

**Get Your Edge On**



**Eat Smart**

# It's all about YOU!

The Nutrition Services Department is excited to unwrap an expanded menu of healthy choices meeting new federal and state guidelines.

## NEW 2007-2008 GUIDELINES:

### FOOD

- Not more than 35% of total calories from fat
- Not more than 10% of total calories from saturated fat and trans fat
- Not more than 35% of total weight composed of sugar
- Calories not exceed 250 calories
- Entrée items not exceed 400 calories

### BEVERAGES

- Water, no added sweeteners
- Milk
- Fruit juice, with at least 50% fruit juice, no added sweeteners
- Vegetable juice, at least 50% vegetable juice, no added sweeteners
- Sports drinks with no more than 42 grams of added sweeteners per 20-ounce serving.

**Here's a sneak peak of what you can expect at the lunch line:**

Instead of ...



You'll see ...



**SDUHSD Nutrition Services Department  
(760) 753-6241**



**Fuel Your Mind**



**Eating 101**

