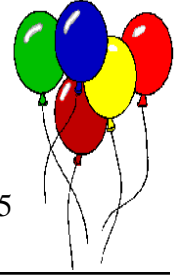




NUTRI-NEWS



January 2009

"Balloons for a Balanced Lunch"
NUTRI-SERVE FOOD MANAGEMENT, INC

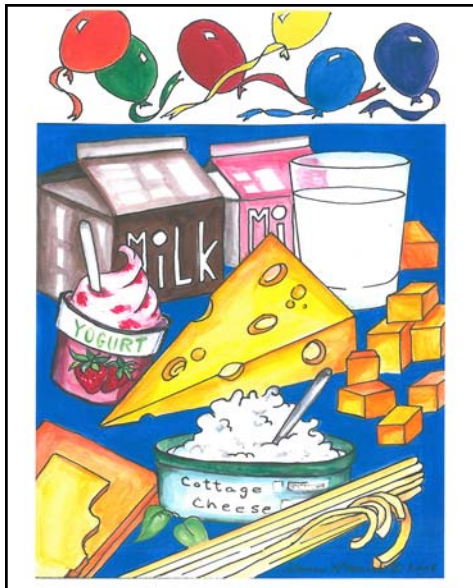
Volume 20 Number 5

Nutri-Serve's Wellness Campaign - The Milk Group

In last month's issue of Nutri-News we began a discussion of Nutri-Serve's Wellness Campaign. In this effort we have included both our Balloons for a Balanced Lunch as well as the Food Guide Pyramid.

Flags for each Food Group are coordinated with the colors of the Food Guide Pyramid. These flags are hung in each school serving line to reinforce with students that choosing foods from each of these groups will lead to a balanced lunch.

Last month we talked about the purple or protein flag. This month we feature the blue / milk flag.



What foods are in the milk group?

All fluid milk products as well as foods made with milk are in this food group. Foods high in calcium are in this food group, whereas those milk products such as cream cheese, cream and butter are not as they do not provide significant calcium. Some examples of foods in this group are fluid milk, yogurt and cheese such as cheddar and mozzarella. Nutri-Serve offers low fat, whole, chocolate and even strawberry milks in their schools. An 8 oz fluid serving is recommended as well as other high calcium foods included on the menus.

Why is this food group important in a healthy diet?

An intake of milk and milk products provide bone building and strength throughout the lifespan. This is particularly important in children and teens when the foundation for bone mass is being formed.

Nutrients provided by this food group are: **Calcium** is a nutrient that keeps bones and teeth strong.

Vitamin D works along with calcium and phosphorus to keep the bones in good shape. Vitamin D-fortified milk is an excellent source of this vitamin.

Potassium—Milk is a great source of this mineral which may benefit healthy blood pressure.

Newsletter Editor:

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