


The Transitional Nutrition Standards, Proposed Rule, and the Reason Why



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Welcome!



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Objectives

- Summarize the transitional nutrition standards for milk, whole grains, and sodium.
- Recall the four nutritional changes in the proposed rule.
- Explain how scratch cooking can help meet the transitional standards and proposed new rule.
- Explain why USDA is proposing a limit on added sugars.
- Identify ways local foods can help meet the transitional standards and proposed new rule.



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Professional Standards - Learning Codes

- Nutrition Education – 1200
- Food Production - 2100



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Transitional Nutrition Standards

SY 2022 and SY 2023



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The Big 3

SUMMARY OF CHANGES




MILK

Schools and child care providers may offer flavored, low fat milk (1%) in addition to unflavored, low fat milk and flavored or unflavored whole milk.



SODIUM

The weekly sodium limit for school lunch and breakfast will remain at the current level, known as Target 1, for school year 2022-2023. For school lunch only, the limit will decrease marginally (2%) in school year 2023-2024 to put schools on an achievable path toward long-term sodium reduction, which will be addressed in future rulemaking.



WHOLE GRAINS

At least 50% of the grains served in school lunch and breakfast per week must be whole grains rich (containing at least 50% whole grains).

*As necessary, this standard applies to the National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program (CACFP) and afterschool and special milk program (page 6 and app).

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Why Transitional Nutrition Standards?

- Support school nutrition professionals
- Serve as a bridge
- Nutritious meals for our children


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Change is the only constant – If we don't manage it, it manages us!




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Why flavored low-fat milk?

- Allow flavored low-fat milk
- Provides calcium, potassium, vitamin D, and protein




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Why 80% Whole Grain Rich?

- Transitional Standards = 80%
- Better represent the DGA




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Why 80% Whole Grain Rich?

Examples of how to achieve 50% whole grain recommendation



The image shows an equal mix of 100% whole grain items and refined/enriched grains in the first row, all whole grain-rich items (at least 50% whole grain) in the second row, and half whole grain-rich items in the third row.

Note: An equal mix of 100% whole grain items and refined/enriched grains

Note: All whole grain-rich items (at least 50% whole grain)

Note: 50% whole grain-rich items (at least 50% whole grain)

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Why 80% Whole Grain Rich?

- Whole grains are healthy!
- Reduce the risk:
 - Heart disease
 - Stroke
 - Cancer
 - Diabetes
 - Obesity



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How can we Increase Whole Grains?

Bake from scratch!



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How Can We Increase Whole Grains?



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How Can We Increase Whole Grains?



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How can we Increase Whole Grains?

- Culturally Inclusive
- Local Options



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Local Whole Grains



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Why Sodium Reduction?

- 1 in 6 children ages 8-17 years has raised blood pressure
- Lowering sodium intake during childhood can reduce the risk for high blood pressure in adulthood
- More than 4 in 10 adults in the U.S. have high blood pressure



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Sodium Reduction

- Breakfast – Target 1
 - Grade K-5: 540 mg
 - Grade 6-8: 600 mg
 - Grade 9-12: 640 mg
- Lunch – Target 1A
 - Grade K-5: 1110 mg
 - Grade 6-8: 1225 mg
 - Grade 9-12: 1280 mg



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How Can We Reduce Sodium?

Cook from scratch or speed scratch



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How can we reduce sodium?




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How can we reduce sodium?



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How can we reduce sodium?

- RE-Train our taste buds to adjust to lower amounts over time
- Cut back slowly


salty

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How can we reduce sodium?

- Culturally inclusive
 - Watch out for condiments!



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The Proposed Rule

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4 Pillars of the U.S. Dietary Guidelines

1. Follow a healthy dietary pattern at every life stage
2. Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations
3. Focus on meeting food group needs with nutrient-dense foods and beverages and stay within calorie limits
4. Limit foods and beverages higher in added sugars, saturated fat, and sodium

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The Big 4!

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What are added sugars?

- Cane sugar
- Honey
- Maple syrup

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Added Sugar Limits


- Breakfast cereals: no more than 6 grams per added ounce
- Grain based desserts: limit to no more than a 2-ounce equivalent per week in school breakfast, including cereal bars, doughnuts, sweet rolls, toaster pastries, coffee cakes, and fruit turnovers.
- Yogurt: no more than 12 grams of added sugars per 6 ounces
- Flavored milk: limited to no more than 10 grams of added sugars per 8 fluid ounces, or for flavored milk sold as a competitive food for middle and high school students, 15 grams of added sugars per 12 fluid ounces

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Why limit added sugars?

Kids currently eat way too much!



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What is the limit on added sugars?

- No more than 6 teaspoons of added sugars in a day
- 1 teaspoon of sugar is 4 grams



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Why limit added sugars?


- Flavored milk
- Breakfast cereals
- Granola bars
- Toaster pastries
- Cinnamon buns
- Yogurt

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How can we limit added sugars?

- Cook from scratch!
 - Reduce sugar in recipes




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Added Sugars in Milk

1. Limit milk to unflavored for grades K-8
2. Maintain current standard of fat-free and low-fat flavored and unflavored with proposed added sugars limit



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Why limit added sugars in milk

- Flavored milk is the leading source of added sugars for NSLP and SBP



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Whole Grains

1. Maintain current 80% weekly grains offered as whole grain rich
2. All grains offered must be whole grain rich, except one day may be enriched



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Sodium: Proposed Lunch

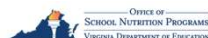
- Sodium limit: effective July 1, 2025
 - Grades K-5: ≤ 1000 mg
 - Grades 6-8: ≤ 1105 mg
 - Grades 9-12: ≤ 1150 mg
- Sodium limit: effective July 1, 2027
 - Grades K-5: ≤ 900 mg
 - Grades 6-8: ≤ 990 mg
 - Grades 9-12: ≤ 1035 mg
- Sodium limit: effective July 1, 2029
 - Grades K-5: ≤ 810 mg
 - Grades 6-8: ≤ 895 mg
 - Grades 9-12: ≤ 935 mg



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Sodium: Proposed Breakfast

- Sodium limit: effective July 1, 2025
 - Grades K-5: ≤ 485 mg
 - Grades 6-8: ≤ 540 mg
 - Grades 9-12: ≤ 575 mg
- Sodium limit: effective July 1, 2027
 - Grades K-5: ≤ 435 mg
 - Grades 6-8: ≤ 485 mg
 - Grades 9-12: ≤ 520 mg



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Menu Example

	Monday	Tuesday	Wednesday
Hot Entree 1	Crispy Baked Chicken & Biscuit	Quesadillas - Cheese (v) or Beef	Orange Chicken
Hot Entree 2			Teriyaki Chicken or Tofu (v)
Cold Entree	Double Cherry Yogurt Parfait	Kale Apple Chicken Salad Wrap	
Grain (if applicable)			Lo Mein Noodles
Vegetable	Steamed Red Potatoes w/ Garlic	Seasoned Pinto Beans (v)	Steamed Broccoli
Vegetable	Green Beans	Roasted Butternut Squash	Lemon Roasted Carrots
Vegetable		Lettuce & Pico	
Fruit	Green or Yellow Apple Wedges	Grapefruit Wedges	Orange Wedges
Fruit	Frozen Strawberry Cups	Fruit Cocktail	Cinnamon Applesauce
Condiments	Gravy, Ketchup, BBQ Sauce	Salsa, Sour Cream	Ranch Dressing
Condiments	Variety	Variety	Variety
Milk			
Dark Green		0.25	0.5
Red/Orange		0.75	0.5
Starchy	0.5		
Legume		0.5	
Other		0.5	

A menu that shows columns for Monday, Tuesday, and Wednesday rows for Hot Entree 1 and 2, Cold Entree, Grain, Vegetables, Fruit, Condiments, and Milk, and Dark Green, Red/Orange, Starchy, Legume, and Other vegetable subgroups. At the bottom, there is a section that shows the total amount for each of the vegetable subgroups and minimum amount required. Monday: Crispy Baked Chicken & Biscuit (Hot Entree), Double Cherry Yogurt Parfait (Cold Entree), Smashed Red Potatoes with Garlic (Vegetable), Green Beans (Vegetable), Green or Yellow Apple Wedges (Fruit), Frozen Strawberry Cups (Fruit), Gravy, Ketchup, BBQ Sauce (Condiments), Variety of Milk, Starchy vegetables 0.5 servings, Other vegetables 0.5 servings, Tuesday: Quesadillas - Cheese (v) or Beef (Hot Entree), Kale Apple Chicken Salad Wrap (Cold Entree), Seasoned Pinto Beans (v) (Vegetable), Roasted Butternut Squash (Vegetable), Lettuce & Pico (Vegetable), Grapefruit Wedges (Fruit), Fruit Cocktail (Fruit), Salsa, Sour Cream, Variety of Milk, Dark green vegetables 0.25 servings, Red/orange vegetables 0.75 servings, Legume vegetables 0.5 servings, Wednesday: Orange Chicken (Hot Entree 1), Teriyaki Chicken or Tofu (v) (Hot Entree 2), Lo Mein Noodles (Grain), Steamed Broccoli (Vegetable), Lemon Roasted Carrots (Vegetable), Orange Wedges (Fruit), Cinnamon Applesauce (Fruit), Ranch Dressing (Condiments), Variety of Milk, Dark green vegetables 0.5 servings, Red/orange vegetables 0.5 servings.

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Menu Example

	Thursday	Friday	Total	Min Amount
Baked Cheesy Pasta (v)	Chicken Parmesan Sandwich	Veggie or Bean Burger (v)		
Turkey & Cheese Wrap				
Steamed Vegetable Medley	Sweet Potato Fries			
Spinach Side Salad	Cucumber Corns			
Lettuce, Tomato, Pickle	Lettuce, Tomato, Pickle			
Banana	Fresh Pineapple			
Canned Peaches	Dried Cranberries			
Vinagrette, Mustard	Ketchup, Mustard, Mayo			
Mayo, Parmesan, Red Pepper Flakes				
Variety	Variety			
	0.75	0.25	1.75	0.5
	0.125	0.625	2	0.75
		0.5	0.5	
		0.5	0.5	
	0.5	0.5	1.5	0.5
			6.25	3.75

A continuation of the menu that shows columns for Thursday and Friday. At the bottom, there is a section that shows the total amount for each of the vegetable subgroups and minimum amount required. Thursday: Baked Cheesy Pasta (v) (Hot Entree), Turkey & Cheese Wrap (Cold Entree), Steamed Vegetable Medley (Vegetable), Spinach Side Salad (Vegetable), Lettuce, Tomato, Pickle (Vegetable), Banana (Fruit), Canned Peaches (Fruit), Vinagrette, Mustard (Condiments), Mayo, Parmesan, Red Pepper Flakes (Condiments), Variety of Milk, Dark green vegetables 0.75 servings, Red/orange vegetables 0.125 servings, Other vegetables 0.5 servings, Friday: Chicken Parmesan Sandwich (Hot Entree 1), Veggie or Bean Burger (v) (Hot Entree 2), Sweet Potato Fries (Vegetable), Cucumber Corns (Vegetable), Lettuce, Tomato, Pickle (Vegetable), Fresh Pineapple (Fruit), Dried Cranberries (Fruit), Ketchup, Mustard, Mayo (Condiments), Variety of Milk, Dark green vegetables 0.25 servings, Red/orange vegetables 0.625 servings, Other vegetables 0.5 servings, Total: Dark green vegetables 1.75 servings (0.5 servings minimum amount), Red/orange vegetables 2 servings (0.75 servings minimum amount), Starchy vegetables 0.5 servings (0.5 servings minimum amount), Legume 0.5 servings (0.5 servings minimum amount), Other vegetables 1.5 servings (0.5 servings minimum amount), 6.25 vegetable servings overall (3.75 servings minimum amount).

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Questions



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