

FALL



# NUTRITION NEWS

WHAT'S HAPPENING IN SCHOOL FOOD?

## Good Gut Foods Found In School Meals

Did you know that your body contains 10 times more bacteria than cells? Up to two pounds of “good bacteria” live in your gut! This bacteria or microbiome is very important and helps us digest food, support our immune systems, and regulate our metabolisms, our moods and even our weight.

Fiber is the food that feeds our good bacteria yet, unfortunately, American kids and adults only eat about half the recommended amount of 25-35 grams of fiber per day.

**So, how can school meals play a role in good gut health for kids?**

The good news is fiber is an important and required part of school meal menus in the form of whole grains, legumes, fruits and vegetables. Updated school standards require students have access to:

- Two ounces of whole-grain-rich foods at every school meal, providing up to 4 grams of fiber
- At least one serving of legumes – such as beans, lentils and chickpeas – every week, providing 5-10 grams of fiber per serving
- A wide variety of fresh and canned fruits and vegetables that are all good sources of fiber
- At least ½ cup of fruit or vegetables at every meal, providing even more fiber

**And here are some fiber-friendly 🌾 items students may see on their school lunch menus:**

- Vegetarian Fried Brown Rice
- Chicken and Ham Jambalaya (with brown rice)
- Whole-Grain Rotini with Italian Meat Sauce
- Chipotle Vegetable Bean Chili
- Side dishes such as Three Bean Salad or Churro Beans

### BONUS “GOOD GUT” FOOD:

Yogurts that have “live and active cultures” are considered probiotics and are another choice to promote good gut health.

Students can look for single-serve yogurts and fruit 🍓 and yogurt smoothies on their school menus.



*Since everyone's health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get advice about a diet and exercise plan that's right for you.*  
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