

University of New Mexico

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Food Services

Pathways

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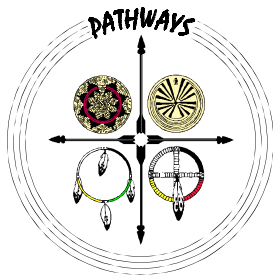
2002

### Pathways Food Service Behavioral Guidelines

Prevention Research Center, Albuquerque, New Mexico

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# Pathways

## Food Service Behavioral Guidelines

- Offer skim or 1% milk
- Cook, drain, and rinse ground meat
- Purchase lower-fat vendor products:
  - entrees/main dish
  - low- or non-fat salad dressings
- Use lower-fat cheese
- Use less or no butter and other fats as you:
  - prepare, bake, and serve breads
  - prepare sandwiches
  - prepare rice, noodles, and pasta dishes
  - bake chicken and turkey
  - prepare gravy
  - prepare and serve vegetables
- Use appropriate serving sizes for all menu items
- Remove butter and other fats from serving line
- Offer choices of fruits and vegetables
- If seconds are served, offer only fruits, vegetables, bread, and skim or 1% milk



# PATHWAYS

## Fresh Baked Breads Taste Great with Less Fat

- **Preparation:**

- \*use 2/3 cup or less of fat in your recipe per 100 servings

- **Before or after baking:**

- Instead of margarine or other fat,*

- \*brush with beaten egg white

- \*spray with butter-flavored spray

- \*spray with water

- \*leave plain



# PATHWAYS

## FAT IN CHEESE

**Serving size: 1 ounce**

**American Light  
and  
Part Skim Mozzarella**

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**4.5**

**grams of fat**

**American  
and  
Cheddar**

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**9**

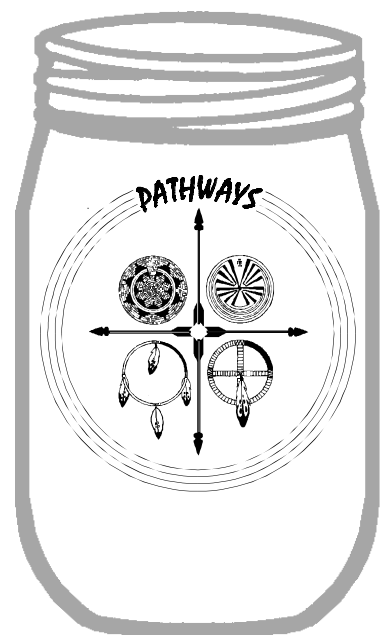
**grams of fat**



# PATHWAYS

## **Cheese in Your School Meals**

- **Use lower fat cheeses such as low fat American, part skim mozzarella, low fat cheddar**
- **Use no more than 2 ounces of cheese for the meat/meat alternate**
- **Look for low fat cheese sauces**
- **Use less cheese by grating or sprinkling only measured portion on foods**



# Pathways CHIP JAR

Place the *Pathways* Chip Jar with this poster.

At the end of the work day, under the direction of the cook manager:

- Review the Pathways Food Service Guidelines.
- Place one chip in the jar for each Guideline you implemented that day.

*For example, if you have:*

- rinsed and drained ground meat, **place one chip in the jar**
- removed butter from the serving line, **place one chip in the jar**
- offered two fruit choices at lunch, **place one chip in the jar**
- Each chip represents .05 cents.
- Your school kitchen will receive .05 cents for each chip (not to exceed \$25).
- The money is yours to use to purchase something special for the school kitchen.
- Each month your food service coordinator will help you check your progress on adding chips to your jar.

# COMMON FOOD MEASURES



## Scoop

No. 6 =  $\frac{2}{3}$  cup

No. 8 =  $\frac{1}{2}$  cup

No. 12 =  $\frac{1}{3}$  cup

No. 16 =  $\frac{1}{4}$  cup

## Spoodle

2 oz. =  $\frac{1}{4}$  cup

3 oz. =  $\frac{1}{3}$  cup

4 oz. =  $\frac{1}{2}$  cup

## Ladle

2 oz. =  $\frac{1}{4}$  cup

4 oz. =  $\frac{1}{2}$  cup

6 oz. =  $\frac{3}{4}$  cup

8 oz. = 1 cup

3 teaspoons = 1 tablespoon

2 tablespoons = 1 fluid oz.

16 tablespoons = 1 cup

1 pint = 2 cups = 16 oz.

1 quart = 4 cups = 32 oz. = 2 pints

1 gallon = 16 cups = 128 oz. = 8 pints = 4 quarts



# Pathways

**Cut the fat in HALF!**

**... COOK ... DRAIN ... RINSE  
GROUND MEAT**

## **Cook**

- ❖ *Cook ground meat in your steam-jacketed kettle, breaking meat into small pieces.*
- ❖ *Cook until meat is brown.*

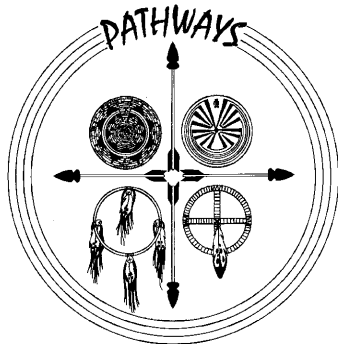
## **Drain**

- ❖ *Open drain at the bottom of the kettle.*
- ❖ *Drain the fat into a container.*
- ❖ *Stir while draining -- Go around the edge of the pan and zig-zag through the ground meat with a large utensil.*
- ❖ *Repeat stirring 3 times.*

## **Rinse**

- ❖ *Add hot water to the ground meat, repeating the zig-zag stirring.*
- ❖ *Place ground meat and water back into the colander.*
- ❖ *Drain off the water and fat, repeating the zig-zag stirring.*
- ❖ *Put the ground meat back into stove-top pan.*
- ❖ *Add spices and sauces; serve as usual*







# *Pathways*





## **Cut the fat in HALF!**

**... COOK... DRAIN... RINSE  
GROUND MEAT**






### **Cook**

-  *Cook ground meat in your stove-top pan, breaking meat into small pieces.*
-  *Cook until meat is brown.*

### **Drain**

-  *Place a colander in a large pan.*
-  *Put the ground meat into the colander.*
-  *Drain fat.*
-  *Stir while draining -- move a large spoon around the edge of the colander and zig-zag through ground meat. Repeat stirring 3 times.*

### **Rinse**

-  *Add hot water to the ground meat, repeating the zig-zag stirring.*
-  *Place ground meat and water back into the colander.*
-  *Drain off the water and fat, repeating the zig-zag stirring.*
-  *Put the ground meat back into stove-top pan.*
-  *Add spices and sauces; serve as usual*



# **PATHWAYS**

## **Offer Choices of Fruits and Vegetables**

- **Try offering students choices of fruits and vegetables**
- **Plan to offer two different choices each day**
  - \***You will use just about the same amount of fruit or vegetable**
- **Try:**
  - \***Applesauce and kiwi**
  - \***Frozen mixed vegetables and canned green beans**
  - \***Canned pears and orange slices**
  - \***Coleslaw and baby carrots**
- **Your ideas**



# PATHWAYS

**Gravy tastes great  
fat free!**

## Basic Fat Free Gravy

<i>Ingredients</i>	<i>Amount</i>
Water or broth (fat free)	3 gallons
Beef base	1 cup
Chicken base	1/2 cup
Browning and seasoning sauce	1/3 cup
Cornstarch	1 1/2 lbs <u>or</u> 1 qt + 1 1/4 cup
Cold water	1 gallon

### Directions:

Heat water or broth to boiling. If using broth, skim off fat before heating. The broth may also be cooled and the hardened fat removed. Add the bases and sauce. Mix the cornstarch and cold water. Stir cornstarch mixture into broth mixture and let it come to a boil.

Add gravy to meat or serve over other foods. Makes 4 gallons or 256 1/4 cup servings.

	Grams of Fat Per Serving
FAT FREE GRAVY	0
REGULAR GRAVY	4
	or 1 teaspoon of fat



# Promoting Low-Fat Milk

- **Serve milk *"ice-cold."***
- **Put the lowest-fat milk in front of the other milk.**
- **Encourage students to take the lowest-fat milk.**
- **Serve whole milk to individual students *only upon request.***



# Low Fat Milk

***The Smart Choice***

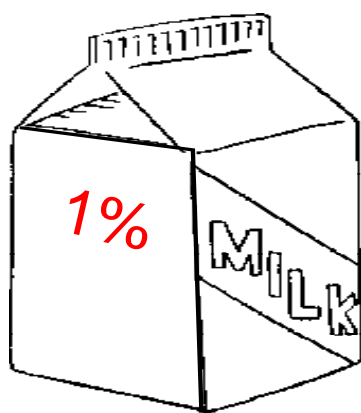
**Skim or 1% milk:**

- ***LESS* fat**
- ***SAME* protein and calcium**



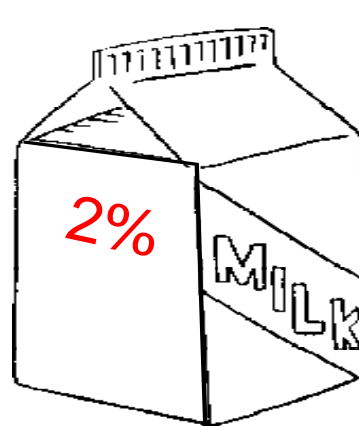
**0g Fat**

**8g Protein  
300mg Calcium**



**3g Fat**

**8g Protein  
300mg Calcium**



**5g Fat**

**8g Protein  
300mg Calcium**



**8g Fat**

**8g Protein  
300mg Calcium**



# Food Service Nutrient Guidelines

## Primary Nutrient and Calories\*

- **Calories**      **665 Kcals for Lunch**      **500 Kcals for Breakfast**
- **Fat**            **30% or less of calories from fat that translates to:**  
                          **22 grams of fat for lunch**  
                          **17 grams of fat for breakfast**

Food Specific Guidelines for **Fat** in **grams** per school meal serving unless noted

### Meat/ meat alternate

Meat/meat alternate	12 or less
Cheese(1 oz)	5
Breakfast entree	8

### Vegetables

Vegetables	1
Oven baked fries	3
Salads	3

### Fruits

Fruits	0
Fruit salad	3

### Breads

Breads, pasta, rice	3
Quick breads	3

### Milk

Milk(8 oz)	3
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### Other

Salad dressings	3
Snacks	3
Desserts	3

## Secondary Nutrients\*

- **Saturated fat**    **10% or less of calories from fat that translates to**  
                          **7 grams of saturated fat for lunch**  
                          **5.5 grams of saturated fat for breakfast**

	Lunch	Breakfast
• Protein	9 g	7 g
• Vitamin A	233 re	175 re
• Vitamin C	15 mg	11 mg
• Calcium	267 mg	200 mg
• Iron	3 mg	2.5 mg

\*based on 1/4 RDA for breakfast and 1/3 RDA for lunch for school meals averaged over one week



# PATHWAYS

**Spaghetti, Macaroni, Noodles,  
and Rice Taste Great  
with Little or No Fat!**

- **Prepare and Serve**
  - \* **if you use fat in the cooking water, use no more than 2 tablespoons of fat for 100 servings**
  - \* **rinse with cold water after cooking and serve without added fat**
  - \* **add low fat sauces such as tomato sauce or low fat cheese immediately after draining**



# PATHWAYS

## **Toast Tastes Great with Little or No Fat**

- \* **Serve toast with a teaspoon of jam or applesauce only**
- \* **If you brush melted margarine on the toast, use about 1/4 cup per 25 slices of bread**





# WHAT UTENSILS SHOULD I USE TODAY?

	1/4 cup	1/3 cup	1/2 cup	2/3 cup	1 cup
<b>Spoodle</b>	2 oz.	3 oz.	4 oz.	--	--
<b>Scoop</b>	No. 16	No. 12	No. 8	No. 6	--
<b>Ladle</b>	2 oz.	--	4 oz.	--	8 oz.