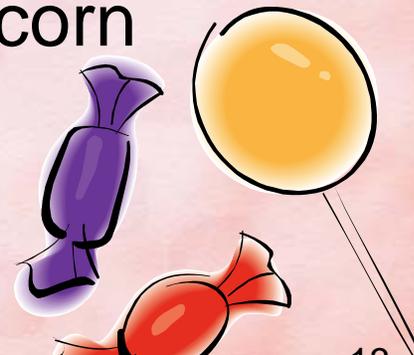
A La Carte

- Minimum: A la carte items comply with USDA regulations prohibiting the sale of Foods of Minimal Nutritional Value (FMNV) where school meals are served or eaten during the meal period.



FMNV Categories

- Soda water
- Water ices
- Chewing gum
- Certain candies such as:
 - Hard candy
 - Jellies and gums
 - Marshmallow candies
 - Fondant
 - Licorice
 - Spun candies
 - Candy coated popcorn



DANIMALS CUPS

Strawberry Kiwi

Serving Size: 4 oz; 113g.



	Amount Per Serving	%DV*
Calories	100	
Calories from fat	20	
Total Fat	2g	3%
Saturated Fat	1g	5%
<i>Trans Fat</i>	0g	
Cholesterol	10mg	3%
Sodium	55mg	2%
Potassium	190mg	5%
Total Carbohydrate	14g	5%
Dietary Fiber	0g	0%
Sugars	13g	
Protein	5g	10%
Vitamin A		0%
Vitamin C		0%
Thiamin (Vitamin B1)		4%
Riboflavin		15%
Iron		0%
Vitamin D		15%
Calcium		30%
Phosphorus		15%

*%DV means % Daily Value based on a 2000-calorie diet

Ingredients:

Lowfat Yogurt [Cultured Grade A Reduced Fat Milk, Sugar, Milk Protein Concentrate, Whey Protein Concentrate, Corn Starch, Kosher Gelatin, Vitamin D₃], Sugar, Water, Contains Less Than 1% Of - Calcium Citrate, Modified Corn Starch, Natural Flavor, Fruit and Vegetable Juices (For Color), Sodium Citrate, Malic Acid
CONTAINS ACTIVE YOGURT CULTURES

Yogurt

- Danimals Cups – Various Flavors
- Made with Low Fat Yogurt
- Serving Size = 4 oz with 13 grams of sugar
 - So for 8 oz serving, 26 grams of sugar
- Fits in:
 - Intermediate
 - Advanced
 - Exemplary



Vending: Machines and School Stores

- Minimum: All vended foods and beverages are sold in compliance with USDA regulations prohibiting the sale of Foods of Minimal Nutritional Value where school meals are served or eaten during the meal period.



Before and After School Programs

(Snacks served regardless of funding source)

- Minimum: “Snack” is two or more items that are served as a unit. If served under the USDA After School Snack Program, the food items comply with all applicable federal regulations and state policies.



Other

- Classroom Rewards, Classroom Parties & Celebrations, Fundraisers, Intramural Events



Other

- Minimum: All foods and beverages are offered in compliance with USDA regulations prohibiting the sale of FMNV where school meals are served or eaten during the meal period.



Environmental Factors

- NEW Category!
- Student participation in the Child Nutrition Program is promoted to facilitate good nutrition and academic learning.
- Only for the Exemplary Level



How do you calculate:

- Percentage of calories from sugar?
- Percentage of calories from fat and saturated fat?



To calculate percentage of calories from sugar:

- 1) Multiply total grams of sugar in one serving by 4.
- 2) Divide this number by the amount of calories per serving.
- 3) Multiply by 100.

To calculate percentage of calories from fat & saturated fat:

- 1) Multiply total grams of fat in one serving by 9.
- 2) Divide this number by the amount of calories per serving.
- 3) Multiply by 100.

Whole Grain
Guaranteed



Nutrition Highlights
100% Whole Grain Oats
No Artificial Flavors or Colors
No High Fructose Corn Syrup

Cheerios

Toasted Whole Grain Oat Cereal



NET WT 14 OZ (396g)

WHOLE GRAIN OATS (INCLUDES THE OAT BRAN), MODIFIED CORN STARCH, POTASSIUM PHOSPHATE, OAT FIBER, WHEAT STARCH, VITAMIN E (MIXED TOWER) ADDED TO PRESERVE FRESHNESS.

MINERALS: CALCIUM CARBONATE, IRON AND ZINC (MINERAL NUTRIENTS), VITAMIN C (ASCORBATE), A B VITAMIN (NICINAMIDE), VITAMIN B₅ (PYRIDOXINE HCL), VITAMIN B₂ (RIBOFLAVIN), VITAMIN B₁ (THIAMIN MONONITRATE), POTASSIUM CITRATE, A B VITAMIN (FOLIC ACID), VITAMIN B₁₂, VITAMIN D₂.

DISTRIBUTED BY **General Mills Cereals, LLC**
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Diabetes Exchange Lists are based on *Choose Your Foods: Exchange Lists for Diabetes* ©2008 the American Diabetes Association

Nutrition Facts

Serving Size 1 cup (28g)
Children Under 4 - ¾ cup (21g)
Servings Per Container about 14
Children Under 4 - about 19

Amount Per Serving	Cheerios	with ½ cup skim milk	Cereal for Children Under 4
Calories	100	140	80
Calories from Fat	15	20	10
% Daily Value**			
Total Fat 2g*	3%	3%	1.5g
Saturated Fat 0g	0%	3%	0g
Trans Fat 0g			0g
Polyunsaturated Fat 0.5g			0g
Monounsaturated Fat 0.5g			0g
Cholesterol 0mg	0%	1%	0mg
Sodium 190mg	8%	10%	140mg
Potassium 170mg	5%	11%	130mg
Total Carbohydrate 20g	7%	9%	15g
Dietary Fiber 3g	11%	11%	2g
Soluble Fiber 1g			0g
Sugars 1g			1g
Other Carbohydrate 16g			12g
Protein 3g			2g

			% Daily Value
Protein	-	-	9%
Vitamin A	10%	15%	10%
Vitamin C	10%	10%	10%
Calcium	10%	25%	8%
Iron	45%	45%	50%
Vitamin D	10%	25%	6%
Thiamin	25%	30%	35%
Riboflavin	25%	35%	35%
Niacin	25%	25%	35%
Vitamin B ₆	25%	25%	45%
Folic Acid	50%	50%	60%
Vitamin B ₁₂	25%	35%	30%
Phosphorus	10%	25%	8%
Magnesium	10%	10%	10%
Zinc	25%	30%	30%
Copper	2%	2%	2%

* Amount in cereal. A serving of cereal plus skim milk provides 2g total fat (0.5g saturated fat, 1g monounsaturated fat), less than 5mg cholesterol, 250mg sodium, 370mg potassium, 26g total carbohydrate (7g sugars) and 7g protein.

** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g

% of calories from sugar

$$\frac{1}{\text{(grams sugar)}} \times 4 = \underline{4}$$

$$\frac{4}{\text{(answer from above)}} \div \frac{100}{\text{(calories/serving)}} = \underline{.04}$$

$$\frac{.04}{\text{(answer from above)}} \times 100 = \underline{4\%}$$

(to get %)

- So...less than 35% of calories from sugar per serving



Fiber in cereal

- 3 grams of Dietary Fiber
- So...Cheerios fits in:
 - Intermediate
 - Advanced
 - Exemplary



Baked!

Lay's

ORIGINAL



NATURALLY BAKED
POTATO CRISPS

Ingredients: Dehydrated Potatoes, Modified Food Starch, Sugar, Corn Oil, Salt, Soy Lecithin, Leavening (Monocalcium Phosphate and Sodium Bicarbonate), and Dextrose.

Nutrition Facts

Serving Size 1 oz. (28g/About 11 crisps)
Servings Per Container 10

Amount Per Serving

Calories 110 **Calories from Fat** 15

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 150mg **6%**

Total Carbohydrate 23g **8%**

Dietary Fiber 2g **6%**

Sugars 2g

Protein 2g

Vitamin A 0% • Vitamin C 2%

Calcium 4% • Iron 2%

Thiamin 4% • Niacin 6%

Vitamin B6 4% • Phosphorus 8%

Zinc 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Percentage of calories from sugar:

$$\frac{2}{\text{(grams sugar)}} \times 4 = \frac{8}{\text{(calories/serving)}} \div \frac{110}{\text{(calories/serving)}} = \frac{.07}{\text{(calories/serving)}}$$

$$\frac{.07}{\text{(to get \%)}} \times 100 = \frac{7\%}{\text{(to get \%)}}$$

- So...**less** than 35% of total calories from sugar per serving



percentage of calories from fat:

$$\frac{1.5}{\text{(grams fat)}} \times 9 = \frac{13.5}{\text{(calories/serving)}} \div \frac{110}{\text{(calories/serving)}} = \frac{.12}{\text{(calories/serving)}}$$

$$\frac{.12}{\text{(to get \%)}} \times 100 = \frac{12\%}{\text{(to get \%)}}$$

- So...**less** than 35% of total calories from fat per serving



Percentage of calories from saturated fat:

$$\frac{0}{\text{(grams saturated fat)}} \times 9 = \frac{0}{\text{(calories/serving)}} = \frac{0}{\text{(calories/serving)}}$$

$$\frac{0}{\text{(to get \%)}} \times 100 = \underline{\underline{0\%}}$$

- So...**less** than 10% of total calories from saturated fat per serving



Calories, Sodium, Trans Fat

- 110 calories (less than 200)
- 150 mg sodium (less than 200)
- 0 g trans fat (zero trans fat)



So Baked Lays has:

- No more than 35% of calories from sugar
- No more than 35% of calories from fat
- No more than 10% of calories from saturated fat
- No more than 200 calories per serving
- Zero grams of trans fat per serving
- Less than 200 mg sodium per serving
- Fits into:
 - Intermediate
 - Advanced
 - Exemplary





Nutrition Facts

Serving Size 1 oz.

Amount Per Serving

Calories 150 **Calories from Fat** 90

% Daily Value*

Total Fat 10g **16%**

Saturated Fat 1g **6%**

Polyunsaturated Fat 4.5g

Monounsaturated Fat 4.5g

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 180mg **7%**

Potassium 330mg **9%**

Total Carbohydrate 15g **5%**

Dietary Fiber 1g **4%**

Sugars 0g

Protein 2g

Vitamin A 0% • Vitamin C 10%

Calcium 0% • Iron 2%

Vitamin E 6% • Thiamin 2%

Niacin 6% • Vitamin B₆ 4%

Phosphorus 4% • Magnesium 4%

Ingredients: Potatoes, Sunflower Oil or Corn Oil, and Salt.

Percentage of calories from sugar:

$$\frac{0}{\text{(grams sugar)}} \times 4 = \frac{0}{\text{(calories/serving)}} \div \frac{150}{\text{(calories/serving)}} = \frac{0}{\text{(calories/serving)}}$$

$$\frac{0}{\text{(to get \%)}} \times 100 = \underline{\underline{0\%}}$$

- So...**less** than 35% of total calories from sugar per serving



percentage of calories from fat:

$$\frac{10}{\text{grams fat}} \times 9 = \frac{90}{\text{(calories/serving)}} = \frac{.6}{}$$

$$\frac{.6}{\text{(to get \%)}} \times 100 = \underline{\underline{60\%}}$$

- So...**MORE** than 35% of total calories from fat per serving



Percentage of calories from saturated fat:

$$\frac{1}{\text{(grams saturated fat)}} \times 9 = \frac{9}{\text{(calories/serving)}} = .06$$

$$\frac{.06}{\text{(to get \%)}} \times 100 = \underline{6\%}$$

- So...less than 10% of total calories from fat per serving



Calories, Sodium, Trans Fat

- Calories – 150 (less than 200)
- Sodium – 180mg (less than 200)
- Trans Fat – 0g (zero trans fat)



So Classic Lays has:

- No more than 35% of calories from sugar
- **MORE** than 35% of calories from fat
- No more than 10% of calories from saturated fat
- No more than 200 calories per serving
- Zero grams of trans fat per serving
- Less than 200 mg sodium per serving

- Does Not Fit into:

- Intermediate
- Advanced
- Exemplary



Comment Period

July 7th – August 8th

<http://www.dhss.mo.gov/NewsAndPublicNotices/index.html>

OR

<http://dese.mo.gov/divadm/food/>



Questions

Contact Us:

DESE School Food Services

Phone: 573-751-3526

Website: <http://dese.mo.gov/divadm/food/>

