

Serving Dietary Guidelines With Style

Suggestions for Use in Training

Use this handout for group training on nutrition education.

The National School Lunch and School Breakfast Programs, the Afterschool Snack Service, and the Summer Food Service Program present unique opportunities to put the Dietary Guidelines for Americans into action. Put the guidelines on the serving line with the menu suggestions below. You can use these tips at home, too.

Breakfast is a great meal to encourage whole-grain foods and support the dietary recommendation to “make half your grains whole.”

Some options include:

- Serve whole-grain, ready-to-serve, and cooked cereals.
- Offer toast made with 100% whole wheat bread.
- Wrap brown rice, scrambled eggs, cheese, and salsa in whole wheat tortillas.
- Provide whole wheat bagels with flavored lowfat cream cheese.

- Serve egg and cheese breakfast sandwiches on whole-grain English muffins.
- Add whole wheat flour and rolled oats to recipes for baked bread items.

Vary the vegetables offered during lunch. Include different colors, such as dark-green and orange, and different types of vegetables, such as legumes and other starchy vegetables, several times a week.

Try one of the following ideas:

- Create seasonal salad bar choices with a wide variety of deeply colored vegetables.
- Put more green in specialty salads by combining fresh spinach or romaine lettuce with traditional iceberg lettuce blends.
- Serve soups made with beans, cubed sweet potatoes, and sliced carrots.
- Introduce ethnic foods featuring dried beans, peas, and lentils.
- Make Mexican wraps featuring brown rice and cooked beans or meat, salsa, cheese, and tomato.

Serving Dietary Guidelines With Style *continued*

The Afterschool Snack Service and the Summer Food Service Program are perfect places to put more whole fruit into children's diets.

Summer feeding programs can capitalize on the variety of mouth-watering fresh fruits in season during summertime. Creative combinations include

- Sliced apples, pears, and bananas to dip in peanut butter.
- Fruit pizza with graham crackers; cream cheese; and bite-sized, fresh fruit pieces.
- Seasonal melons chunked and served with pretzel sticks for “make your own fruit kabobs.”
- Fresh fruit and berries layered with yogurt (or use fruit canned in juice and drained.)

Source: National Food Service Management Institute. (2005). *Nutrition 101: A taste of food and fitness*. University, MS: Author.

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service through an agreement with the Institute of Child Nutrition at The University of Mississippi. The contents of this publication do not necessarily reflect the views or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. government.

The University of Mississippi is an EEO/AA/TitleVI/Title IX/Section 504/ADA/ADEA Employer.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights; Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

© 2017, Institute of Child Nutrition, The University of Mississippi, School of Applied Sciences

Except as provided below, you may freely use the text and information contained in this document for non-profit or educational use with no cost to the participant for the training providing the following credit is included. These materials may not be incorporated into other websites or textbooks and may not be sold.

The photographs and images in this document may be owned by third parties and used by The University of Mississippi under a licensing agreement. The University cannot, therefore, grant permission to use these images.

For more information, please contact helpdesk@theicn.org.

01/2017

