

# School Meals Are Nutritious!

**This fall**, school cafeterias will be meeting tough new federal nutrition standards for school meals, ensuring that meals are well-balanced and provide students all the nutrition they need to succeed at school. Now is a great time to encourage your kids to choose school meals!

**School meals** offer students milk, fruits and vegetables, proteins and grains, and they must meet strict limits on saturated fat and portion size. Starting in School Year 2012-2013, school lunches will meet additional standards requiring:

- Age-appropriate calorie limits
- Larger servings of vegetables and fruits (students must take at least one serving of produce)
- A wider variety of vegetables, including dark green and red/orange vegetables and legumes
- Fat-free or 1% milk (flavored milk must be fat-free)
- More whole grains
- Less sodium

## Want more information?

Go to [www.traytalk.org](http://www.traytalk.org) to get the facts about school meals.

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## Learn More About Whole Grain

We are adding nutritious and tasty whole grain items to the menu.

- Products with whole grain such as cereal, bread and pasta are a great way to get your recommended whole grain.  
(At least 48 grams of whole grain recommended daily. A slice of 100% whole grain bread weighing one ounce, for instance, contains about 16 grams of whole grain.)
- The phrase “whole grain” or “whole” before a grain’s name in the ingredient list means that it includes all parts of the grain kernel.

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#### What is Whole Grain?

Whole grains are seeds that consist of three components

Fiber-rich bran  
Starchy endosperm  
Nurtient-packed germ



## Examples of Grain Products and How to Look for Whole Grain

### Cereal

- Look for “whole grain” on the front of the product.
- “Whole grain” or “whole” is listed in front of wheat, oats, rice, corn, barley, or other grains as the first ingredient.
- Oats are always whole, regardless of whether they’re rolled, instant, fine- or coarse-cut.



### Bread and baked goods

- Look for “whole wheat” and/or “whole grain” in the product’s name.
- A whole grain flour should be listed first or second, after water; “wheat flour” is not whole grain.
- If several flours are used, the majority should be whole grain.



### Rice and pasta

- Brown rice is the only whole-grain rice.
- Semolina is made from refined wheat; look for products made from whole wheat flour.
- Some pastas are made with a mix of whole wheat and white flours.



### Family Fitness Fun Time

Being active is important to overall well-being. Take time as a family to find a fun fitness activity that everyone can enjoy.

- Take a walk around your neighborhood together
- Ride bikes
- Go to a local park and play
- Play catch
- Walk a dog
- Jump rope
- Dance

The key is to find something you enjoy as a family and make the time to be active. Nutrition and physical activity work together for overall well-being.

### At Home Activity – Whole Grain Pantry Hunt



- Search your own cupboards and see how many whole grain products you can find
- The logical place for most of us to look for whole grain is on the product’s package. Look for whole grain on the label or for the whole grain council stamp to help you determine if a product is whole grain.

**Activity – count the number of items you can find that have “whole grain” as the leading grain ingredient**

how many did you find?