



# NUTRITION RESOURCES

## Academy of Nutrition and Dietetics

Look to Registered Dietitians as your first source for evidence-based nutrition information. Visit [www.eatright.org](http://www.eatright.org) for reliable, simple tips as well as recipes. Visit [www.kidseatright.org](http://www.kidseatright.org) for information specific to raising healthy children.

## Choose My Plate

The previous food pyramid has evolved into MyPlate, which consists of an easy graphic demonstrating how to build a nourishing meal. Visit [www.choosemyplate.gov](http://www.choosemyplate.gov) more information. Remember, you don't have to be perfect. Perfect doesn't exist in nutrition (or in any area of life!). Just do your best, aim to include a variety of foods and food groups throughout the day, and make sure you are eating enough to fuel your mind and body. Each person has unique needs when it comes to nutrition and your plate is likely to look different than the person next to you. This is okay and expected! The MyPlate website offers resources according to all life stages including infants, toddlers, children, teens, adults, older adults, and more!

## Child Nutrition Program Meal Guidelines

Did you know? School meals must meet federal nutrition guidelines for saturated fat, sodium, and calories as well as specific requirements for each of the 5 food components per week. Food components include grain, meat/meat alternative, fruit, vegetable, and milk. Requirements vary for grades K-8 and 9-12.

- To find out more about federal child nutrition program guidelines, click [here](#).
- All snacks and beverages sold in schools must meet Smart Snacks guidelines. To find out more about Smart Snacks, click [here](#).
- As of now, school meals are following Summer Food Service Program meal requirements through June 2021 due to the COVID-19 pandemic. \*This is subject to change\* Meal pattern requirements for SFSP can be found [here](#).

## Dietary Guidelines for Americans 2020-2025

The Dietary Guidelines for Americans are released every 5 years. The 2020-2025 version suggests to "make every bite count" by following healthy eating patterns at each stage of life, focusing on nutrient-dense customizable choices that allow for personal & cultural preferences, striving to meet food group recommendations, and limiting added sugars, sodium, and saturated fat to name a few (1). Follow [this link](#) to learn more about the current dietary guidelines.

(1) [https://www.dietaryguidelines.gov/sites/default/files/2020-12/DGA\\_2020-2025\\_ExecutiveSummary\\_English.pdf](https://www.dietaryguidelines.gov/sites/default/files/2020-12/DGA_2020-2025_ExecutiveSummary_English.pdf)

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