

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, 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.

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 deep-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, cooked beans, or meat, salsa, cheese, or 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.)

Reference:

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

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