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Titolo	School meals [[electronic resource]] : building blocks for healthy children / / Virginia A. Stallings, Carol West Sutor, and Christine L. Taylor, editors ; Institute of Medicine of the National Academies
Pubbl/distr/stampa	Washington, D.C., : National Academies Press, c2010
ISBN	1-283-37613-X 9786613376138 0-309-14437-X
Descrizione fisica	1 online resource (395 p.)
Altri autori (Persone)	StallingsVirginia A SutorCarol West TaylorChristine Lewis
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Lingua di pubblicazione	Inglese
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Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references (p. 209-219).
Nota di contenuto	Foundation for revising nutrition standards and meal requirements -- Schoolchildren's food and nutrient intakes and related health concerns -- Process for developing the nutrient targets -- Process for developing the meal requirements -- Iterations : achieving the best balance of nutrition, student acceptance, practicality, and cost -- Recommendations for nutrient targets and meal requirements for school meals -- Food cost implications and market effects -- Projected impact of the recommended nutrient targets and meal requirements -- Implementation, evaluation, and research.
Sommario/riassunto	"Ensuring that the food provided to children in schools is consistent with current dietary recommendations is an important national focus. Various laws and regulations govern the operation of school meal programs. In 1995, Nutrition Standards and Meal Requirements were put in place to ensure that all meals offered would be high in nutritional quality. School Meals reviews and provides recommendations to update the nutrition standard and the meal

requirements for the National School Breakfast and Lunch Programs. The recommendations reflect new developments in nutrition science, increase the availability of key food groups in the school meal programs, and allow these programs to better meet the nutritional needs of children, foster healthy eating habits, and safeguard children's health. School Meals sets standards for menu planning that focus on food groups, calories, saturated fat, and sodium and that incorporate Dietary Guidelines for Americans and the Dietary Reference Intakes."--
Publisher's description.
