Dietary Guidelines Card - Instructions for Activity

As a table, work together to

1) Create a list of strategies, menu ideas, foods to include which
    a. Meet the nutrition requirements of breakfast
    b. Incorporate the Dietary Guideline(s)
    c. Work quickly – 10 minutes for activity
2) Be ready to share with larger group – flip chart page

Need ideas? Check the yellow page resources for

- Reference for breakfast nutrition requirements
- Nutrition Nuggets Dietary Guidelines
- USDA DGA fact sheets
- Fast Facts about the Energy Nutrients
- Vitamin A Vitamin C Iron Fiber: Where to Find It fact sheets
- Vitamins and Minerals from A to Zinc
- Cafeteria Connections Serving the Dietary Guidelines with Style, Energy Balance and Pumping up Performance
- Pantry Patrol
- Refrigerator Rater

Dietary Guideline	Nutrition Requirement	Strategies, foods, menu ideas	Observations, Concerns
EXAMPLE Meet nutrient needs within calorie level	*Calorie levels are set for NSMP; component food patterns and serving sizes are defined for FBMP and menus must met standards.*	*Offer choices within groups to encourage student take balanced meal with protein. Offer yogurt, lean meat, & whole grains.*	*Breakfast foods often low in calories; need to offer lean protein choices to keep fat, sat. fat and chol., in check. Whole grains have more protein, calories. Cost factors.*
30% total calories from fat			
10% total calories from saturated fat			

Cholesterol – limit intake to 300 mg daily ID 75 mg breakfast			
Reduce sodium rich foods; increase potassium rich foods			
Encourage whole grains			
Encourage vegetables - variety of colors			
Encourage Fruits – more whole fruits, limit juices			
Encourage Milk/Calcium-rich foods			