

the need for

# BALANCED MENUS

## 93%

of school-aged children don't eat enough fresh produce

but the average child eats

## 4X

too much protein

This imbalanced diet is associated with increased risk of developing



Diabetes



Heart Disease



Stroke



Some Cancers

Imbalanced diets are leading to an **epidemic** of diet-related disease in **children**

## 1 in 5

1 IN 5 CHILDREN HAVE HIGH CHOLESTEROL. CHILDREN AS YOUNG AS 7 HAVE BEEN PRESCRIBED STATINS

## 30%

THE PREVALENCE OF TYPE 2 DIABETES JUMPED 30% BETWEEN 2000-2009

## 10

CHILDREN WHO EAT A HIGH CHOLESTEROL DIET SHOW THE FIRST SIGNS OF HEART DISEASE BY AGE 10

Food environments are the #1 driver of food choice - so they must offer balanced meals

Leading health organizations recommend a balanced food environment that promotes increased consumption of fruits, vegetables, plant-proteins, and whole grains and reduced consumption of foods high in cholesterol, saturated fats, sodium, and excess calories.



**HARVARD**  
SCHOOL OF PUBLIC HEALTH

American Academy  
of Pediatrics



# BALANCED MENUS...

## FORM HEALTHY LIFELONG HABITS

Students eat anywhere from **180 - 360**

school meals for **12** years, for a total of up to **4,320 meals** eaten at school.

*Those meals help form the student's eating habits for the rest of their lives—which impacts their future health as well*

## IMPROVE CLASSROOM PERFORMANCE

Schools that commit to healthier menus see

Improved academic performance



Fewer behavior and academic disruptions

## SAVE MONEY AND MEET DEMAND



School districts in Florida have reported saving

**10 - 20¢**

per meatless meal

When Oakland Unified School District reduced their meat servings by **30%**



Student **satisfaction** with school meals improved

Students purchased **10% more** beans, fruits, and veggies



The schools saved **\$42,000** on meal costs

**44%** of Generation Z identifies their eating habits as plant-based

**60%** of people ages 15-70 are reducing their meat intake

Generation Z consumes **57%** more tofu than millennials & **550%** more plant-based milks

## DEMONSTRATE LEADERSHIP

Your institution has the unique opportunity to lead this healthy food revolution. **We're here to help.**

Our team can help you make this transition by:



Recognizing and publicizing your institution as an innovative leader



Providing expert support to your team to meet goals and overcome challenges

**GET STARTED** [balanced.org/foodservice](http://balanced.org/foodservice)  
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