

TODAY

Treatment options for
type 2 Diabetes in Adolescents & Youth

School Food Choices

- ▶ Learn to make good choices.
- ▶ Learn about healthy foods.
- ▶ Follow your meal plan.
- ▶ Plan ahead.



School lunches are supposed to provide 1/3 of your daily calorie needs and 1/3 of your daily vitamins and minerals. So, if you do not eat every lunch at school from the cafeteria you may not be getting all the nutrition you need.

But what about those school menus? Are all schools offering that 1/3? How can you be sure your school really is serving nutritious meals?

Be a nutritionist. Grade your school. Test the school lunch menu. Demand it pass.

How to grade a 1-week school lunch menu:

- ▶ 1 point each time there is a low-fat vegetable offered
- ▶ 1 point each time there is fresh or dried fruit offered
- ▶ 1 point each time low-fat meatless main item is offered
- ▶ 2 points each time an item offered is baked, grilled, or steamed and not fried
- ▶ 2 points each time a low-fat dairy food is offered
- ▶ 3 points each time the offered baked item is fish, turkey, or chicken
- ▶ **Total possible points: 50**

A=40 or more B=30 to 39 C=20 to 29 D=10 to 19 F= 9 or less

Use Lesson 4 in your Standard Diabetes Education Manual to help you.

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Grade this real school menu:

Assorted Pizza Hut Pizza	Turkey Chow Mein	Egg, Sausage & Cheese on an English Muffin	Italian Dunkers	Assorted Pizza Hut Pizza
OR	OR	OR	OR	OR
Breaded Chicken Patty on a Bun	Mini Corn Dogs	Peanut butter Uncrustable	Grilled Chicken Breast on a Bun	Shaved Turkey on a Bun
OR	OR	OR	OR	OR
Hot Ham & Cheese on a Bun	Breaded Chicken Nuggets	Cheeseburger on Bun	Hot Dog on a Bun	Sloppy Joe on a Bun
Potato Wedges	Dinner Roll	Tator Tots	Broccoli & Cauliflower w/Dip	Whole Kernel Corn
Green Beans, Chilled Pears	Steamed Rice	Applesauce	Peach Slices	Baby Carrots w/ Dip
Fiesta Brownie, Milk	California Blend Pineapple Tidbits	Rice Krispie Treat, Milk	Sherbet Milk	Watermelon Slices
	Fortune Cookie			Chocolate Chip Cookie Milk

Points: 21 Grade: C

Try this one:

Chicken sandwich	Cheese burgers	Ham and cheese sandwich	Ravioli	Cheese pizza
Green beans	sweet corn	mashed potatoes	Vegetables	Tossed salad

Points: Grade:

Now grade your own school lunch menu for good nutrition. You have choices.

Eating healthy at school is your responsibility!