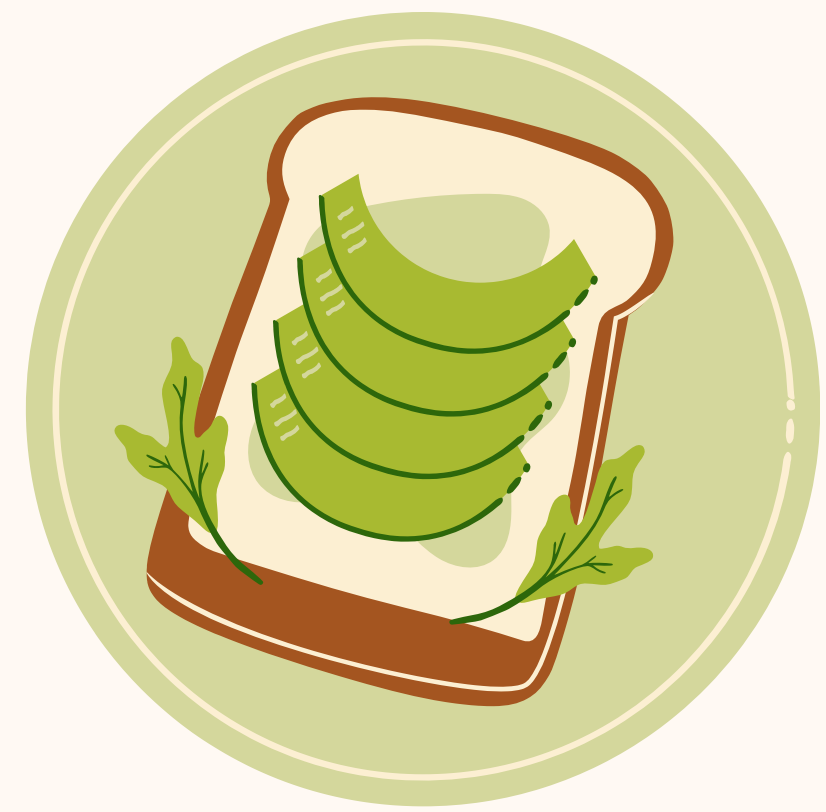




Healthy

SCHOOL MENU



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NUTRITIONAL ASSESSMENT



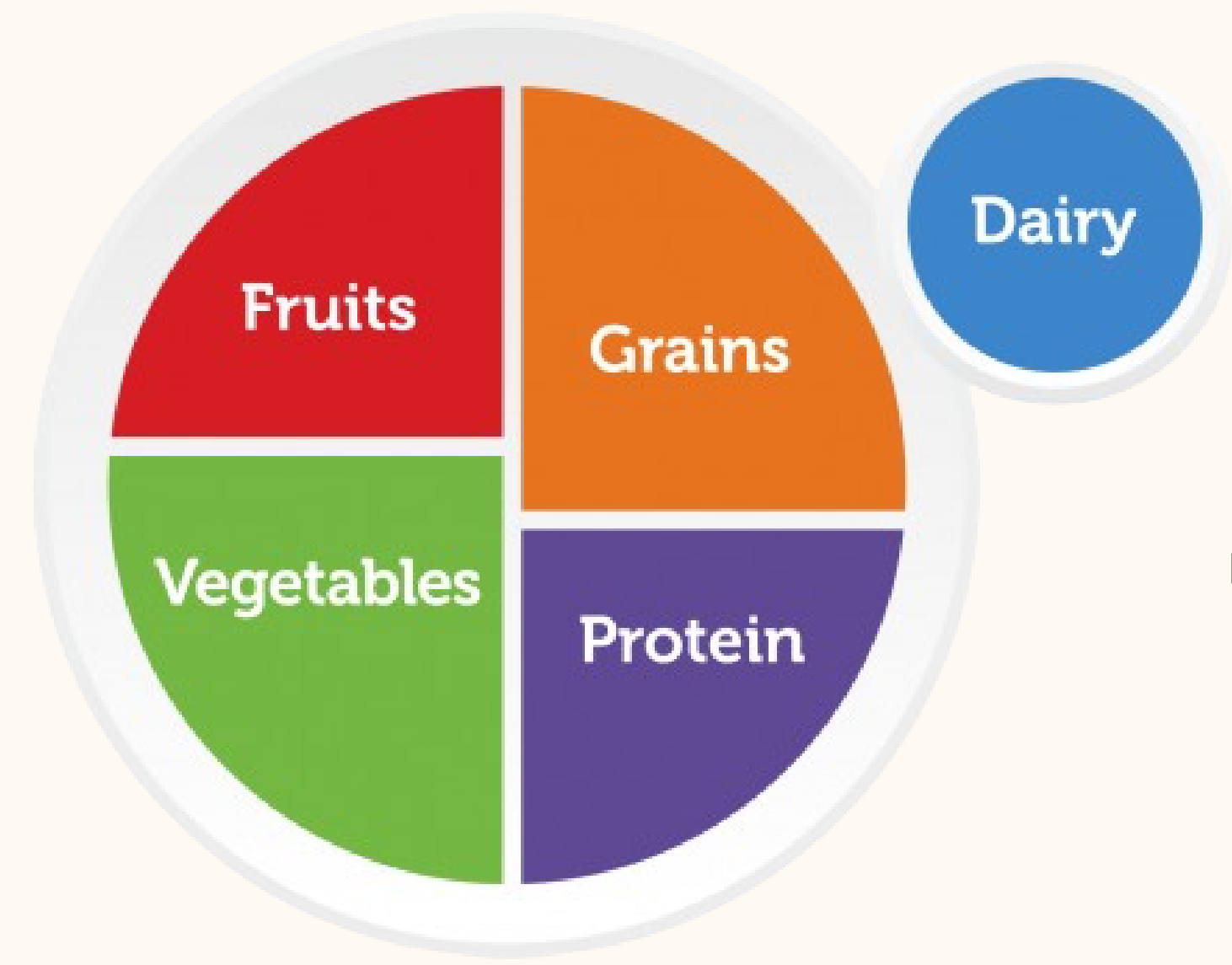
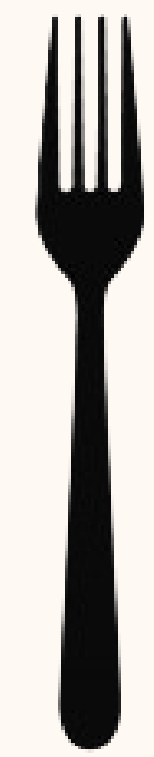
In this analysis, I will be guiding you through the **creation of a healthy and balanced school menu**





MY PLATE

FOR A HEALTHY MENU,
YOU SHOULD FOLLOW
MYPLATE, DEVELOPED BY
THE USDA



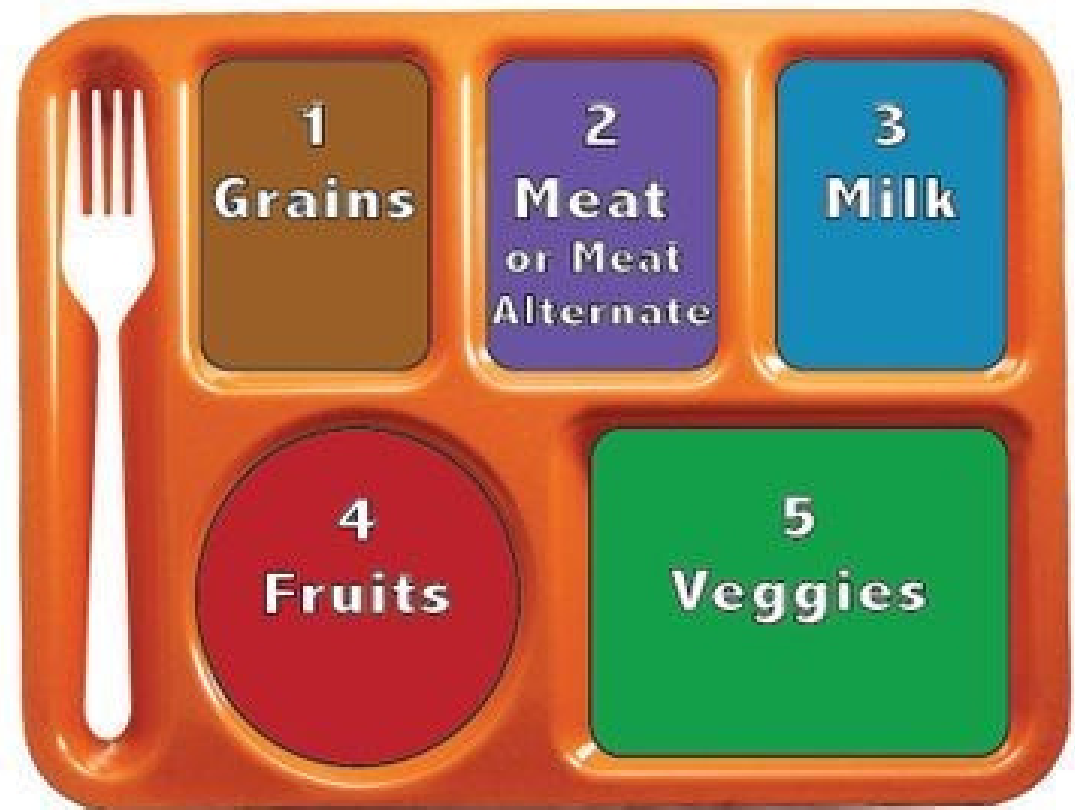
A VISUAL REMINDER TO
FOLLOW EACH OF THE 5
GROUPS AND MAKE
HEALTHY CHOICES





MY PLATE

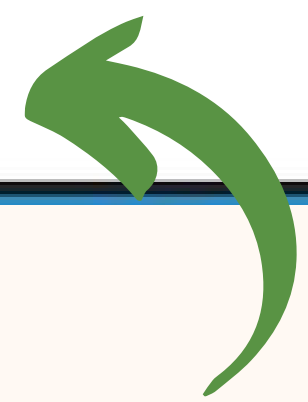
Choose **at least 3** including:



- $\frac{1}{2}$ Cup of **Fruits** or **Vegetables**

- At Least 2 **Other Food Groups**

For best nutrition, **choose all 5**





MY PLATE



CHILDREN SHOULD HAVE

-3 MAIN MEALS (BREAKFAST, LUNCH, AND DINNER)

-2 SNACKS (MID-MORNING, MID-AFTERNOON)
THE SCHOOL MENU IS CONSIDERED **1 OUT OF THE 3**
MAIN MEALS OF THE DAY (+1 MID-MORNING SNACK)





REQUIREMENTS PER DAY

	4-8 years	9-18 years
protein	26g	45-50g
calories needed	1800-2000 kcal	2200-3000 kcal



Grains

1/4 of your plate should be made of grains (ex: bread, rice, potato, pasta, bulgur)



Grains

Half of your grains should be made of whole grains (brown rice, wholewheat bread, brown pasta, wholewheat bulgur)

A collage of various grains and grain-based products including donuts, bread, pasta, and tortillas. The background is a warm orange color. The text is centered in a white rounded rectangle.

Why is it important to eat grains?

1. Main source of energy
2. Whole grains provide more fiber (good for the heart and for a proper bowel function)
3. Rich in B vitamins (used for energy and for a healthy nervous system)
4. Rich in Iron (to avoid anemia)
5. Rich in magnesium (used for building strong bones)
6. Rich in Selenium (for a healthy immune system)



Daily requirements of grains

4-8 years

4-6 oz equivalents

9-18 years

Girls: 5-8 oz equivalents

Boys: 5-10 oz equivalents

Since school menu is 1 out of 3 meals per day, the lunch requirements for grains: **1.5-2 oz for (4-8 years)** and **1.5-3 oz for (9-18 years)**



1 oz of grains equivalent=

1 slice of bread

1/2 cup cooked rice (white/brown)

1/2 cup cooked pasta (white/brown)

1/2 cup bulgur

100g potato

1/2 cup oatmeal

1 small tortilla

A top-down view of various protein-rich foods arranged on a light-colored surface. The items include: a wooden cutting board with sliced salmon and a whole salmon fillet; a grey tray with several slices of white tofu; a glass jar of smooth peanut butter; a small bowl of red lentils; a bowl of mixed nuts (almonds, cashews, walnuts); a small bowl of sunflower seeds; a can of salmon; a pink plate with a cooked fish fillet and lemon wedges; three brown eggs; a carton of white eggs; a bowl of chickpeas; a bowl of kidney beans; a small bowl of blackberries; and a plate with a roasted chicken leg. A dashed green line is visible above the central text box.

Protein Foods

1/4 of your plate should be made of protein (ex: meat, poultry, eggs, fish, beans, lentils, chickpeas)



Protein Foods

According to dietary guidelines,

Meat: (lean meat)

Chicken: skinless chicken breasts

Fish/tuna/salmon: rich in Omega 3 (at least once/week)

For a vegan choice: choose from your beans, chickpeas, lentils

A top-down view of a table with various protein sources. On the left, there's a wooden cutting board with sliced salmon and a piece of bread. In the center, a grey tray holds several blocks of white tofu. To the right, there are several small bowls: one with mixed nuts (almonds, cashews), one with red lentils, one with sunflower seeds, and one with chickpeas. In the bottom right, a carton of white eggs is visible. The background is a warm, light-colored surface.

Why is it important to eat protein?

1. Building blocks for bones and muscles
2. Building blocks for enzymes and hormones
3. Rich in Vitamin B that helps build tissue
4. Rich in Iron to prevent anemia
5. Rich in Zinc (support immune system)
6. Rich in Magnesium (support muscle function)
7. Rich in Omega 3 (found in seafood to prevent from heart disease)



If you are vegan:

You should combine legumes + grains to get a complete source of protein needed for growth

Legumes: beans, lentils, chickpeas

Grains: rice, potato, pasta, bread, bulgur

A good example is the **Mediterranean, Lebanese cuisine:** moujaddara, fassoulia w rez



Daily requirements of protein

4-8 years

3-5.5 oz equivalents

9-18 years

Girls: 4-6.5 oz equivalents

Boys: 5-7 oz equivalents

Since school menu is 1 out of 3 meals per day, the lunch requirements for protein: **1-1.5 oz for (4-8 years)** and **1.5-2 oz for (9-18 years)**

A collage of various food items including donuts, flatbread, pasta, and breads. The background is a warm orange color. The text is centered in a white rounded rectangle.

1 oz of protein equivalent=

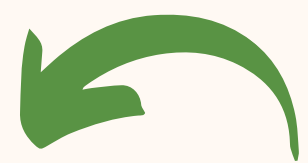
30g of meat, poultry, or fish
1/4 cup of cooked beans
1 egg



MY PLATE



HALF YOUR PLATE SHOULD BE FROM **FRUITS** AND **VEGETABLES**



PICK **AT LEAST 3**
DIFFERENT COLORS



Fruits

Focus on fresh whole fruits or 100% fruit juices



Why is it important to eat fruits?

1. Rich in Fiber (reduces risk of heart disease/for a proper bowel function)
2. Rich in Vitamin C (needed for body tissue repair and healing, for healthy teeth and gum)
3. Rich in Potassium (for healthy blood pressure)
4. Rich in all essentials Vitamins and Minerals



Whole fruits vs 100% Fruit juices

WHOLE FRUITS

- More Fibers
- Better choice

100% Fresh juice

- Less Fibers
- Drink occasionally



Daily requirements of fruits

4-8 years

1-2 cups

9-18 years

Girls: 1.5-2 cups

Boys: 1.5-2.5 cups

Since school menu is 1 out of 3 meals per day, the lunch requirements for fruits: **0.5 cup for (4-8 years)** and **0.5-1 cup for (9-18 years)**



1 cup of fruit equivalent=

- 1 apple
- 1 banana
- 1/2 cup cooked plantains
- 1 orange
- 1 peach
- 1 pear
- 8 strawberries
- 1 slice of watermelon
- 20 grapes
- 1 cup sliced mango/pineapple



Vegetables

Vary your vegetables

Vegetables may be raw, cooked, or 100% vegetable juice



Why is it important to eat vegetables?

1. Low in fat and calories
2. Good source of Vitamins and Minerals
3. Good source of Potassium needed for healthy blood pressure (ex: sweet/white potato, tomato products (paste, sauce, and juice), beetroot, parsley, spinach, or any dark green leafy vegetable)
4. Rich in Fiber



Daily requirements of vegetables

4-8 years

1.5-2.5 cups

9-18 years

Girls: 1.5-3 cups

Boys: 2-4 cups

Since school menu is 1 out of 3 meals per day, the lunch requirements for vegetables: **0.5-1 cup for (4-8 years)** and **0.5-1 cup for (9-18 years)**



1 cup of vegetables equivalent=

1 cup raw/cooked vegetables
2 cups of raw leafy salad greens



Dairy

Move to low-fat or fat-free dairy milk or yogurt
Lactose free in case of intolerance



Why is it important to eat dairy?

1. Main source of Calcium in our diet (for building bones and teeth)
2. Rich in Vitamin D (helps the body maintain proper levels of Calcium and Phosphorus)
3. Low-fat and fat-free milk are low in saturated fat (for a better health)
4. Rich in Potassium (for healthy blood pressure)

Daily requirements of dairy

4-8 years

2-2.5 cups

9-18 years

Girls: 3 cups

Boys: 3 cups

Since school menu is 1 out of 3 meals per day, the lunch requirements for dairy: **0.5 cup for (4-8 years)** and **1 cup for (9-18 years)**



1 cup of dairy equivalent=

1 cup milk
1 cup yogurt
45g of cheese



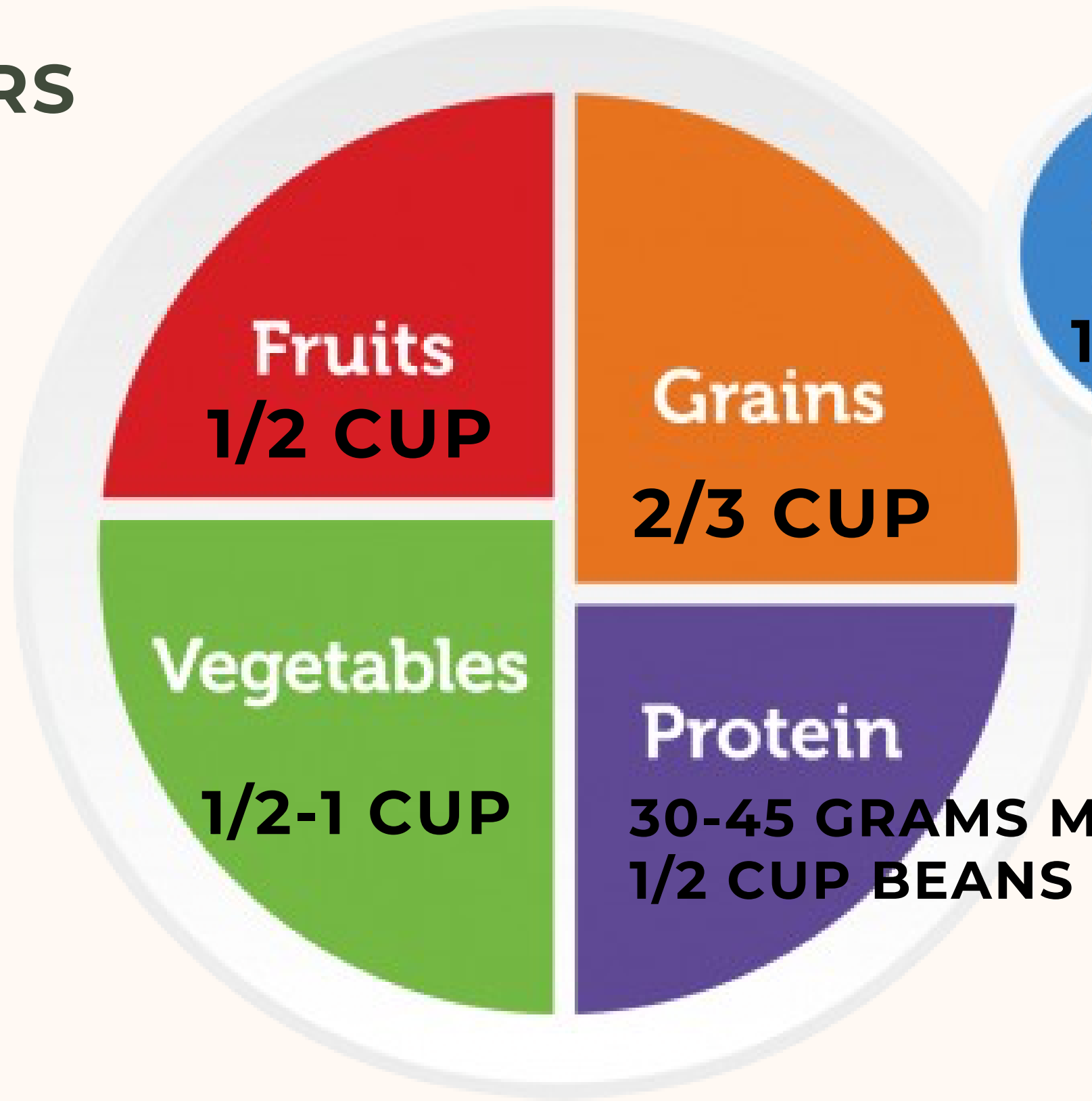
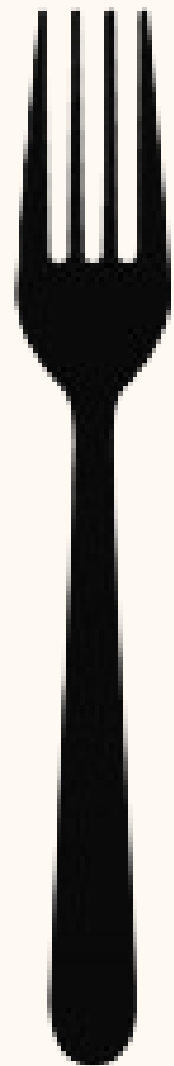
If you are vegan:

You can drink fortified Soy or Almond milk with added Calcium, Vitamins A and D

There are Calcium choices for those who do not eat/drink dairy:

Green leafy vegetables, spinach, and kale, Tahini sauce, canned fish (sardine), or Calcium-fortified rice, Soy or Almond milk

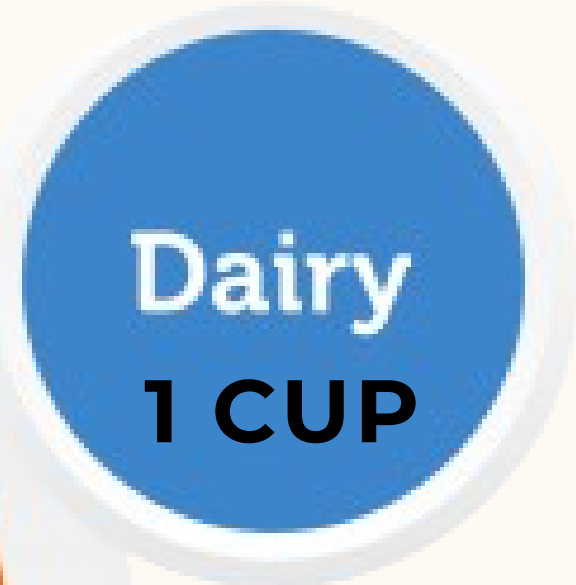
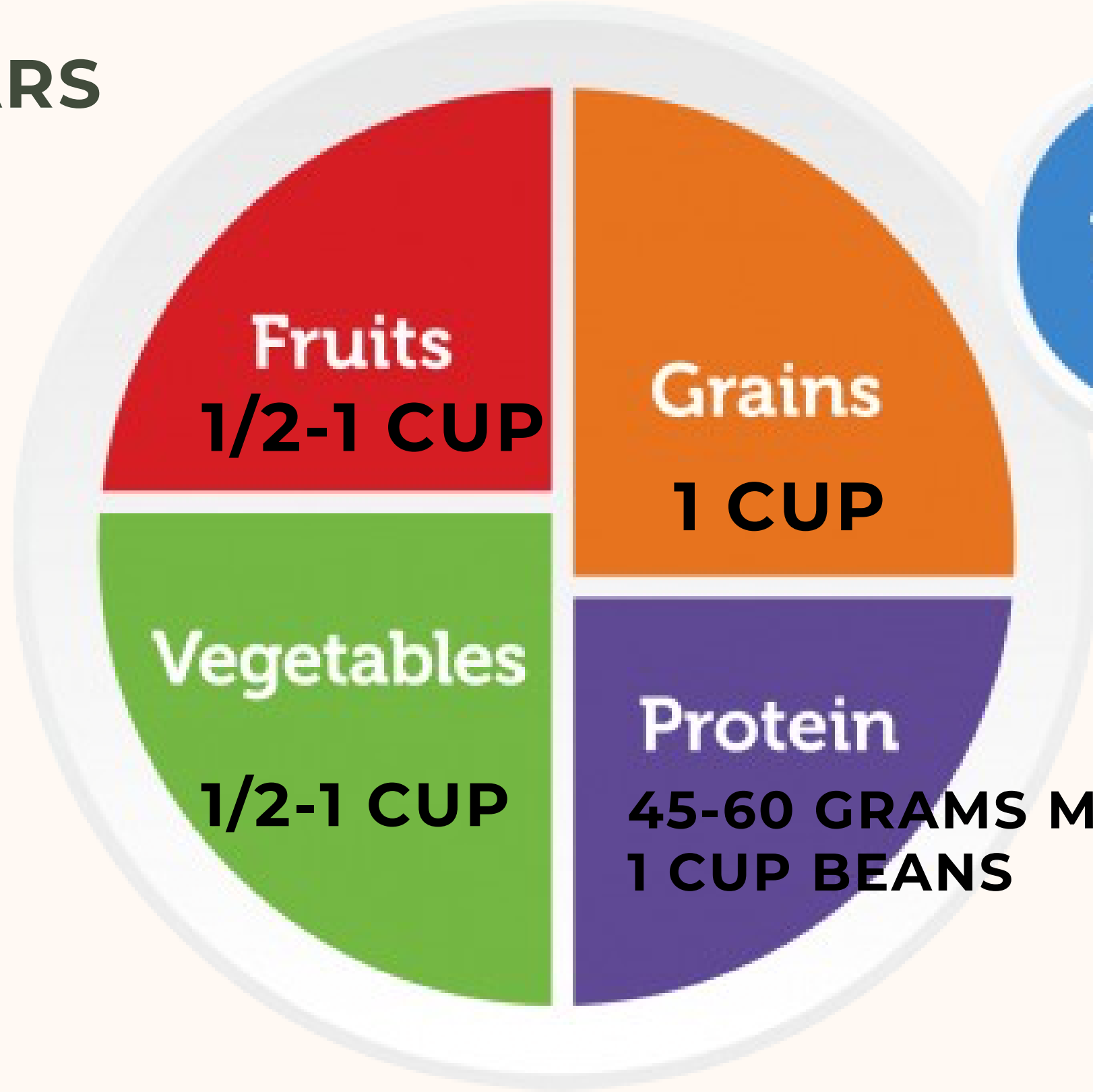
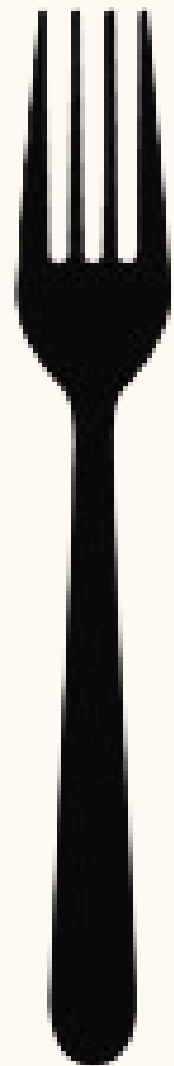
4-8 YEARS



Dairy
1/2 CUP



9-18 YEARS





IDEAL SCHOOL PLATES





SCHOOL MENUS SHOULD BE

- 1- **LOW IN SODIUM** (SERVE FRESH FOOD OR LOW-SODIUM PACKAGED FOOD, COOK WITH LESS SALT, USE HERBS & SPICES FOR MORE FLAVOR)
- 2- SERVE **PLAIN WATER** AND AVOID SWEETENED BEVERAGES
- 3- COOK WITH **LESS FAT** (GRILL OR BAKE, AVOID FRYING, USE YOGURT INSTEAD OF MAYO, USE LOW-FAT DAIRY PRODUCTS)
- 4- EAT **MORE FRUITS** AND LIMIT YOUR 100%-JUICE INTAKE TO ONCE/WEEK
- 5- **SWEETEN** YOUR SNACKS WITH FRUITS (MIX FRUITS TO YOUR YOGURT/OATMEAL/SMOOTHIES)

REFERENCES

1. ACADEMY OF NUTRITION & DIETETICS
2. MYPLATE.ORG
3. NATIONAL SCHOOL LUNCH PROGRAM & USDA



THANK YOU

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