

# Kids Can Eat Healthier in School – and Enjoy It!

Cleveland Clinic's "Eat Right at School" program is specially designed to help schools ensure their menu items are truly healthy.



Every life deserves world class care.

9500 Euclid Avenue, Cleveland, OH 44195

Cleveland Clinic is a top-ranked nonprofit academic medical center founded in 1921. With more than 1,300 staffed beds, as well as research and education institutes, the organization is dedicated to providing expert inpatient and hospital care through innovation, quality, teamwork and service.

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## Eat Right at School





## How does it work?

Registered dietitians from our Center for Human Nutrition are available to evaluate your school's menus against our guidelines. The guidelines meet and exceed those set by the USDA for school lunch programs as well as provide steps to meet Cleveland Clinic's Go! recommendations.

## What standards does our menu need to meet?

School menus need to meet the following guidelines (based on weekly averages):

### Sugar

- All juice must be 100 percent fruit juice, with no added sweetener
- All canned fruit must be packed in water or 100 percent, unsweetened juice
- Breakfast: Meal must meet guidelines above and cereal needs to have < 4 grams added sugars or syrups per serving

### Fat

- No more than 30 percent of total calories from fat
- No more than 10 percent of total calories from saturated fat
- No fried items are to be served
- Zero trans fat on all product labels and ingredient list
- Breakfast: Must meet above guidelines

### Fruit and Vegetables

- One cup of fruit and vegetables from two or more varieties
- Tomato or pizza sauces are not to be included in vegetable count
- All processed potato items must be baked
- Offer at least one half cup of starchy beans per week
- Breakfast: Must meet or exceed USDA's fruit requirement

### Fiber

- 5 to 8 grams per lunch meal
- Half of all grains must be 100 percent whole grain
- Breakfast: Must meet above guidelines AND include 1 to 3 grams of fiber

### Calories

- On a weekly basis, total calories must meet the calorie ranges established by the USDA
- If sugar is listed as the first, second or third ingredient in a menu item, the weekly calorie totals must meet the established USDA calorie guidelines
- Breakfast: Must meet above guidelines

### Sodium

- ≤ 1,200 mg per day based on weekly lunch averages)
- Breakfast: Meal must be at or below USDA-recommended sodium guidelines

## Helping build healthier tomorrows

Cleveland Clinic knows that healthy eating is important at every stage of life, and childhood is a particularly crucial time to teach good habits that will serve students well throughout their lives. That's why we designed our "Eat Right at School" program to provide a solid foundation for students to strive for an even healthier lifestyle in the years ahead.

Our program guidelines utilize USDA guidelines, but we also include additional goals based on Cleveland Clinic's Go! Foods<sup>SM</sup> program. This food labeling program takes the guess work out of determining if items are healthy food choices by awarding green "Go!" stickers to foods that meet national nutritional guidelines, which are stricter than those set by the FDA for school lunches.

## Our Go! recommendations include:

### Sugar

< 4 grams added sugars or syrups per meal

### Fat

< 4 grams saturated fat per meal

### Fiber

All grains must be 100 percent whole grains

### Sodium

≤ 600 mg for main dishes

≤ 480 mg for side dishes

Cleveland Clinic's "Eat Right at School" program stems from another of our innovative nutrition and fitness programs for schools to help improve their students' well-being; the 5 to Go!<sup>TM</sup> Program. This program offers the students and families in our community an easy count-down of steps for good health. We also offer our Food is Knowledge<sup>®</sup> and Healthy Futures curricula, which are aimed at preventing obesity and using nutrition and wellness to reinforce classroom skills.

Throughout these programs, our goal is simple: healthy living, inside and out, for everyone.

## Ready to become an Eat Right at School partner?

If you would like to work with our dietitians to have your school menu receive the Cleveland Clinic "Eat Right at School" seal of approval, contact Nutrition Manager Laura Jeffers, MEd, RD, LD at 216.444.3046.

