

SNA ANC Education Session Presentation Outline

Title: Nutrient-Rich Foods: Helping Children Build Healthy Diets

Day, Date: Tuesday, 7/22/2008

Time: 8:30 am-9:30 am ET

Handout: *Nutrition Reviews*, Jan 2008

Speaker 1: Alicia Moag-Stahlberg, MS, RD, LD, Former and Founding Executive Director, Action for Healthy Kids

- I. Shape the session by providing an overview of the school nutrition environment
 - a. Escalating rate of childhood obesity
 - b. Facts that many children remain overfed yet undernourished
 - c. 2005 Dietary Guidelines Advisory Committee's request that Americans over age 2 get more nutrition from their calories

Speaker 2: Victor Fulgoni, PhD, Senior Vice President, Nutrition Impact, LLC

- II. Introduce the Nutrient Rich Foods (NRF) Approach
 - a. Criteria for developing and evaluating nutrient profiling systems
 - b. Science-based food score
 - c. Consumer-driven tool
 - i. Help people identify nutrient-rich foods from the basic food groups
 - ii. Results from consumer research on the NRF approach

Speaker 3: Dayle Hayes, MS, RD, President, Nutrition for the Future, Inc.

- III. Discuss how to translate and apply the research in the school environment
 - a. School nutrition professionals can help students select nutrient-rich foods
 - b. How kids can establish healthful and enjoyable eating habits at a young age
- IV. Share desired outcomes
 - a. Healthier food choices and better diets
 - b. Simple, user-friendly tool that helps Americans identify the best choices within a food group and/or across food groups
 - c. Help Americans implement Dietary Guidelines for Americans

Q&A: Alicia Moag-Stahlberg, moderator

Objectives:

"After this presentation, the attendee will be able to..."

- 1.** Define and identify nutrient-rich foods and discuss the importance of choosing nutrient-rich foods first
- 2.** Give school nutrition professionals a positive and realistic approach for how to implement the 2005 Dietary Guidelines and *MyPyramid*
- 3.** Develop support for the importance of nutrient density in child nutrition.