

upLIFT Your Menu with the Dietary Guidelines!

Published by the United States Departments of Agriculture and Health and Human Services, the *Dietary Guidelines for Americans, 2020-2025* (DGAs) provide science-based recommendations for food and beverage consumption to promote health, reduce risk of chronic disease, and meet nutrient needs.



Most Americans are not meeting the recommendations.

According to the DGAs, overall consumption within each food group **does not meet the recommendations**. Increasing variety within each food group can increase consumption of essential nutrients that different foods provide.



Did you know?

The Richard B. Russell National School Lunch Act requires the National School Lunch and School Breakfast Programs meal requirements to reflect the latest DGAs.

How do the school meal requirements compare to the current DGAs?

Most of the school meal pattern requirements mirror the DGAs, as they both are based on consumption of foods from all food groups, with a focus on **nutrient-dense foods**.

A major difference is that the DGAs have recommendations for added sugar **(limit to less than 10% of calories per day)**, while school meals do not have requirements for added sugar.

Ready to upLIFT your menu? Put it into practice!

School nutrition professionals who are ready to take their menus above and beyond the minimum requirements can look to the DGAs for some inspiration!

- Increase the variety of vegetables served within each subgroup.
- Increase the number whole fruit servings (fresh, canned, frozen, dried) and the variety of fruits served.
- Increase the variety of meats/meat alternates served.
- Increase the number of 100% whole grain foods served.
- Identify sources of added sugar and look for some alternatives.
- Remember snack and supper, too!

Reference:

<https://www.dietaryguidelines.gov/>



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