

School Nutrition Association Annual National Conference

Child Nutrition Track Education Session

Presentation Title: School Meals (Part II): Raising the Nutrition Profile of School Meals by Implementing the Dietary Guidelines

Speaker: R. Jane Mandell

Date and Time: Sunday 7/20/2008, 1:15 - 2:15 p.m.

Description: This session will cover the key recommendations in the 2005 Dietary Guidelines and review newly released Fact Sheets on key topics. Other materials and resources available to State Agencies, School Food Authorities and local school districts will be reviewed. The session will also emphasize ways to implement the Dietary Guidelines within the existing meal pattern requirements.

Session content:

Key recommendations of the 2005 Dietary Guidelines

- 1. Fruits**
- 2. Vegetables**
- 3. Low-fat and Fat-free Milk and Milk Products**
- 4. Whole Grains**
- 5. Trans Fat**
- 6. Fiber**
- 7. Cholesterol and Saturated Fat**
- 8. Dry Beans and Peas (Legumes)**
- 9. Sodium**

Tools and resources available to implement the key recommendations.