Make At Least Half Your Grains Whole

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April 22, 2009
Chartwells Whole Grain Strategy

- Whole Grain Products
- Whole Grain Education & Promotion
What’s popular with students?

- Add Whole Grains to foods that are already popular
- Appearance & Consistency
- Kid–Tested Recipes
Vary your Veggies!
Focus on Fruits!

Did you know that most fruits and vegetables are naturally low in fat, sodium, and calories? Most importantly, fruits and vegetables are an excellent source of many nutrients including:

Key Nutrients
- Potassium
- Dietary Fiber
- Vitamin A
- Vitamin C
- Folate (folic acid)

Be careful when adding sauces or seasonings to fruits and vegetables, because at the same time you may also be adding fat, calories, or cholesterol.

<table>
<thead>
<tr>
<th>Veggies</th>
<th>Fruits</th>
</tr>
</thead>
<tbody>
<tr>
<td>As a guide kids should eat 2.5 cups of vegetables each day! What equals 1 cup of vegetables?</td>
<td>As a guide kids should eat 1.5 cups of fruit each day! What equals 1 cup of fruit?</td>
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<tr>
<td>Carrots – about 12 baby carrots</td>
<td>Grapes – 32 seedless grapes</td>
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<tr>
<td>Broccoli – 3, 5” spears</td>
<td>Apple – 1 small apple</td>
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<tr>
<td>Celery – 2 large stalks</td>
<td>Strawberry – 8 large berries</td>
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It may be helpful for kids to compare their portions to everyday objects to help choose the right amount!

1 medium apple or orange = a baseball
1/2 cup raisins = a large egg
1 cup vegetable = a baseball
1 small baked potato = a computer mouse

Superfoods

What’s New?

"Fruits and Veggies: More Matters"

The 2005 Dietary Guidelines for Americans recommends 5 to 13 servings of fruits and vegetables a day depending on age, size, and gender. Therefore, the catchy "5 A DAY" slogan is being phased out by the Produce for Better Health Foundation. Over the next year you will begin to see the new brand identity, "Fruits and Veggies: More Matters." Since fruits and vegetables - with fiber, vitamins, minerals, and other nutrients, play an important part in building healthy minds and bodies, we don’t want to limit consumption to only "5 A DAY." Fruits and vegetables should be eaten freely by kids and all Americans.
Cafeteria Promotions

- Whole Grains Sticker Promotion
- Taste–Testing Whole Grains
Classroom Lessons
Youth Advisory Committees
Whole Grains Obstacle Course
Field Day
Thank You!

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