

Table 2: Mean daily food components in one week's lunches as offered to, selected and eaten by third graders (n=51-93) 1

Food component	NSLP standard 2 or accepted recommendation 3,4	Lunches as offered 5	Sig. lunches selected compared to lunches offered 6	Lunches as selected 7 (n=93)	Sig. lunches eaten compared to lunches selected 8	Lunches as eaten 6 (n=93)	Percent of children eating lunches meeting standard %
		Mean +/- SD		Mean +/- SD		Mean +/- SD	
Energy (kcal)	> 664	720 +/- 103	**	662 +/- 108	**	470 +/- 116	2%
Carbohydrate (g)		94 +/- 23	**	80 +/- 15	**	59 +/- 15	
% Kcal CHO	> 55% kcal	52% +/- 8%	**	49% +/- 6	**	51% +/- 7	28%
Protein (g)	> 10	28 +/- 3	**	26 +/- 4	**	18 +/- 5	95%
% Kcal Protein		16% +/- 2%		16% +/- 3	**	15% +/- 3	
Total fat (g)		26 +/- 7		26 +/- 8	**	18 +/- 6	
% Kcal Total fat	< 30% kcal fat	33% +/- 7%	**	36% +/- 6	**	35% +/- 6	17% 8
Saturated fat (g)		10 +/- 2		10 +/- 3	**	7 +/- 3	
% Kcal saturated fat	< 10% kcal	12% +/- 2.5%	**	14% +/- 3	**	13% +/- 3	14% 8
Cholesterol (mg)	Minimize intake 2	42 +/- 8	**	45 +/- 8	**	31 +/- 10	100%
Fiber (g)	8-102	5.7 +/- 1.8	**	4.3 +/- 1.4	**	3.1 +/- 1	9%
Vitamin A (RE)	> 224	434 +/- 46	**	394 +/- 347	**	280 +/- 290	34%
Vitamin C (mg)	> 15	40 +/- 19	**	31 +/- 21	**	22 +/- 14	61%
Calcium (mg)	> 286	465 +/- 89		487 +/- 111	**	314 +/- 121	62%
Iron (mg)	> 3.5	3.7 +/- 1	**	3.4 +/- 0.8	**	2.5 +/- 0.8	10%
Sodium (mg) 3	400-500 3	1162 +/- 214	**	1064 +/- 209	**	750 +/- 206	58%

Note. Pre-intervention ? 2 (4, n = 296) = 33.19, p = 0.001, Post-intervention ? 2 (4, n = 296) = 32.15, p = 0.001.

a pre (n = 26), post (n = 26) bpre (n = 49), post (n = 33) cpre (n = 55), post (n = 56) dpre (n = 91), post (n = 71) epre (n = 75), post (n = 78)