

Michigan Nutrition Standards

**Michigan Department of Education
Recommendations for all Foods and
Beverages Available in Michigan
Schools**

as approved by the State Board of Education October 12, 2010

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Purpose:

The purpose of this document is to provide nutrition standards for foods and beverages served on the school campus.

Guiding Principles:

1. The health of children and youth will be the highest priority in developing the standards.
2. All foods and beverages offered on the school campus will contribute to an overall healthful eating environment.
3. Federally reimbursable meals and snacks will be the primary source of foods and beverages offered at school.
4. The recommended nutrition standards will be based on the *Dietary Guidelines for Americans, 2005* (DGA), with consideration given to other relevant science-based resources.
5. The developed standards will be clear and specific to enable all schools to implement *the standards* as intended.
6. To support the DGA, foods and beverages served outside the child nutrition programs will complement rather than compete with federally reimbursable meals and snacks.
7. There will be an emphasis on whole, minimally processed nutrient rich foods such as fruits, vegetables, whole grains, lean protein and low-fat and fat-free dairy.

Recommendations:

The Michigan Department of Education (MDE) recommends that districts provide a campus-wide environment supporting adoption of healthy eating behaviors. A growing number of important research studies have identified specific health benefits that result when children consume energy-balanced dietary patterns where most calories come from a variety of nutrient-rich foods and beverages, especially fruits and vegetables, dietary fiber and whole grains, lean protein, low-fat dairy, and low sodium; and where intake of added sugar, refined carbohydrates, and total and saturated fat, are low. Students should be given the opportunity to learn and practice these behaviors by having access to healthy food and beverage choices. Therefore, MDE recommends that districts comply with the following:

- For the United States Department of Agriculture (USDA) Child Nutrition (CN) Programs (School Breakfast Program, National School Lunch Program, and After School Snack Program), follow the Meal Pattern Recommendations listed in the Meal Pattern Recommendations for School Breakfast and Lunch, Summer Feeding Programs and After School Snack Programs, adapted from the School Nutrition Association's *National Nutrition Standards Recommendations* .
- For foods and beverages served outside of the USDA-regulated school CN programs, follow the *Michigan Nutrition Standards Recommendations for Foods and Beverages Served outside the USDA Child Nutrition Programs at Schools*.

Meal Pattern Recommendations for School Breakfast and Lunch, Summer Feeding Programs and After School Snack Programs

MDE recommends the following standards for foods and beverages served/sold through the Child Nutrition Programs - School Breakfast and Lunch, Summer Feeding Programs, and After School Snack Programs. These standards are based on the [School Nutrition Association's National Nutrition Standards](#) 2008, [DGA](#), the USDA [HealthierUS School Challenge Guidelines](#) 2008, and the Institute of Medicine (IOM) [School Meals: Building Blocks for Healthy Children](#) 2009.

MDE recommends the following standards for all reimbursable meals:

- Calories: range based on Daily Reference Intakes.
- Fat: 25-35% of calories over the week.
- Saturated Fat: Less than 10% of calories over the week.
- Trans fat: Zero trans fat (less than or equal to .5 grams) per serving as listed on the nutrition label or in manufacturer's specifications, for any food included on the school menu.

MDE recommends the following targets as total quantities for reimbursable meals throughout the school day (breakfast and lunch combined).

- Fiber 14-21 grams.
- Sodium 1,340 – 1,400 milligrams total throughout the school day reduced in a step-wise fashion so as to reach the target by 2020.
- Fruits and vegetables to increase over time to meet DGA.

MDE recommends the following additional standards for School Nutrition Programs:

- For food-based menu planning systems, continue to offer a minimum of five components for lunch, four components for breakfast, and two components for after school snacks.
- Sodium: Salt shakers and packets shall not be available.
- Sugar: Sugar packets shall not be available.
- [Legumes](#): Must be offered two times per week as either a meat/meat alternate and/or vegetable component.

Meal Pattern Recommendations

Lunch

	Minimum Requirement	Estimated Amount	Rationale
Meat/Meat Alternate	<ul style="list-style-type: none"> • Offer lower fat options at least four days per week (defined as an item with less than 40% of calories from fat). • Maintain current crediting for alternate protein products. 	1 ½ -3 oz. daily	<ul style="list-style-type: none"> • Range of ounces allows for flexibility. • Amount consistent with USDA, A Meal Planner for Healthy School Meals.
Grains/Breads	<ul style="list-style-type: none"> • At least one half of grain servings should be whole grain choices. 	8-10 servings per week	<ul style="list-style-type: none"> • DGA recommends one-half of grains/breads from whole grain sources. • The USDA, HealthierUS School Challenge defines a whole grain product as a food/menu item where the primary grain ingredient is a whole grain. (Examples of common whole grains can be found in Table 7 of the DGA; also pages 6 and 7 of the USDA, HealthierUS School Challenge) <i>Difficulty obtaining these products may require a phased approach to implementation.</i>
Fruits	<ul style="list-style-type: none"> • At least three different fruits must be offered each week to ensure variety. • Only 100% juice, no added sugar, may be offered. • Juice may only be offered <i>one time</i> per week as the fruit choice. • Three servings of fresh fruits and/or raw vegetables shall be offered per week. • Canned fruit must be packed in juice or light syrup. 	½ cup total fruit combination daily	<ul style="list-style-type: none"> • Rounded up estimated amount to phase in daily recommended need (DGA) and current consumption patterns. • Rationale for fresh fruits, vegetables, and juice offerings from USDA, HealthierUS School Challenge.

	Minimum Requirement	Estimated Amount	Rationale
Vegetables	<ul style="list-style-type: none"> • At least three different vegetables must be offered each week to ensure variety. • Two servings of dark green vegetables per week. • One serving orange/deep yellow vegetables per week. • Only 100% juice, no added sugar, may be offered. 	½ cup total vegetable combination daily	<ul style="list-style-type: none"> • Rounded up estimated amount to meet daily recommended need (DGA) and current consumption patterns. • Rationale for fresh fruits, vegetables, and juice offerings from USDA, HealthierUS School Challenge.
Milk	<ul style="list-style-type: none"> • Not to exceed 1% milk fat for all milk offered. • Not to exceed 28 grams of sugar per 8 oz. serving. 	8 oz. daily	<ul style="list-style-type: none"> • Small amounts of sugars added to nutrient-dense foods, such as low fat and fat-free milk products, may increase intake of such foods by enhancing the palatability of these products – (DGA).

Meal Pattern Recommendations

Breakfast

	Minimum Requirement	Estimated Amount	Rationale
Meat/Meat Alternate [†]	<ul style="list-style-type: none"> Maintain the requirement for meat/meat alternate and grains/breads, allowing flexibility in combining the two components. ½ oz. minimum of meat/meat alternate to be considered a serving. 	0 – 2 oz. daily	<ul style="list-style-type: none"> Adds flexibility to menu planning on alternate serving methods.
Grains/Breads [†]	<ul style="list-style-type: none"> Maintain the requirement for grains/breads and meat/meat alternate, allowing flexibility in combining the two components. Whole grain offered at least three times per week. 	0 – 2 servings daily	<ul style="list-style-type: none"> DGA recommends one-half of grains/breads from whole grain sources. The USDA, Healthier US School Challenge defines a whole grain product as a food/menu item where the primary grain ingredient is a whole grain. (Examples of common whole grains can be found in Table 7 of the DGA; also pages 6 and 7 of the USDA HealthierUS School Challenge) Amount consistent with USDA, A Menu Planner for Healthy School Meals.
Fruits/Vegetables	<ul style="list-style-type: none"> Offer a variety of colors and types (fresh, canned, frozen) over a week. At least half of fruit offerings should be from whole fruit rather than juice. Canned fruit must be packed in juice or light syrup. 	1/2 cup total combination daily	<ul style="list-style-type: none"> Adds flexibility in choices. Consumption of whole fruits rather than fruit juice is suggested to ensure adequate fiber intake (DGA). Consistent with USDA, HealthierUS School Challenge.
Milk	<ul style="list-style-type: none"> Not to exceed 1% milk fat for all milk offered Not to exceed 28 grams of sugar per 8 oz. serving 	8 oz. daily	<ul style="list-style-type: none"> Small amounts of sugars added to nutrient-dense foods, such as low fat and fat-free milk products, may increase intake of such foods by enhancing the palatability of these products (DGA).

[†]One serving each of meat/meat alternative and grain/breads or two servings of meat/meat alternate or two servings of grains/breads.

Meal Pattern Recommendations
After School Snacks

	Minimum Requirement	Estimated Amount	Rationale
Meat/Meat Alternate	<ul style="list-style-type: none"> Keep the same requirement for all components with flexibility to offer any two of the four components. 	1 oz. daily	<ul style="list-style-type: none"> Adds flexibility in choices.
Grains/Breads	<ul style="list-style-type: none"> Whole grain offered at least one time per week. 	1 serving daily	<ul style="list-style-type: none"> DGA recommend one-half of grains/breads from whole grain sources. The USDA, HealthierUS School Challenge defines a whole grain product as a food/menu item where the primary grain ingredient is a whole grain. (Examples of common whole grains can be found in Table 7 of the DGA; also pages 6 and 7 of the HealthierUS School Challenge.)
Fruits/Vegetables	<ul style="list-style-type: none"> Offer a variety of colors and types (fresh, canned, frozen) over a week. Canned fruit must be packed in juice or light syrup. At least half of fruit offerings should be from whole fruit rather than juice. 	¾ cup combination daily when averaged over the week	<ul style="list-style-type: none"> Adds flexibility in choices. Consumption of whole fruits rather than fruit juice is suggested to ensure adequate fiber intake (DGA).
Milk	<ul style="list-style-type: none"> Not to exceed 1% milk fat for all milk offered. Not to exceed 28 grams of sugar per 8 oz. serving. 	8 oz. daily	<ul style="list-style-type: none"> Small amounts of sugars added to nutrient-dense foods, such as low fat and fat-free milk products, may increase intake of such foods by enhancing the palatability of these products (DGA).

Michigan Nutrition Standards Recommendations for Foods and Beverages Served Outside the USDA Child Nutrition Programs at Elementary, Middle and High Schools

Foods sold and/or served outside of the Child Nutrition Programs will complement rather than compete with the school lunch, breakfast, and after school snack programs. These standards are based on the DGA to support healthy students. Whole, minimally processed nutrient rich foods are the foundation of a healthy diet and are the intended emphasis of these standards. Although some processed foods will meet the standards, the standards are not an endorsement of those products, as they usually are missing the naturally occurring nutrients of the whole foods (vitamins, minerals, fiber, phytochemicals, etc.) and do not teach children to like and prefer unprocessed whole foods.

Beverage Standards	
Water	<ul style="list-style-type: none"> • Water without flavoring, additives, carbonation, or added sugar.
Juice	<ul style="list-style-type: none"> • 100% juice or 100% juice/water blends, with no added sugar (up to 10 oz. portion).
Milk	<ul style="list-style-type: none"> • Low-fat (1%) or fat-free milk (flavored or unflavored) and lactose-free and soy beverages. <ul style="list-style-type: none"> – Not to exceed 170 calories per 8 oz. serving. – Not to exceed 28 grams of sugar per 8 oz. serving. – At the high school level only, schools may choose to serve up to 16 oz./serving, 1% or fat-free flavored or unflavored milk. MDE encourages schools to limit to 8 oz. serving where available.)
Sports Drinks	<ul style="list-style-type: none"> • Sports drinks should not be available in the school setting. The individual athletic coach may determine whether sports drinks are made available to student athletes under allowable conditions to maintain hydration (such as when students are engaging in prolonged, vigorous activities on hot days). • Beverages such as water, low-fat or fat-free milk (flavored or unflavored), and/or 100% juice shall be considered.
Other Beverages	<ul style="list-style-type: none"> • Not allowed at the elementary and middle school level. • At the high school level only, schools may choose to serve the following: <ul style="list-style-type: none"> – Caffeinated, fortified, or flavored beverages with less than 5 calories per serving as packaged, up to 20 oz. – 100% juice or 100% juice/water blends with carbonation, up to 12 oz.

Food Standards	
Entrees	<ul style="list-style-type: none"> • Any entree that is on the daily menu as a part of a reimbursable meal (same specification/recipe/serving size) may be served/sold outside of a reimbursable meal in single serving and on that same day only. • Calories: 500 or less per portion • Saturated Fat: Less than 6 grams per serving • Sodium: Less than 600 mg per serving
Other Foods.	<ul style="list-style-type: none"> • Fruits, vegetables, whole grains, and related combination products and low-fat and fat-free dairy as packaged. • Calories: 200 calories or less. • Total Fat: No more than 35% total calories. • Saturated Fat: Less than 10% total calories. • Trans fat: Trans fat free (less than or equal to 0.5 gm. per serving). • Total Sugar: No more than 35% of total weight per serving. • Sodium: No more than 230 mg. as packaged. • Schools may choose to serve the following: <ul style="list-style-type: none"> – Nuts, seeds, and reduced-fat cheese in 1 oz. portions are exempt from fat and saturated fat standards. – Low-fat yogurt can contain no more than 30 grams of total sugars per 8 oz. portion.

Where to Apply the Standards During the School Day	
Ala Carte	<ul style="list-style-type: none"> • Will meet the beverage and food standards on pages 8-9.
Vending	<ul style="list-style-type: none"> • Will meet the beverage and food standards on pages 8-9.
Foods from Home	<ul style="list-style-type: none"> • Parents/caregivers will be encouraged to promote their child's participation in the school meal programs. If their child does not participate in the school meal programs, parents/caregivers will be encouraged to provide a healthy alternative.
Classroom Parties/ Holiday Celebrations	<ul style="list-style-type: none"> • Classrooms are encouraged to minimize food as a method of celebration. • If classroom parties include foods and/or beverages, at least half of the items offered will meet the standards on pages 8-9.
Fundraising Activities on Campus (including bake sales and school stores)	<ul style="list-style-type: none"> • Fundraising activities using foods and/or beverages will meet the standards on pages 8-9. • Fundraisers selling foods and/or beverages cannot be held less than 30 minutes before the first lunch period starts, or less than 30 minutes after the final lunch period ends. • Alternate revenue generating sources should be encouraged.

Rewards or Discipline	<ul style="list-style-type: none"> • Foods and beverages should not be used as rewards or discipline for academic performance or behavior unless the reward is an activity that promotes a positive nutrition message (i.e. guest chef, field trip to a farm or farmers market). • Withholding foods and beverages should never be used as a disciplinary measure as it encourages unhealthy associations between food and behavior.
Faculty Lounges	<ul style="list-style-type: none"> • Faculty members are encouraged to be role models and set a healthy example for students. • Vending machines accessible to faculty at all buildings should meet the food and high school beverages standards on pages 8-9.
Food Marketing	<ul style="list-style-type: none"> • Marketing of foods, not meeting the standards specified in this document, should be minimized or eliminated.

Where to Apply the Standards After the School Day

Concessions, open houses, parent/teacher conferences, school group meetings, school celebrations, banquets, retirement parties, and school board meetings.	<ul style="list-style-type: none"> • Foods and/or beverages served during activities that take place after the school day should meet the standards on pages 8-9.
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Resources used:

- School Nutrition Association (SNA), *SNA National Nutrition Standards Updated*, released November 2008.
- United States Department of Agriculture (USDA), *Dietary Guidelines for Americans, 2005 (DGA)*; USDA released 2005.
- United States Department of Agriculture, *HealthierUS School Challenge (HUSSC) Guidelines*; USDA released December 2008.
- Institute of Medicine (IOM), *Institute of Medicine Nutrition Standards for Foods in Schools*, released April 2007.
- Alliance for a Healthier Generation, *Alliance for a Healthier Generation Competitive Foods and Beverage Guidelines*; released October 2006.
- United States Department of Agriculture (USDA), *A Menu Planner for Healthy School Meals*, 1998, Revised 2008.
- Institute of Medicine (IOM), *School Meals: Building Blocks for Healthy Children*; released October 2009.
- Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2010.

Glossary

A Menu Planner for Healthy School Meals – A USDA resource that provides recommendations from the 2005 Dietary Guidelines that can be implemented in menu planning. It includes valuable information on the different menu planning options, nutrient analysis, keeping menu planning records, and marketing the School Meal Programs in schools.

Dietary Guidelines for Americans - Provides science-based advice to promote health and to reduce risk for major chronic diseases through diet and physical activity.

Dietary Reference Intake (DRI) – a set of guidelines for the daily intake of nutrients (as vitamins, protein, and fats) and other food components (as fiber) that include recommended daily allowances, adequate daily intake values for nutrients having undetermined recommended daily allowances, and tolerable upper level values of daily intake.

HealthierUS School Challenge (HUSSC) Guidelines - A method for the United States Department of Agriculture (USDA) to recognize a school's commitment to the health and well being of its students. Schools that meet the HUSSC Guidelines are implementing school wide nutrition and physical activity practices that go beyond the school meal nutrient standards.

Legume - A class of vegetable that includes beans, peas, and lentils. Examples include adzuki beans, black beans, black-eyed peas, chick peas, edamame, lentils, red kidney beans, and peas.

Non-reimbursable meals - Meals that are served but cannot be claimed for reimbursement in the USDA National School Lunch Program (NSLP) and School Breakfast Program (SBP), such as adult meals, a la carte items, and second meals served to students.

Reimbursable meal - A school meal meeting the USDA meal requirements and nutrition standards, served to an eligible student, and priced as an entire meal rather than based on individual items. Such meals qualify for reimbursement with federal funds.

Abbreviations

DGA	Dietary Guidelines for Americans
DRI	Dietary Reference Intakes
HUSSC	HealthierUS School Challenge
IOM	Institute of Medicine
SNA	School Nutrition Association
USDA	United States Department of Agriculture

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