**NUTRITION RESOURCES**

*Your School Dietitian is available as a resource to the district. Please feel free to contact her for wellness events, sports nutrition team talks, or classroom visits. She is generally in the district on Thursdays.*

*Lindsey LaDue, RD, CDN- E-mail:* *lladue@ocmboces.org*

**Academy of Nutrition and Dietetics**

Registered Dietitians should be 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 info specific to raising healthy children.

**Choose My Plate**

The previous food pyramid has evolved into MyPlate, which consists of an easy graphic showing how to build a healthy meal on your plate. Half your plate should be filled with fruits and veggies, ¼ with lean protein, and ¼ with grains, half of which should be whole grains throughout the day. Visit [www.choosemyplate.gov](http://www.choosemyplate.gov) for interactive activities, tip sheets, recipes, and more.

**Dietary Guidelines for Americans 2015-2020**

The Dietary Guidelines for Americans are released every 5 years and provide recommendations for healthy living and chronic disease prevention. Suggestions for 2015-2020 include choosing nutrient dense foods, limiting added fats, sugars, and sodium, and including whole grains, fruits, veggies, low-fat dairy, and lean protein as part of a healthy lifestyle. Learn more about the [Dietary Guidelines for Americans 2015-2016](http://health.gov/dietaryguidelines/2015/guidelines/).

**DID YOU KNOW?**

School meals must meet federal nutrition guidelines for fat, 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 alternate, 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.](https://fns-prod.azureedge.net/nslp/national-school-lunch-program-nslp)

All snacks and beverages sold in schools must meet Smart Snacks guidelines.

To find out more about Smart Snacks, click [here.](https://www.bville.org/tfiles/folder1762/smart%20snacks%20info.pdf)