



Guide for Reducing Salt And Other Sodium Containing Additives in School Meals



Salt and other products containing sodium are added during food preparation and processing to:

- Flavor foods
- Act as preservatives for many processed items
- Aid in the control of the rate of yeast fermentation in bread making

Suggestions for Moderate Use of Sodium

There are many ways to decrease sodium and provide flavor to foods.

Fresh foods are typically lower in sodium than processed food of the same type. Generally, convenience-type food products are higher in sodium. The sodium content of processed foods can be easily determined by looking at the **Nutrition Facts** label on a food product. The amount of sodium will be listed in milligrams (mg). If a product does not list nutrition information, ask the food manufacturers, they are required to provide it upon request. Become sodium savvy by obtaining the **Nutrition Facts** for all processed food items and being able to recognize the sodium-containing ingredients.

The following are the FDA defined phrases used in sodium labeling.

- Sodium Free: <5 mg sodium/serving
- Very Low Sodium: ≤35 mg sodium/serving
- Low Sodium: ≤140 mg sodium/serving
- Reduced Sodium: ≤25% reduction from usual sodium content

Menu Planning

- Balance low sodium containing food items with food items that are higher in sodium. For instance, include fresh fruits and vegetables on the menu when processed food items are planned as the main dish..
- Look for and try new low and reduced sodium products.
- Replace traditional crackers with brands of unsalted or lightly salted crackers, matzos, and bread sticks.
- Plan menus that limit the use of:
 - ✓ Large servings of high-sodium foods
 - ✓ Food prepared in brine, such as pickles, olives, and sauerkraut
 - ✓ Salty, smoked, or cured meat; such as bologna, corned or chipped beef, hot dogs, ham, luncheon meats, salt pork, and sausage
 - ✓ Snack items, such as potato chips, pretzels, salted popcorn, salted nuts, and crackers
 - ✓ Bouillon cubes, Worcestershire, Oyster and barbecue sauces
 - ✓ Canned and instant soups
 - ✓ Prepared horseradish, catsup, and mustard

Purchasing

- Compare sodium levels on labels and purchase those items with the lowest sodium levels.
- Purchase herbs and seasoning powders, rather than salts (e.g., onion powder vs. onion salt). Why pay for the added salt?

Sodium

Sodium and sodium chloride (salt) occur naturally in foods, usually in small amounts. Processed foods often contain larger amounts of sodium. Sodium plays an essential role in the body to regulate fluids and blood pressure. High intakes of sodium have been associated with high blood pressure. For this reason, it is recommended that sodium and salt be consumed in moderate amounts to reduce the chance of developing this condition.

Nutrient Target for Lunch

USDA has not set a standard for sodium.

DPI – SNT has set a limit of <1300 mg sodium averaged over the week for lunch.

1 tsp. salt = about 2,300

**Resource: A Menu
Planner for Healthy
School Meals,
Chapter 1, 4, and 6**

Preparation

- Modify recipes by reducing the amount of salt and other sodium-containing ingredients. Make changes gradually if the flavor is affected to increase student acceptance. Try different herbs and spices as seasonings in place of salt or sodium.
- Make your own herb blends, vinegar, and spicy seasoning mixes. It will cost less and you control the sodium content. See section G-1 of the USDA Quantity Recipes for School Food Service for salt-free Italian and Mexican seasoning mixes.
- Make your own condiments, dressings, and sauces using recipes that minimize the amount of added salt and other sodium containing ingredients.
- Add a little dry mustard or a dash of Tabasco sauce to egg dishes instead of salt.
- Prepare and heat vegetables without adding salt or butter. Avoid using baking soda to retain the bright color of green vegetables. Instead, cook for the appropriate length of time.
- Use less or no salt when cooking pasta, rice, beans, and hot cereals. Add lemon rind or juice, in place of salt, to water that is used to boil spaghetti.
- Prepare soups and sauces from scratch using unsalted, defatted stocks.
- Prepare as many products from scratch as is feasible to control the amount of added sodium.

Recipe Modification Pointers

- During the recipe modification process, ask for input from all food service staff, especially those who will actually prepare the product.
- Include guidelines for preparing the modified recipe so that salt is not added to these recipes because it is perceived as a typo. This may be important when a familiar recipe has been modified
- During training, emphasize that salt should not be added to recipes unless it is listed as an ingredient.

What about using commercially prepared salt substitutes?

Salt substitutes are partially or entirely formed from potassium chloride. These salt replacement products are intended to be added to food at the table and not in cooking. For this reason, the products will not generally be appropriate for use in preparing meals for school food service. Also, potassium chloride does not mimic the taste of salt but has a flavor of its own. The food will taste bitter if too much is added.

Did you know?

Spices are aromatics produced primarily from the bark and seeds of plants. Whole spices keep longer than ground spices, but all spices will retain their potency for about six months when properly stored. Store spices in sealed containers and keep in a cool dry place, away from extreme heat and direct light.

Herbs are the leaves of aromatic plants used primarily to add flavor to food. Aroma is a good indicator of quality in both fresh and dried herbs. Crumbling a few leaves between the fingers and then smelling the leaves can test the scent of the herb. Purchase only the amount of dried herbs that can be used within two or three months and store away from heat. Discard herbs when they take on a musty or flat aroma.

For **Vegetables** try adding, basil, garlic, onion, lemon or lime juice, oregano and paprika.

For **Meats** or **Poultry** try adding bay leaves, basil, cinnamon or cloves, garlic, ginger, mustard, oregano, parsley, rosemary, sage or thyme

08/09 School Nutrition Team: www.dpi.wi.gov/fns



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Increasing Dietary Fiber in School Meals

Types of Dietary Fiber

For years dietary fiber has been divided up into two types: soluble and insoluble. Soluble fiber dissolves in water and is found in dried beans and peas, oats, barley, flaxseeds and many fruits and vegetables. Insoluble fiber absorbs water and is found in whole-wheat products; wheat, oat, and corn bran; flaxseeds, and many vegetables.

A diet that contains fresh fruits and vegetables, whole grains, beans, lentils, and dried beans will provide the body with both types of fiber. Fiber is lost during the processing of plant foods. Since the typical American diet includes high amounts of processed and refined foods, total fiber is commonly low in the American diet.

Dietary Fiber Needs

The American Dietetic Association's recommendation for children older than 2 years, is referred to as the "Age + 5" guideline, i.e. dietary fiber equal to or greater than the child's age plus 5 grams per day. The goal would be to consume 25 to 35 grams of fiber a day after age 20.

The 2005 Dietary Guidelines for Americans recommends that half of all daily grains be whole grains.

Increasing Dietary Fiber in School Meals

- Serve whole-grain cereal, such as oatmeal, bran flakes, raisin bran, or wheat flakes and/or use these items as ingredients.
- Serve whole-wheat bread, oatmeal bread, multi-grain bread, bran bread, graham crackers and whole-wheat bagels.
- Serve fresh fruit or dried fruits for dessert and/or use as ingredients.
- Serve fruits and vegetables with peels.
- Serve more cooked or canned dry beans, split peas, and lentils as a separate item or in mixtures such as soups, stews and salads.
- Compare Nutrition Fact labels of like products to make the best knowledgeable choice. There is not a standard of identity for "wheat bread" so the amount of dietary fiber will vary from one product to another.



Resource: A Menu Planner for Healthy School Meals,
 Pages 109-110: lists additional ways to add grain products, vegetables and fruits to meals
 Page 105: list of fiber content of several fruits

Dietary Fiber

Dietary fiber is not a nutrient in the classical sense because it is not digested or absorbed into the blood stream. It is the part of plants that our bodies cannot digest. However, it is vital to health and the prevention of several chronic diseases. There is significant scientific agreement that diets rich in fiber play an important role in the prevention of obesity, colon cancer, diverticulosis, constipation, heart disease, and diabetes.

DPI – SNT Nutrient Targets For Lunch Grade Groupings

K-3	≥ 4 grams
K-4	≥ 4 grams
K-6	≥ 5 grams
5-8	≥ 6 grams
4-12	≥ 6 grams
7-12	≥ 7 grams
9-12	≥ 7 grams





Fiber in Foods*



Food Source	Serving Size	Grams of Dietary Fiber
Apple	1 medium	3.3
Banana	1 large (8-8 7/8 inches)	3.5
Baked Beans	½ cup, USDA recipe	5.2
Beans, Refried	½ cup, canned	6.1
Bread, Whole Wheat	Slice	Varies (read label)
Broccoli	½ cup, chopped, raw	1.1
Burrito, Beef	1, USDA recipe	2
Cantaloupe	½ cup, diced	.7
Carrot	1 medium, raw	1.7
Celery	½ cup sticks	1.2
Cereal	1 oz	Varies (read label)
Chili Con Carne With Beans	½ cup, USDA recipe	2.5
Coleslaw	½ cup, USDA recipe	2
Corn	½ cup, frozen, cooked	2
Cucumber	½ cup, peeled	.5
Grapes	½ cup	.4
Kiwi Fruit	1 large without skin	2.7
Lentils	½ cup, cooked	7.8
Lettuce, Iceberg	1 cup, shredded	.9
Mixed Vegetables, Frozen	½ cup, cooked	4
Oatmeal	½ cup, cooked	2
Peanuts	¼ cup, dry roasted	2.9
Peas, Split	½ cup, cooked	8.1
Potato, Baked with Skin	1 medium (2.25" x 3.25")	3.8
Raisins	¼ cup	1.3
Rice, Brown, Medium Grain	½ cup, cooked	1.8
Rice, White, Long Grain	½ cup, cooked	.3
Strawberries	½ cup, whole	1.1

*Source: USDA Database Release: CN13; through Nutrikids Version 10.50.6

For more fruits that are good sources of fiber refer to the USDA's Menu Planner, page 105.

Note: Nutrient fact labels are a tool for evaluating the fiber in processed foods. It is difficult to determine how much fiber is in these purchased products. The dietary fiber content in breads and breakfast cereals depend on the product. Cereals that contain between three to five grams of fiber per serving are recommended.

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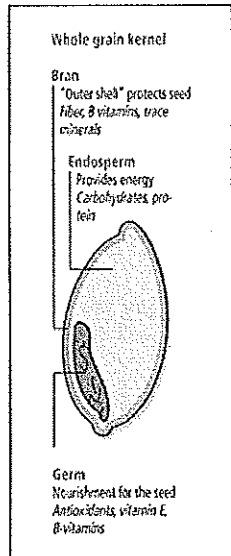
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Whole Grains

What are grains?

Grains are the seeds of cereal grasses. Cereal grains are grown in greater quantities worldwide and provide more food energy to the human race than any other crop. Grains can be divided into two subgroups: whole grains and refined grains.



Whole grains contain the entire grain kernel, which consists of three parts: the bran, the germ, and the endosperm. If grains keep all three parts of the original grain in their original proportions after milling, they still qualify as whole grains.

Refined grains have been milled, meaning the bran and germ are removed. This process also removes most of the iron, B vitamins, and dietary fiber. Some refined grains are enriched. This means iron, certain B vitamins, and folic acid are added to the grains after processing. Fiber, however, is usually not added back.



Make your grains whole!

The 2005 Dietary Guidelines recommend that Americans "make half their grains whole." This means most people should consume three or more servings of whole grains each day. The Dietary Guidelines define a serving of whole grains (or one ounce equivalent) as 1 slice of 100% whole grain bread, 1 cup of 100% whole grain cold cereal, or ½ cup of 100% whole grain hot cereal, cooked pasta, rice, or other grain.

Whole Grain Tips

- Substitute a whole-grain product for a refined product (e.g. whole grain bread for white bread; brown rice instead of white rice)
- Replace some of the flour in homemade cookies, cakes, and breads with whole grain flour or oatmeal
- Use whole grain bread or cracker crumbs in meatloaf
- Add some whole wheat pasta to dishes such as macaroni and cheese, spaghetti, and lasagna



Are all Brown Breads Whole Grain Breads?

Not necessarily. Some breads have brown coloring added to them, which is listed on the ingredient label as "caramel coloring."

Food Ingredient Labels

Food labels list ingredients in descending order by weight. The most prevalent ingredient is listed first; the least prevalent ingredient is listed last. If the first ingredient listed contains the word "whole" followed by the name of the grain, it is safe to assume the product is mostly whole grain. Look for words like whole grain oats, whole wheat, whole corn, and brown rice as the first ingredient.

Whole Grains

Grains are a great source of many vital nutrients, including dietary fiber, many B vitamins, and minerals. Research has shown that including whole grains as part of a healthy diet may help to reduce the risk of some chronic diseases, such as cardiovascular disease, stroke, diabetes, and certain cancers.

When part of a healthy diet, fiber can help to reduce blood cholesterol levels, thus reducing the risk of heart disease.

Fiber also promotes proper bowel function and can help curb appetite by providing a feeling of fullness.

The B vitamins (thiamin, riboflavin, niacin, and folate) play a key role in metabolism and help to regulate the nervous system. In addition, folate reduces the risk of certain birth defects and may help protect against heart disease and certain cancers.

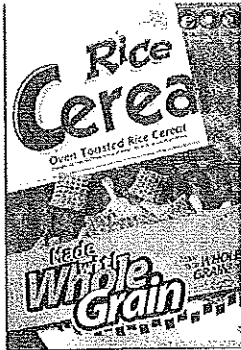
Iron, magnesium, and selenium are key minerals provided by whole grains.

Minerals are needed in small amounts to help regulate certain body processes, such as energy metabolism, oxygen transport, and immune function.

Resources:
MyPyramid.gov
Wholegrainscouncil.org
Wheatfoods.org

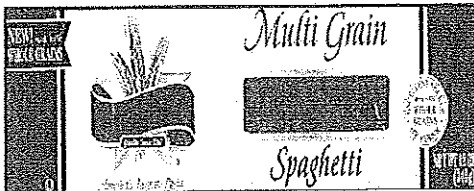
Which of the following products are true whole grain products?

A.



Ingredients: Rice, whole grain rice, sugar, salt, calcium carbonate, barley malt extract, freshness preserved by Vitamin E (mixed tocopherols) and BHT.

B.



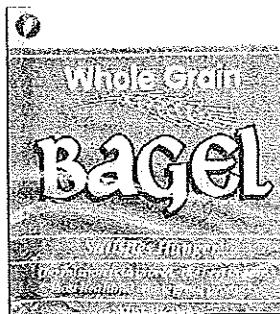
Ingredients: Whole grain wheat, whole grain brown rice, white whole grain oats, wheat gluten, crystallized cane juice, natural flavor (soybean oil, natural flavoring), wheat bran.

C.



Ingredients: Whole wheat flour, water, cracked wheat, wheat gluten, fructose, yeast, soybean oil, salt, soy lecithin, corn syrup, grain vinegar, calcium carbonate, soy flour, whey, nonfat milk.

D.



Ingredients: Untreated high gluten wheat flour, filtered water, stone ground whole wheat flour, crystalline corn fructose, oats, ground flaxseed, sorghum flour, wheat fiber, wheat germ, sunflower oil, barley malt, yeast, potato flour, salt, cornmeal.

Notice all four products contain a whole grain claim on the package. However, in order to be considered a whole grain product, one of the following must be true:

1. The first listed ingredient must be a whole grain
2. If multiple grains are used in the product, the weight of the whole grains added together must be at least 51% of the total grain weight of the product
3. The product contains the following whole grain health claim: "Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers."

(July 1999, American Food and Drug Administration, FDA)

Answer: B & C

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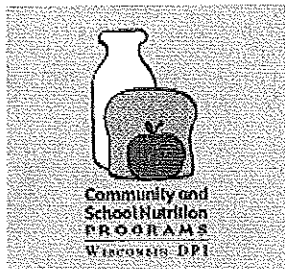
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






FNS Home Page

NSLP Meal Requirements and Nutrition Assessment Competitive Foods



- [Competitive Foods and Foods of Minimal Nutritional Value: Fostering Nutrition Integrity](#) DPI/SNT, October 2001. Updated USDA Competitive Food Listing on pages 12-14 February 2009.
- [Clarification of Competitive Foods and Foods of Minimal Nutritional Value](#) USDA Guidance Memorandum - November 12, 2010
- [Exemptions Under the Competitive Food Service Regulation](#) USDA Guidance Memorandum - October 22, 2010
- [Aerated Beverages Categorized as "Soda Water" from the Competitive Food Services Regulation](#) USDA Guidance Memorandum - September 15, 2008
- [Foods of Minimal Nutritional Value](#) USDA Guidance Memorandum - January 16, 2001

Components of Food Based Menu Planning


- Meal Patterns: [Lunch](#) and [Breakfast](#)
- Child Nutrition (CN) Labels and Product Fact Sheets
 - [Guidance for Accepting Processed Product Documentation for Meal Pattern Requirements \(MPR\)](#) - USDA Guidance Memo, June 3, 2010
 - [Required Documentation for Crediting of Food Items](#) - Memo from June Paul, SNT Director, April 27, 2010
 - [Sample Product Formulation Statement](#)
 - [Reviewer Checklist for Evaluating Manufacturer Filled in Sample Product Formulation Statement for Meat/Meat Alternate Products](#)
- Meat/Meat Alternates
 - [NEW! Shelf-stable, Dried Snacks Made from Meat, Poultry, or Seafood](#) - USDA Technical Assistance, June 15, 2011
 - [Questions and Answers on Alternate Protein Products](#)
 - [Sample Product Formulation Statement \(Product Analysis\) for Meat/Meat Alternate \(M/MA\) Products](#)
 - [USDA Q & A on Yogurt Regulation](#)
 - [Kraft American Singles](#) - USDA Guidance Memorandum
- Grains/Breads
 - [Grains/Bread Section \(3\) of the Food Buying Guide](#) - For assistance with calculating grains/bread component for Child Nutrition Programs.
 - [Key Points of the Grains/Breads Instruction](#)
 - Worksheets for Crediting Grains/Breads Products
 - [Purchased Products](#)
 - [Recipes](#)
 - [Procurement and Service of Whole Grain Products](#) - USDA Policy Memorandum
 - [Prorated Quantities of Vegetables/Fruits and Grains/Breads For Weeks With Other Than Five Serving Days](#) - Enhanced Menu Planning

- [Prorated Quantities of Vegetables/Fruits and Grains/Breads For Weeks With Other Than Five Serving Days - Traditional Menu Planning](#)
- Milk
 - [Regulations on Fluid Milk Substitutions](#)
 - [Fluid Milk and Other Food Components/Menu Items in Reimbursable Lunches](#)  - USDA Guidance Memo (March 21, 2007)
 - [Fluid Milk Provisions -- Reauthorization 2004: Implementation Memo](#)  - USDA Guidance Memo (September 23, 2004)
- Offer Versus Serve
 - **NEW** [Clarification on the Use of Offer Versus Serve and Family Style Meal Service](#)  - USDA Guidance Memo (May 17, 2011)
 - [USDA's Offer Versus Serve in the School Nutrition Programs](#)
 - Meal Tray Graphics
 - [Tray requiring 5 of 5 components be selected](#) 
 - [Tray requiring 4 of 5 components be selected](#) 
 - [Tray requiring 3 of 5 components be selected](#) 
- Nutrient Standards
 - [Nutrient Standards for Food-Based Menu Planning](#) 
 - [School Meals Initiative Nutrient Standard Guidelines](#) 
- [Pre-Packaged Commercially Purchased Meals](#) 




Nutrient Standard Menu Planning and Nutrient Analysis
















- [Nutrient Analysis Protocol: How to Analyze Menus for USDA's School Meals Programs](#) This SMI guidance manual is available on the Team Nutrition website.
- **NEW** [Child Nutrition \(CN\) Database Release 15](#)  USDA Policy Memorandum - April 15, 2011
- [Nutrikids Download of WI Processed Commodities](#)
- [School Meals Initiative Nutrient Standard Guidelines](#) 
- [USDA-Approved Nutrient Analysis Software](#)

Alternate Menu Planning Approaches

- [Alternate Menu Planning Approaches - Calorie and Nutrient Standards](#)  - USDA Guidance Memo (November 19, 2007)


Menu Planning Assistance

- [Food Buying Guide for Child Nutrition Programs \(Revised January 2008\)](#) 
 - Replacement pages for latest update can be downloaded and inserted into current Food Buying Guide or download complete publication.
- [Menu Planner for Healthy School Meals USDA, FNS-303; \(Revised 2008\)](#) 
 - This resource is designed for food production staff and provides guidance on the various menu-planning options available to local school systems, as well as background on the nutrition goals and guidance on modifying menus to meet those goals.
- [Team Nutrition School Nutrition Programs 2011 Events Calendar](#)
- Salad Bars
 - [Creating a Healthy, Affordable, and Manageable Menu Choice](#)
 - [Salad Bars - How Do They Measure Up](#)
 - [Production Usage Records](#)
 - [Salad Bar Production Usage Record](#)
 - [Modified Salad Bar Production Usage Record](#)
 - [Garden Bar Record](#)
 - [Salad Bars in the National School Lunch Program](#)  USDA Guidance Memorandum - October 8, 2010
 - [Fruits and Vegetables Galore](#)

- [Fruit and Vegetable Safety](#)
- [Offer Vs. Serve Manual](#)
- [Nutrient Analysis Protocol: How to Analyze Menus for USDA's School Meals Programs - Chapter 7](#)  - Gives guidance to schools using Nutrient Standard Menu Planning when entering a salad bar recipe.
- [School Lunch Salad Bars - USDA Executive Summary - April 2002](#)
- [Several Strategies May Lower Plate Waste in School Feeding Programs Report](#)  - September 2002
- Nutrient Fact Sheets from the Wisconsin Department of Public Instruction School Nutrition Team
 - [Calcium and School Meals](#)
 - [Fiber and School Meals](#)
 - [Guide for Reducing Salt and Other Sodium Containing Additives in School Meals](#)
 - [Iron and School Meals](#)
 - [Tips for Lowering Fat and Saturated Fat in School Meals](#)
 - [Vitamin A and School Meals](#)
 - [Vitamin C and School Meals](#)
 - [Whole Grains](#)
- Dietary Guidelines Fact Sheet from USDA
 - [Be Salt Savvy - cut Back on Sodium for Healthier School Meals](#) 
 - [Include Fiber-Rich Foods for Healthier School Meals](#) 
 - [Jazz Up Your Menu With Fruits for Healthier School Meals](#) 
 - [Limit Saturated Fat & Cholesterol for Healthier School Meals](#) 
 - [Meeting the Challenge of Rising Food Costs for Healthier School Meals](#) 
 - [Serve More Dry Beans and Peas for Healthier School Meals](#) 
 - [Serve More Whole Grains for Healthier School Meals](#) 
 - [Trans Fats](#) 
 - [Trim Trans Fats for Healthier School Meals](#) 
 - [Use Low-fat Milk, Cheese, and Yogurt for Healthier School Meals](#) 
 - [Vary Your Vegetables for Healthier School Meals](#) 
- [Sample Prototype Daily Menu Production Plan](#)  and [Prototype Transport Sheet for Lunch, Breakfast or After School Snack Program](#) 

School Meals Initiative for Healthy Children (SMI) Information

Miscellaneous

- [Directory of Chefs and Chef in the Cafeteria Internet Tool](#) - This USDA Team Nutrition initiative connects Chefs to schools and schools to chefs to find ways to work together, share best practices, and help get nutritious foods to our nation's kids.
- [Incorporating the 2005 Dietary Guidelines for Americans into School Meals](#)  - December 17, 2007 USDA Guidance Memo
- Shared Menu Planning Ideas from the School Nutrition Association of WI Annual Conference Breakout Session
 1. [Suggestions to Decrease Refined Sugars/Decrease Fat](#)
 2. [Suggestions to Increase Milk Consumption](#)
 3. [Suggestions to Increase Fruits and Vegetables](#)
 4. [Suggestions to Increase Whole Grains](#)
 5. [School Nutrition Resource List](#)

For questions about this information, contact [Julie A. Cox \(608\) 267-9206](#)

Last updated on 6/21/2011 11:48:09 AM

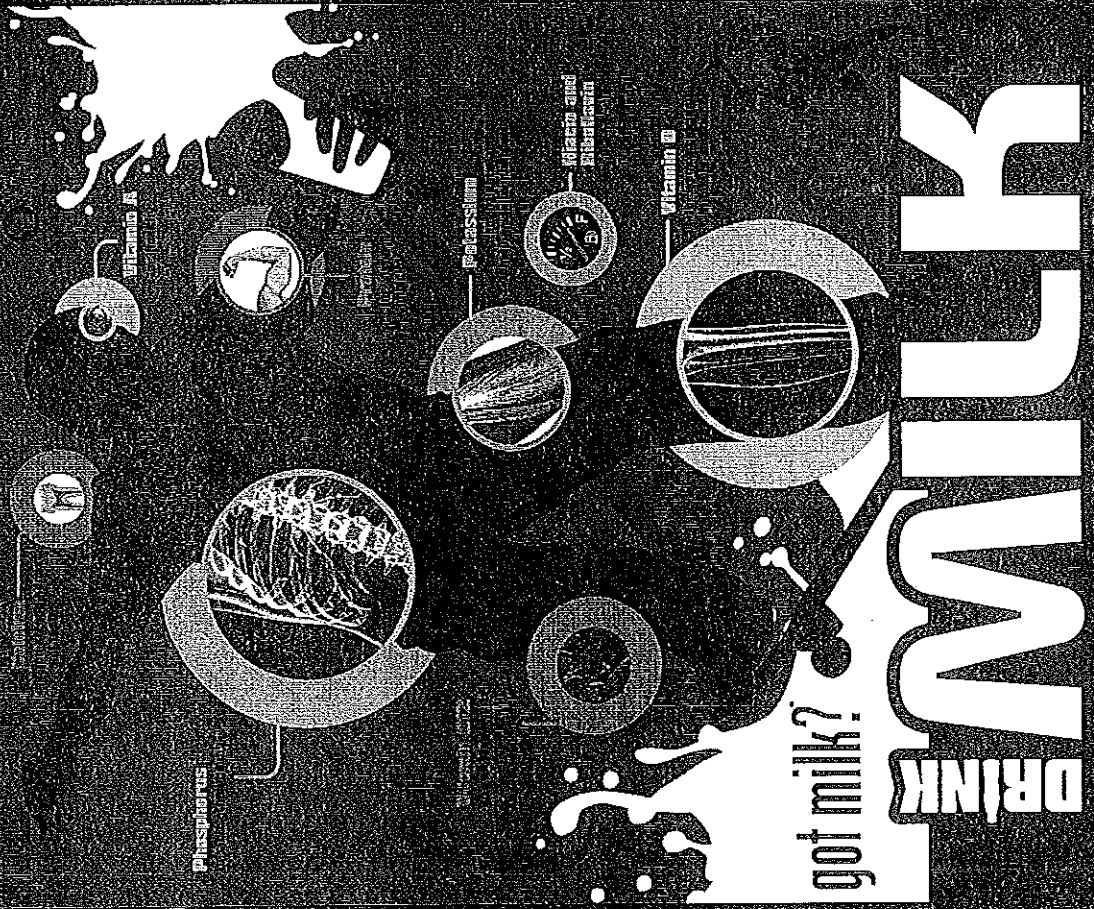


SY 2011-12 Processed Product Nutritional Fact Sheet

Product	Processor	Calories	Fat gms	Sat. Fat gms	Sodium Mgs.
A517 Diced Chicken	USDA Determined	86	2.3	.7	26
A537 Turkey Roasts	USDA Determined	88	3.3	1.1	386
A548 Turkey Hams	USDA Determined	114	3.9	1.2	876
A568 Whole Frozen Eggs	USDA Determined	74	5.1	1.6	66
A608 Frozen Ground Beef	USDA Determined	149	9.1	3.4	50
A721 Canned Beef	USDA Determined	124	8	4	154
A722 Canned Pork	USDA Determined	124	8	4	154
A726 Frozen Sliced Ham	USDA Determined	80	2.8	1	846
A727 Frozen Cubed Ham	USDA Determined	170	4.3	1.4	1634
A745 Pouch Tuna	USDA Determined	66	.5	.1	192
B027 Reduced Fat, Shredded Cheddar	USDA Determined	160	10.4	6.6	412
B037 Shredded Mozzarella	USDA Determined	172	11.4	7.2	300
B042 Mozzarella Blocks	USDA Determined	172	11.4	7.2	300
C305 Turkey Deli Breast*	House of Raeford	120	3.0	1.0	590
C306 Turkey Mini Corn dogs*	House of Raeford	250	10	1.5	630
C406 Beef Crumbles*	AdvancePierre	100	6	2.5	290
C408 Char-broiled Beef Patties*	JTM	150	9	3.5	220
C452 PB&J Sandwiches w/Soy (4.0 oz.)*	Smuckers	420	18	3.5	560
C453 PB & J Sandwiches w/Soy (2.5 oz.)* (Per 1 oz m/ma)	Smuckers	260	11	2.5	330
C515 Chicken Nuggets (5 each)*	Gold Kist	180	10	2	533
C516 Chicken Patties*	Gold Kist	193	11	2	541
C520 Chicken Fajita Strips*	Gold Kist	67	2	0	427
C522 Chicken Nuggets with Whole Grain Breading (5 each)*	Tyson	180	8	1.5	450
C600 Pork Taco Filling*	J.T.M.	111	5	1.7	275
C702 Mozzarella String Cheese* (Per 1 oz m/ma)	Miceli Dairy	90	7	5	95
C706 Cheese Slices, 1/2 oz. (4 slices)*	Land O Lakes	140	8	5	840
C710 Mozzarella Pizza Sticks (2 ea)*	ConAgra Foods	280	12	6	700
C811 Cheese Omelets*	Cargill Kitchen Solutions/Sunny Fresh	110	8	3	210

Nutritional information listed for all products is per 2 oz m/ma, unless otherwise notated.

* Indicates a State-Processed Product



got milk?

DRINK MILK



Unscramble the answers to learn more about the nutrients in milk and their functions in your body.

Which mineral helps build strong bones and teeth? **MINERAL C**

This nutrient keeps your body hydrated and cool and makes up 90% of milk's content. **THIRTEEN**

This mineral also helps build strong bones. **FOUR-SHOUPS**

Which vitamin helps red blood cells carry oxygen to your muscles? **TAREMIRN-IZ**

Name an important mineral needed to keep fluid balance in your body. **ATUUP-SSIM**

Which two B vitamins found in milk help the body's cells produce energy? **ENJANI and LUFARIHIB**

This vitamin is needed to keep your skin and eyes healthy. **THINGATI**

Name the major nutrient that helps build muscles for a strong body. **FITEHOP**

Sometimes called the "Sunshine Vitamin," it is needed to help deposit calcium in your bones and teeth. **TAKRIAD 91**

HC I W N A S Y L L E I D N A R E T T U B T U N A E P
 I N S T D J U S O L G E J C I A G E P T L B P I O A N O
 B E R S R K U I C F M R L H K Z R T A U B T U N A E F
 H C I A D N A S Y L L E S R E G R U B E S E H C A E P
 W R O S F K S C U I R H K M V H I F T A Z I P R
 F Z O T J R O O L R O R G D O U R H U V A R O L Y K
 K I R T V C E R E A L O M R F F Y G O R H L R O F K S
 O R B A S R J G G H I K R D M F I H L K R I K M V E
 H G R E L M B R R G U R I W P I R J A W M J M R U L
 Z I E H E R F Y U I E H Y E R N K S S V Z E O R G L B
 L O R W G M L H B F C I L N S S A R E D O L C J I R A
 F E R A E Y V L E U R N E J R E G R D R R D R K H C T
 R I C L B G D J S Y J O E R D N K A W E A T O C Z U E
 L B R O R M J K E F U R O K A B L O Y A R B C I R E O G
 O W Y H K R C E O R J D R C R O G I F O L H K R U R G E
 H R B W Y K H U H R G Z R L R I V J R H O Y E R A R L Y
 E G R I L L E D O H E E S A H D W O C P J H B P F H
 Y E R E H C I N D N A S E E H C D E L L I R G J K W

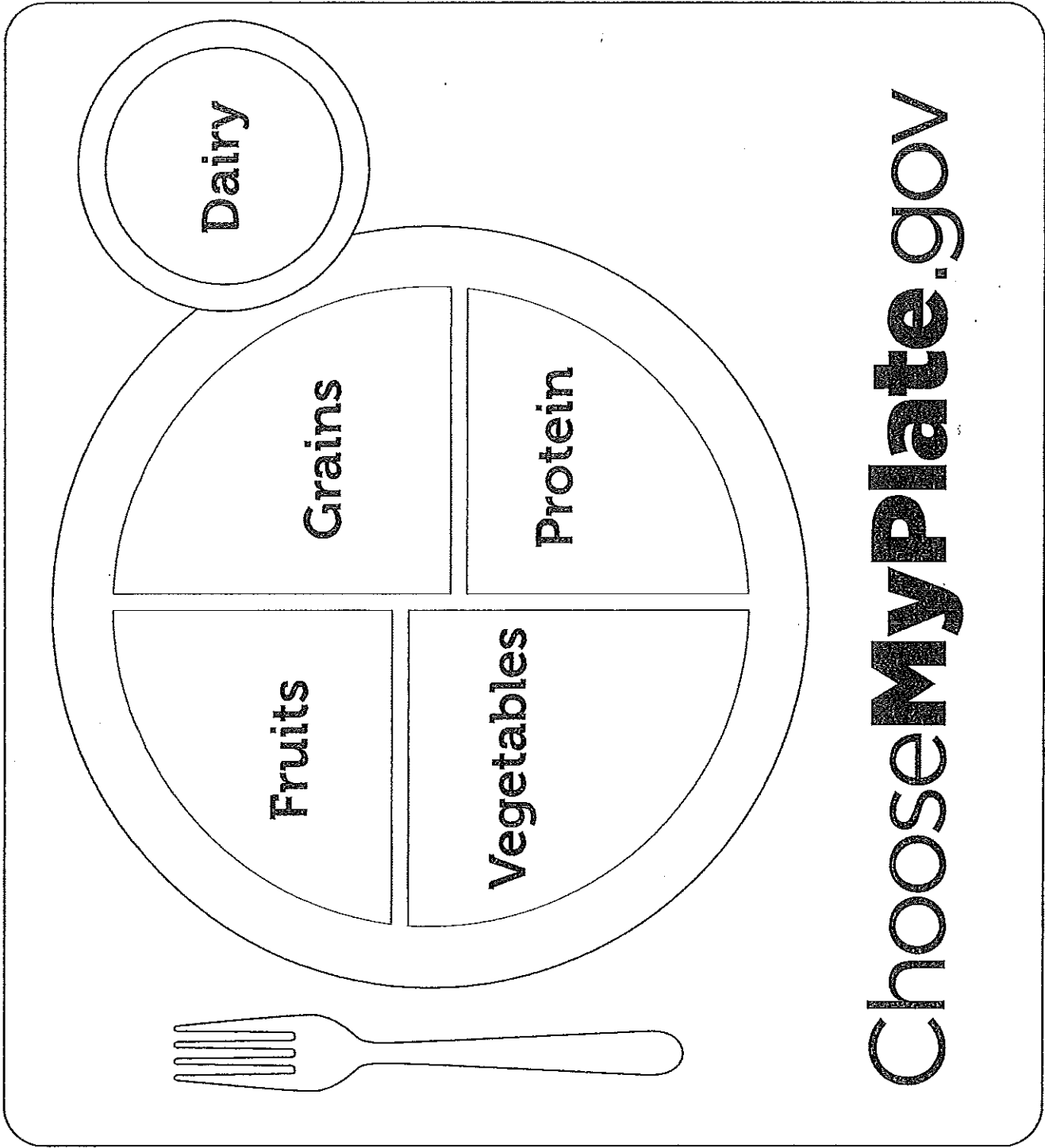
Search for these foods that taste great with milk:

- PANCAKES, CEREAL, CHEESEBURGERS,
- GRILLED CHEESE SANDWICH, LASAGNA,
- MUFFINS, BAGELS, COOKIES, PASTA,
- PEANUT BUTTER AND JELLY SANDWICH,
- WHOLE WHEAT TOAST, CHICKEN FINGERS,
- VEGETABLES, PIZZA, FRUIT

Milk is a power drink that supplies your body with nutrients to grow tall, play hard and learn well. Calcium, along with eight other essential nutrients in milk, will keep you healthy. Remember to drink 3 servings of milk each day for the nutrients you need.

Good nutrition tastes great in all types of milk—low fat, reduced fat, fat free, chocolate or strawberry. They all have the same nutrients. Choose the milk you like best and drink 3 every day.

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