

# New Names and New Regulations for Historical Organizations

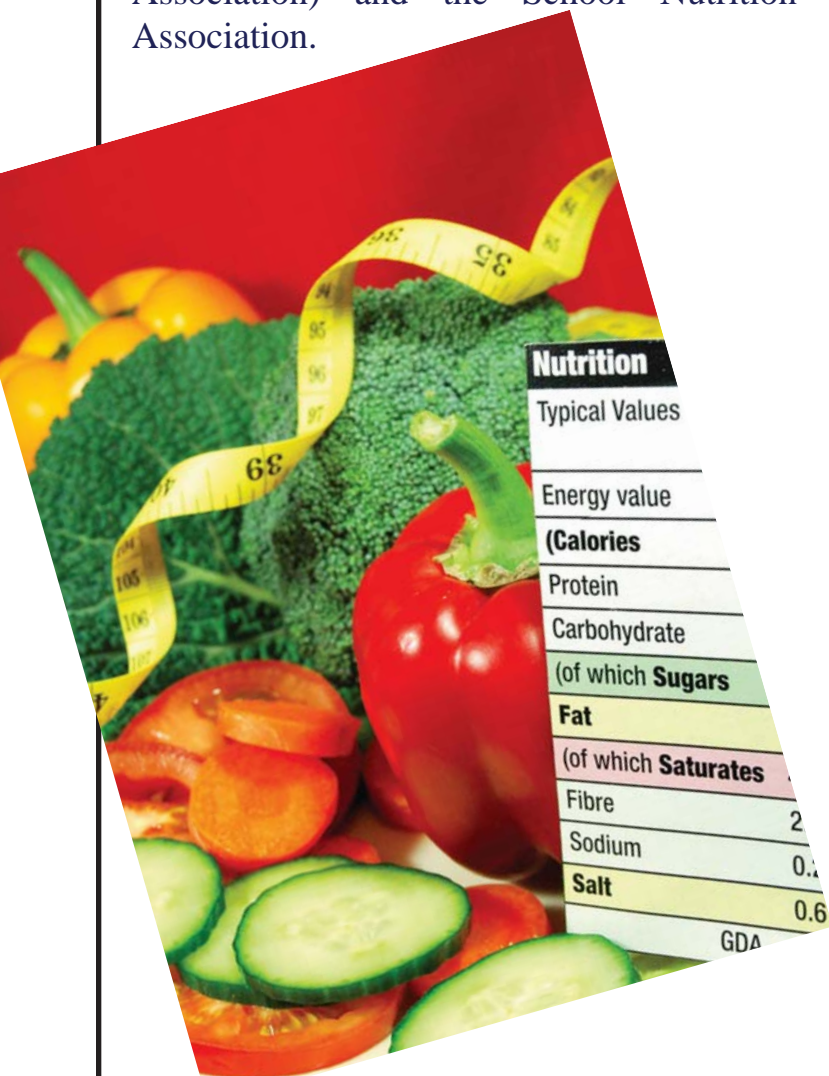
*By Barbara Wakeen, MA, RD, LD, CCFP, CCHP*

**H**appy New Year!

This Dietitians' Corner brings you news and updates for professional organizations that impact our world – the Academy of Nutrition and Dietetics (formerly the American Dietetic Association) and the School Nutrition Association.

With more than 72,000 members, the Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. ADA was founded in 1917 during World War I after working to feed the troops healthfully. Today, the new name reflects the Academy's continued focus of protecting public health and the nutritional well-being of the American public.

Within the Academy are more than twenty-five Dietetic Practice Groups (DPGs) including Dietetics in Health Care Communities (DHCC) which houses the Corrections Sub-unit. DHCC has had a network (formerly alliance) relationship with ACFSA for many years. The Network Representative as well as the Corrections Sub-unit Chairperson to ACFSA has been Joe Montgomery MS, RD, LDN, CCFP for the past few years. Beginning in June, Marlene Tutt, MS, RD will begin her term as the new DHCC Network Representative and Corrections Sub-unit Chairperson. Thank you for all of your hard work Joe and congratulations to Marlene!



Ring in the New Year was the name change of the American Dietetic Association (ADA) to the Academy of Nutrition and Dietetics (now referenced as the “Academy”).

## National School Lunch Program (NSLP)/ School Breakfast Program (SBP) Changes

In January 2012, the U.S. Department of Agriculture (USDA) released updated

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nutrition standards for school meals – NSLP/SBP. This is a result of the [Healthy, Hunger-Free Kids Act](#) and is the first major change in school meals in more than 15 years.

The new standards are consistent with the 2010 Dietary Guidelines and further offer

Source: <http://www.fns.usda.gov/cnd/Governance/Legislation/comparison.pdf>  
[Accessed 2/19/2012.](#)

### **Conferences:**

**NCCHC**

**Updates in Correctional Health Care**

**May 19 – 22, 2012**

**San Antonio, Texas**

[www.ncchc.org](http://www.ncchc.org)

### **Meetings:**


**Stay tuned for information on the  
ACFSA Dietitians in Corrections  
Networking Luncheon and the DHCC  
Corrections Sub-unit meeting at FNCE in  
Philadelphia.**

### **Membership Information**

If you would like to be added to the Dietitians in Corrections networking EML, please email me directly at [bwakeen@neo.rr.com](mailto:bwakeen@neo.rr.com). This is an informal discussion group and your name/email address will be listed in each email sent to the group. You do not have to be a dietitian to be on the list.

If you are interested in joining the DHCC Corrections Sub-unit or if you are already a member and want to subscribe the DHCC EML or be listed in the directory, visit the DHCC web site at [www.dhccdpg.org](http://www.dhccdpg.org) or contact Joe Montgomery at [diet-n-corr@wolfecreek.net](mailto:diet-n-corr@wolfecreek.net). Emails communicated through this group are sent through a private email address.

The following tables show the comparison of the current standards to the new standards.



maximum and minimum nutrient levels for calories, sodium, fat and food group servings, to name a few. They mandate that school meals include more fruits and vegetables, more whole-grain breads and pastas, and more low- and non-fat milk.

These standards will directly impact those facilities participating in the SNLP/SBP regarding nutritional guidelines and meal patterns offered and ultimately budgets. In general, SNLP standards become effective for the 2012-2013 school year. SBP is delayed until 2013 – 2014. The staggered dates are to allow for gradual budget adjustments to meet compliance.

For detailed information on these new regulations visit and <http://www.fns.usda.gov>  
[www.schoolnutrition.org](http://www.schoolnutrition.org)

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National School Lunch Program Meal Pattern		
Food Group	Current Requirements K-12	New Requirements K-12
Fruit and Vegetables	½ - ¾ cup of fruit and vegetables combined per day	¾ - 1 cup of vegetables <u>plus</u> ½ - 1 cup of fruit per day Note: Students are allowed to select ½ cup fruit or vegetable under OVS.
Vegetables	No specifications as to type of vegetable subgroup	Weekly requirement for: <ul style="list-style-type: none"> <li>• dark green</li> <li>• red/orange</li> <li>• beans/peas (legumes)</li> <li>• starchy</li> <li>• other (as defined in 2010 Dietary Guidelines)</li> </ul>
Meat/Meat Alternate (M/MA)	1.5 – 2 oz. eq. (daily minimum)	Daily minimum and weekly ranges: Grades K-5: 1 oz eq. min. daily (8-10 oz weekly) Grades 6-8 : 1 oz eq. min. daily (9-10 oz weekly) Grades 9-12 : 2 oz eq. min. daily (10-12 oz weekly)
Grains	8 servings per week (minimum of 1 serving per day)	Daily minimum and weekly ranges: Grades K-5: 1 oz eq. min. daily (8-9 oz weekly) Grades 6-8 : 1 oz eq. min. daily (8-10 oz weekly) Grades 9-12 : 2 oz eq. min. daily (10-12 oz weekly)
Whole Grains	Encouraged	At least half of the grains must be whole grain-rich beginning July 1, 2012. Beginning July 1, 2014, all grains must be whole grain rich.
Milk	1 cup Variety of fat contents allowed; flavor not restricted	1 cup Must be fat-free(unflavored/flavored) or 1% low fat (unflavored)

School Breakfast Program Meal Pattern		
Food Group	Current Requirements K-12	New Requirements K-12
Fruit	½ cup per day (vegetable substitution allowed)	1 cup per day (vegetable substitution allowed) Note: Quantity required SY 2014-15. Students are allowed to select ½ cup of fruit under OVS.
Grains and Meat/Meat Alternate (M/MA)	2 grains, or 2 meat/meat alternates, or 1 of each per day	Daily min. and weekly ranges for grains: Grades K-5: 1 oz eq. min. daily (7-10 oz weekly) Grades 6-8 : 1 oz eq. min. daily (8-10 oz weekly) Grades 9-12 : 1 oz eq. min. daily (9-10 oz weekly) Note: Quantity required SY 2013-14. Schools may substitute M/MA for grains after the minimum daily grains requirement is met.
Whole Grains	Encouraged	At least half of the grains must be whole grain-rich beginning July 1, 2013. Beginning July 1, 2014, all grains must be whole grain rich.
Milk	1 cup Variety of fat contents allowed; flavor not restricted	1 cup Must be fat-free (unflavored/flavored) or 1% low fat (unflavored)

Nutrient Standards	New Standards K-12		
<b>Sodium</b> Reduce, no set targets	<b>Target 1: SY 2014-15</b> Lunch ≤1230mg (K-5); ≤1360mg (6-8); ≤1420mg (9-12) Breakfast ≤540mg (K-5); ≤600mg (6-8); ≤640mg (9-12)	<b>Target 2: SY 2017-18</b> Lunch ≤935mg (K-5) ≤1035mg (6-8); ≤1080mg (9-12) Breakfast ≤485mg (K-5); ≤535mg (6-8); ≤570mg (9-12)	<b>Final target: 2022-23</b> Lunch ≤640mg (K-5); ≤710mg (6-8); ≤740mg (9-12) Breakfast ≤430mg (K-5); ≤470mg (6-8); ≤500mg (9-12)
<b>Calories (min. only)</b> <i>Traditional Menu Planning</i> Lunch: 633 (grades K-3) 785 (grades 4-12) 825 (optional grades 7-12) Breakfast: 554 (grades K-12)  <i>Enhanced Menu Planning</i> Lunch: 664 (grades K-6) 825 (grades 7-12) 633 (optional grades K-3) Breakfast: 554 (grades K-12) 774 (optional grades 7-12)  <i>Nutrient Based Menu Planning</i> Lunch: 664 (grades K-6) 825 (grades 7-12) 633 (optional grades K-3) Breakfast: 554 (grades K-12) 618 (optional grades 7-12)	<b>Calorie Ranges (min. &amp; max.)</b> <i>Only food-based menu planning allowed</i> Lunch: 550-650 (grades K-5) 600-700 (grades 6-8) 750-850 (grades 9-12) Breakfast: 350-500 (grades K-5) 400-550 (grades 6-8) 450-600 (grades 9-12)		
<b>Saturated Fat</b> <10% of total calories	<b>Saturated Fat</b> <10% of total calories		
<b>Trans Fat:</b> no limit	<b>New specification:</b> zero grams per serving (nutrition label)		

