



Milk – Get your Calcium Rich Foods!

What foods are in the Milk Group?

Any food made from milk that is rich in calcium can be considered part of the milk group. Milk-based foods with little or no calcium are not considered part of the milk group. So all milks, including flavored, most hard and soft cheeses, all yogurts and milk based desserts get the thumbs up. Contrary to what many believe, cream cheese, cream and butter are not included in the milk group as they are low in calcium.



Key Nutrients:

- ✓ Calcium
- ✓ Potassium
- ✓ Vitamin D
- ✓ Protein



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Health Benefits:

- Diets rich in milk and milk products help build and maintain bone mass throughout the lifecycle. This may reduce the risk of osteoporosis.
- The intake of milk products is especially important to bone health during childhood and adolescence, when bone mass is being built.
- Diets that include milk products tend to have a higher overall nutritional quality.

To build strong bones, teeth and muscles,

kids ages 2-8 need 2 servings a day of milk, yogurt or cheese. Kids 9 and older should get 3 servings.

What does a serving look like?

Milks	1 cup (8oz)	1 baseball
Yogurts	1 8oz container	1 baseball
Hard Cheeses	1.5oz or 2 slices	6 stacked dice
Soft Cheese (ricotta or cottage)	½ cup	1 golf ball
Pudding or Frozen Yogurts	½ cup	½ baseball

Tip of the Day

If you usually drink whole milk, switch gradually to fat-free milk, to lower saturated fat and calories. First try reduced fat (2%), then low-fat (1%), and finally fat-free (skim).

Make Wise Choices from the Milk Group

- ✓ Make a dip for fruits or vegetables from yogurt.
- ✓ Have fat-free or low-fat yogurt as a snack.
- ✓ Make fruit-yogurt smoothies in the blender.
- ✓ Use fat-free or low-fat milk when making condensed cream soups (such as cream of tomato).



Chartwells Announces National Partnership With *Barilla America*

Chartwells School Dining Services announced that they are partnering with Barilla America to serve Barilla PLUS™, a multi-grain pasta that may be served as both a meat alternate and a grain/bread component to all Chartwells' schools participating in the National School Lunch Program.

“Barilla PLUS is a good source of protein, fiber and omega-3 fatty acids and is a welcome addition to our Balanced Choices® program,” said Margie Saidel MPH, RD and director of nutrition for Chartwells. Balanced Choices® is Chartwells' comprehensive approach to students' health and wellness which includes better-for-you meals, snacks and beverages.

The formulation for Barilla PLUS™ underwent an extensive review by the USDA, Food and Nutrition Service, the federal agency with oversight responsibility for the National School Lunch Program. Because of the unique formulation, which includes a high-quality protein-rich mixture of lentils, chick peas and egg whites, USDA approved the pasta to contribute 1 ounce of meat alternate and 2 servings of grain/bread components in federally-reimbursed foodservice programs.

“Barilla is committed to providing children with high-quality foods that provide balanced nutrition. We are very excited to be collaborating with Chartwells and help make a difference in the school segment,” said Catherine Terry, brand manager for foodservice at Barilla America.



In addition, Chartwells' regional chefs and registered dietitians have been working together to come up with an assortment of healthy, innovative recipes kids will love using Barilla PLUS™ pasta. Each variety available – spaghetti, penne, rotini and elbows - offers foodservice directors another delicious option for school meals with a taste and texture kids will enjoy. Some of the Chartwells recipes using Barilla PLUS pasta include: Fruity Elbow Salad, Cheesy Tomato Rotini, Ginger Basil Longevity Noodles and Chicken Fajita Pasta Toss.

“Chartwells is committed to identifying and providing a wide range of choices to help the students we serve have healthier meal options they will enjoy.”

–Margie Saidel
MPH, RD and director of
nutrition for Chartwells

Side Dish

New Study: Schools Prevent, Not Encourage, Child Obesity

According to the April 2007 American Journal of Public Health, a study conducted by Ohio State University, stressed that schools provide structured eating patterns, limited access to foods and beverages with high calories, and nutrition education including the benefits of a balanced diet, as well as encouraging sufficient exercise.

In fact, the results showed that children at high risk of overweight were more vulnerable to weight gain when they were out of school during the summer months, than when they were in school. The research shows that when children are not in their daily routine, they are prone to gain weight, participate in sedentary activities and over snack.

Body Mass Index (BMI) of over 5000 students was analyzed throughout an entire school year. Starting in kindergarten, BMI scores increased three times faster than during summer vacation and twice as fast during 1st grade. Although this study is good news for schools, researches stressed that continuous efforts need to take place to provide healthier foods and increased physical activity.

“When it comes to childhood obesity, schools appear to be more a part of the solution than the problem. The problem of childhood obesity would actually be much worse if children were not in school,” said Douglas Downey, co-author of the report.

NOTE: In issue 4 of e-bites, fastcompany.com was the original source of the 'Generation We' article.