

## **The nutrition goals for school meals are based on:**

### **Dietary Guidelines for Americans**

- 1. Eat a variety of foods**
- 2. Balance the food you eat with physical activity**
- 3. Choose a diet with grains, vegetables and fruits**
- 4. Choose a diet low in fat and cholesterol**
- 5. Choose a diet moderate in sugars**
- 6. Choose a diet moderate in salt and sodium**

### **Recommended Dietary Allowances (RDA)**

- 1. The RDA estimates how much of a nutrient is required to meet the needs of all healthy kids**
- 2. Our menus set target goals for the following:  
Calories, Calcium, Iron, Protein, Vitamin A and Vitamin C**
- 3. Our menus recommend the following for fat recommendations:**
  - No more than 30% of calories from fat**
  - No more than 10% of calories from saturated fat**

### **Children's Calorie Requirements (energy)**

**Calorie standards are set for the National School Lunch Program to make sure children are getting enough calories. Since children grow rapidly, they need plenty of energy to support this development**