

The Grains Requirements for the Nutrition Standards in the National School Lunch and School Breakfast Programs

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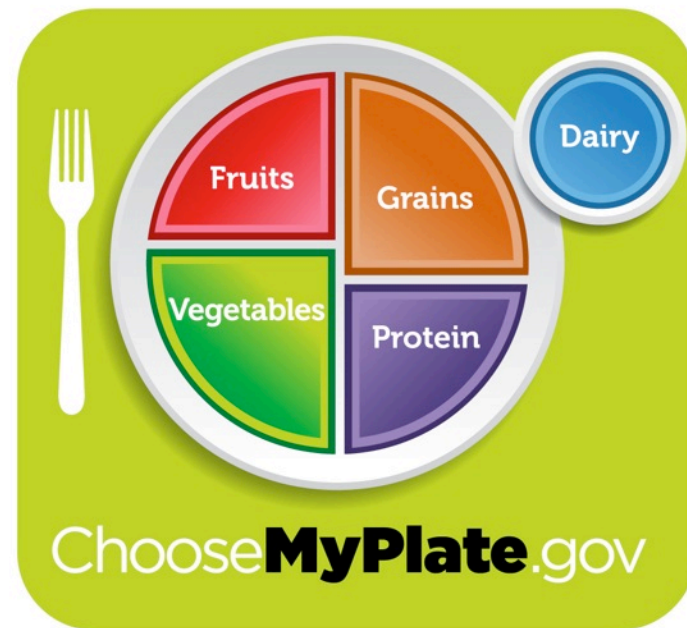
Background

- The Healthy, Hunger-Free Kids Act of 2010 required USDA to update the school meal patterns and nutrition standards
- 2009 IOM Report-*School Meals: Building Blocks for Healthy Children*
 - http://books.nap.edu/openbook.php?record_id=12751
- For additional information on the Final Rule, please visit the FNS Nutrition Standards for School Meals Webpage
 - www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm



Meal Patterns for NSLP and SBP

- Quantities of grains based on ounce equivalencies (oz eq) in a manner that is consistent with the DGAs and the USDA food guidance system known as MyPlate.
- Amount of foods included in the meal pattern were determined through extensive review and assessment to meet 24 nutrient targets.



Breakfast Meal Pattern

Meal Pattern	Breakfast Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12
	Amount of Food ^a Per Week (Minimum Per Day)		
Fruits (cups) ^b	5 (1) ^e	5 (1) ^e	5 (1) ^e
Vegetables (cups) ^b	0	0	0
Dark green ^c	0	0	0
Red/Orange ^c	0	0	0
Beans and peas (legumes) ^c	0	0	0
Starchy ^c	0	0	0
Other ^{c,d}	0	0	0
Additional Veg to Reach Total ^c	0	0	0
Grains (oz eq) ^f	7-10 (1) ^j	8-10 (1) ^j	9-10 (1) ^j
Meats/Meat Alternates (oz eq)	0 ^k	0 ^k	0 ^k
Fluid milk (cups) ^g	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week			
Min-max calories (kcal) ^h	350-500	400-550	450-600
Saturated fat (% of total calories) ^h	< 10	< 10	< 10
Sodium (mg) ^{h,i}	≤ 430	≤ 470	≤ 500
<u>Trans</u> fat ^h	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.		

Lunch Meal Pattern

Meal Pattern	Lunch Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12
	Amount of Food ^a Per Week (Minimum Per Day)		
Fruits (cups) ^b	2.5 (0.5)	2.5 (0.5)	5 (1)
Vegetables (cups) ^b	3.75 (0.75)	3.75 (0.75)	5 (1)
Dark green ^c	0.5	0.5	0.5
Red/Orange ^c	0.75	0.75	1.25
Beans and peas (legumes) ^c	0.5	0.5	0.5
Starchy ^c	0.5	0.5	0.5
Other ^{c,d}	0.5	0.5	0.75
Additional Veg to Reach Total ^c	1	1	1.5
Grains (oz eq) ^f	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups) ^g	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week			
Min-max calories (kcal) ^h	550-650	600-700	750-850
Saturated fat (% of total calories) ^h	< 10	< 10	< 10
Sodium (mg) ^{h,i}	≤ 640	≤ 710	≤ 740
<u>Trans</u> fat ^h	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.		

Grains Requirements
for the
National School Lunch
Program
and
School Breakfast Program



Grains Requirements for School Lunch

- Schools must offer the daily and weekly serving ranges of grains
- Minimums and Maximums for the varying grade levels

Lunch Meal Pattern			
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Grains (oz eq)	8-9 (1)	8-10 (1)	10-12 (2)

Grain Requirements for School Lunch, contd.

Grain-Based Desserts

- Only two (2.0) ounce equivalencies of grain-based desserts allowed at lunch per school week.
- These items are a major source of solid fats and added sugars per DGA 2010.



Grains Requirements for School Breakfast

- Daily and weekly serving ranges of grains.
- Maximums and minimums for the varying grade levels.

	Breakfast Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Grains (oz eq)	7-10 (1)	8-10 (1)	9-10 (1)

Equivalent Minimum Serving Sizes Criteria

**EXHIBIT A: SCHOOL LUNCH AND
BREAKFAST**

**WHOLE GRAIN-RICH OUNCE
EQUIVALENCY (OZ EQ)
REQUIREMENTS FOR SCHOOL MEAL
PROGRAMS**



Minimum Serving Sizes Criteria

- *Exhibit A: School Lunch and Breakfast* contains the equivalent minimum weights for a wide variety of purchased food items to meet the oz eq criteria
- Program operators may use Exhibit A instead of calculating the actual amount of grains in a product since it provides the equivalent minimum weights to provide one oz eq of grains
- Exhibit A provides oz equivalent information for a range of products commonly offered in schools



EXHIBIT A: SCHOOL LUNCH AND BREAKFAST
WHOLE GRAIN-RICH OUNCE EQUIVALENCY (OZ EQ) REQUIREMENTS FOR
SCHOOL MEAL PROGRAMS^{1,2}



GROUP A	OZ EQ FOR GROUP A
<ul style="list-style-type: none"> • Bread type coating • Bread sticks (hard) • Chow mein noodles • Savory Crackers (saltines and snack crackers) • Croutons • Pretzels (hard) • Stuffing (dry) Note: weights apply to bread in stuffing. 	<p>1 oz eq = 22 gm or 0.8 oz 3/4 oz eq = 17 gm or 0.6 oz 1/2 oz eq = 11 gm or 0.4 oz 1/4 oz eq = 6 gm or 0.2 oz</p>
GROUP B	OZ EQ FOR GROUP B
<ul style="list-style-type: none"> • Bagels • Batter type coating • Biscuits • Breads (sliced whole wheat, French, Italian) • Buns (hamburger and hot dog) • Sweet Crackers⁴ (graham crackers - all shapes, animal crackers) • Egg roll skins • English muffins • Pita bread (whole wheat or whole grain-rich) • Pizza crust • Pretzels (soft) • Rolls (whole wheat or whole grain-rich) • Tortillas (whole wheat or whole corn) • Tortilla chips (whole wheat or whole corn) • Taco shells (whole wheat or whole corn) 	<p>1 oz eq = 28 gm or 1.0 oz 3/4 oz eq = 21 gm or 0.75 oz 1/2 oz eq = 14 gm or 0.5 oz 1/4 oz eq = 7 gm or 0.25 oz</p>
GROUP C	OZ EQ FOR GROUP C
<ul style="list-style-type: none"> • Cookies³ (plain - includes vanilla wafers) • Cornbread • Corn muffins • Croissants • Pancakes • Pie crust (dessert pies³, cobbler³, fruit turnovers⁴, and meat/meat alternate pies) • Waffles 	<p>1 oz eq = 34 gm or 1.2 oz 3/4 oz eq = 26 gm or 0.9 oz 1/2 oz eq = 17 gm or 0.6 oz 1/4 oz eq = 9 gm or 0.3 oz</p>

¹ The following food quantities from Groups A-G, must contain at least 16 grams of whole-grain or can be made with 8 grams of whole-grain and 8 grams of enriched meal and/or enriched flour to be considered whole grain-rich.

² Some of the following grains may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

³ Allowed only as dessert at lunch as specified in §210.10.

⁴ Allowed for desserts at lunch as specified in §210.10, and for breakfasts served under the SBP.



Group E

GROUP D	OZ EQ FOR GROUP D
<ul style="list-style-type: none"> Doughnuts⁴ (cake and yeast raised, unfrosted) Cereal bars, breakfast bars, granola bars⁴ (plain) Muffins (all, except corn) Sweet roll⁴ (unfrosted) Toaster pastry⁴ (unfrosted) 	1 oz eq = 55 gm or 2.0 oz 3/4 oz eq = 42 gm or 1.5 oz 1/2 oz eq = 28 gm or 1.0 oz 1/4 oz eq = 14 gm or 0.5 oz
GROUP E	OZ EQ FOR GROUP E
<ul style="list-style-type: none"> Cereal bars, breakfast bars, granola bars⁴ (with nuts, dried fruit, and/or chocolate pieces) Cookies³ (with nuts, raisins, chocolate pieces and/or fruit purees) Doughnuts⁴ (cake and yeast raised, frosted or glazed) French toast Sweet rolls⁴ (frosted) Toaster pastry⁴ (frosted) 	1 oz eq = 69 gm or 2.4 oz 3/4 oz eq = 52 gm or 1.8 oz 1/2 oz eq = 35 gm or 1.2 oz 1/4 oz eq = 18 gm or 0.6 oz
GROUP F	OZ EQ FOR GROUP F
<ul style="list-style-type: none"> Cake³ (plain, unfrosted) Coffee cake⁴ 	1 oz eq = 82 gm or 2.9 oz 3/4 oz eq = 62 gm or 2.2 oz 1/2 oz eq = 41 gm or 1.5 oz 1/4 oz eq = 21 gm or 0.7 oz
GROUP G	OZ EQ FOR GROUP G
<ul style="list-style-type: none"> Brownies³ (plain) Cake³ (all varieties, frosted) 	1 oz eq = 125 gm or 4.4 oz 3/4 oz eq = 94 gm or 3.3 oz 1/2 oz eq = 63 gm or 2.2 oz 1/4 oz eq = 32 gm or 1.1 oz
GROUP H	OZ EQ FOR GROUP H
<ul style="list-style-type: none"> Cereal Grains (barley, quinoa, etc) Breakfast cereals (cooked)^{5,6} Bulgur or cracked wheat Macaroni (all shapes) Noodles (all varieties) Pasta (all shapes) Ravioli (noodle only) Rice (enriched white or brown) 	1 oz eq = 1/2 cup cooked or 1 ounce (28 g) dry
GROUP I	OZ EQ FOR GROUP I
<ul style="list-style-type: none"> Ready to eat breakfast cereal (cold, dry)^{5,6} 	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1.25 cups or 1 ounce for puffed cereal 1 oz eq = 1/4 cup or 1 ounce for granola

⁵ Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

⁶ Cereals must be whole-grain, or whole grain and enriched or fortified cereal.



Ounce Equivalent Standards

- Grain products must be credited using the oz eq method
 - Baked goods - 16 grams of creditable grain to provide 1 oz eq credit
 - Breads
 - Biscuits
 - Bagels
 - Cereal grains - 28 grams (approximately 1.0 ounce by weight) of dry product, the cooked volume equivalent is $\frac{1}{2}$ cup cooked
 - Oatmeal
 - Pasta
 - Brown rice
 - Ready-to-eat cereal - 28 grams OR 1.0 ounce of product is considered an ounce equivalent
 - 1 cup of flakes or rounds
 - 1 $\frac{1}{4}$ cups puffed cereal
 - $\frac{1}{4}$ cup granola



Updated Minimum Serving Sizes Criteria

- School Food Authorities (SFAs) and program operators will be allowed use old guidance and credit grain products based on the current 14.75 grams of grains per serving through SY 2012-2013.
- All grain products must be credited based on per ounce equivalent (oz eq) standards beginning July 1, 2013 as addressed in the Grain Requirements for the National School Lunch Program and School Breakfast Program (SP30-2012)



Whole Grain-Rich Requirements for School Lunch and Breakfast



Whole Grain-Rich Implementation Process

- New rule requires all grains to be whole grain-rich by school year (SY) 2014-2015
- Requirement for whole grain-rich products will be phased in for lunch and breakfast over the next two school years

Whole Grain-Rich Implementation Process

- Lunch:
 - July 1, 2012 through June 30, 2014 half of the grains offered during the school week must meet the whole grain-rich criteria
 - Beginning July 1, 2014 all grains must meet the whole grain-rich criteria
- Breakfast:
 - July 1, 2013 through June 30, 2014 (SY 2013-2014) half of the grains offered during the school week must meet the whole grain-rich criteria
 - Beginning July 1, 2014 all grains must meet the whole grain-rich criteria



Whole Grain-Rich Criteria

In accordance with National School Lunch Program and School Breakfast Program regulations whole grain-rich products must contain:

- 100% whole grain

OR

- A blend of whole grain meal and/or flour and enriched meal and/or flour

NOTE: Whole grain-rich products must contain at least 50% whole grains and the remaining grain content must be enriched.



Simple Checklist to Evaluate Products for Whole-Grain Rich Criteria

- **Element 1**

- The food item must meet the oz eq requirements for the grains component as defined by new guidance (SP30-2012)

AND

- **Element 2**

- The food must meet at least one of the following criteria on the next slide



Simple Checklist to Evaluate Products for Whole-Grain Rich Criteria

■ Element 2-

At least one of the following criteria must be met:

- 2a. Whole grain content per oz eq must be at least 8.0 grams or more for Groups A-G. The volumes or weights listed must be offered to credit as one oz eq for Groups H and I;
- 2b. Product includes Food and Drug Administration–approved whole-grain health claim on its packaging:
 - “Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol, may reduce the risk of heart disease and certain cancers.”

OR

- 2c. Product ingredient statement lists whole grains first.



Other Grain Requirements

- Ready-to-eat (RTE) breakfast cereals must list a whole grain as the primary ingredient and must be fortified

OR

- If a RTE breakfast cereal is 100% whole grain, there is no requirement for fortification
- Bran and germ ingredients are no longer creditable in school meal programs
- Non-creditable grain ingredients in products at very low levels used as processing aids are allowable at levels less than 2%



Child Nutrition Labels

- Manufacturers may apply for a Child Nutrition (CN) Label for qualifying products (meat/meat alternate entrées containing grains) to indicate the number of oz eq grains that meet the whole grain-rich criteria.
- The term “oz eq grains” on the CN Label indicates the product meets the whole grain-rich criteria
- The terms “bread” or “bread alternate” on the CN Label indicates the product meets previous requirements for grains/breads
- Please refer to the CN Labeling Program website for details regarding qualifying products at: www.fns.usda.gov/cnd/cnlabeling




Nutrition Standards Webpage



Nutrition Standards for School Meals

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Nutrition Standards for School Meals

Through the [Healthy, Hunger-Free Kids Act](#) championed by the First Lady and signed by President Obama, USDA is making the first major changes in school meals in 15 years, which will help us raise a healthier generation of children.



The new standards align school meals with the latest nutrition science and the real world circumstances of America's schools. These responsible reforms do what's right for children's health in a way that's achievable in schools across the Nation.

Regulation

- [Final Rule: Nutrition Standards in the National School Lunch and School Breakfast Programs \(1/26/12\)](#)
 - [Press Release](#)
 - [School Meals Sample Menu \(PDF\) \(JPG\)](#)
 - [Final Summary of Public Comments on Proposed Rule](#)
- [Interim Rule: Certification of Compliance With Meal Requirements for the National School Lunch Program Under the Healthy, Hunger-Free Kids Act of 2010 \(4/27/12\)](#)
 - [Press Release: USDA to Provide Additional Funds for Nation's School Meals \(4/27/12\)](#)

Technical Assistance and Guidance Materials

- [New Meal Patterns and Dietary Specifications](#)

www.fns.usda.gov/cnd/governance/legislation/nutritionstandards.htm



Conclusion

School nutrition improvements are an investment in our children's future



Recipes for Healthy Kids Competition

USDA launched in September 2010 in support of First Lady Michelle Obama's Let's Move! initiative in collaboration with the American Culinary Federation and School Nutrition Association.

RECIPES
FOR HEALTHY KIDS

TEAMNUTRITION.USDA.GOV

Teams of students (grades 4 to 12), school nutrition professionals, chefs, parents, and other interested community members were challenged to partner and create tasty and healthy new recipes that schools can easily incorporate into National School Lunch Program menus.







Team Nutrition Releases "Recipes for Healthy Kids Cookbook for Schools"

- Thirty kid-approved recipes from the *R4HK* competition were standardized and credited to support the whole grain-rich, red/orange, dark green, and beans/peas (legumes) vegetable subgroups for the meal patterns as part of the *Nutrition Standards in School Meal Programs*.

The cookbooks and recipes are available on the Team Nutrition Web site at www.teamnutrition.usda.gov. The cookbooks should be published by the end of 2012















Q&A's

