

JANUARY NUTRITIONAL VALUES SCHOOL YEAR 2023-2024

JANUARY NUTRITIONAL ASSESSMENT - MENU of 2 to 10 years

FOOD GROUPS	MONTHLY FREQUENCY	WEEKLY FREQUENCY	VALIDATED	OBSERVATIONS
RICE, PASTA, PIZZA	8	2	9 - MONTH	
POTATOES	4	1	2 - MONTH	CHOOSE HEALTHY ELABORATIONS PREFERABLY (BAKED, GRILLED, STEWS, CREAMS, RAW, BOILED, STEAMED,...).
VEGETABLES AND GREENS	≥18	≥4		THE DAILY PRESENCE OF SALAD IS RECOMMENDED. MEANWHILE, DISHES WITH MORE PRESENCE OF VEGETABLES ARE PROPOSED.
LEGUMES	≥8	≥2	2 - WEEK	
MEAT	≤8	≤2	1-2 / WEEK	LIMIT MEAT PRODUCTS (HAMBURGUER, MEATBALL, MINCED MEAT,...) TO ONCE A WEEK.
FISH	≥4	1 a 3	1-2 / WEEK	INCLUDING BLUE FISH - AVOID SWORDFISH OR EMPEROR, SHARK, TUNA AND PIKE. PRIORITIZE THE OFFER OF BAKED FISH, IN SAUCE, GRILLED THAN BATTERED OR FRIED. REDUCE THE PRESENCE OF PRECOOKED FISH.
EGGS	4 a 8	1 a 2	3 - MONTH	PRIORITIZE THE CONSUMPTION OF EGGS OVER OTHER ANIMAL PROTEINS.
DAIRY PRODUCTOS	≥4	1 a 3		PRIORITY WILL BE GIVEN TO OFFERING NATURAL YOGURT OVER MILK. IF MILK IS OFFERED, PREFERABLY WHOLE MILK.
FRESH FRUIT	≥18	≥4		AT LEAST THREE DIFFERENT VARIETIES A WEEK, PREFERABLY SEASONAL.
BREAD	20	5		PREFERABLY WHOLE GRAIN CEREALS.
OIL	-	-		PREFERABLY USE OLIVE, POMACE OR SEEDS (SUNFLOWER, CORN, SOY), IN THAT ORDER OF PREFERENCE.
SALT	-	-		ITS CONSUMPTION WILL BE MODERATED, RECOMMENDING THE USE OF IODIZED SALT.
WATER	-	-		WILL BE THE DRINK OF CHOICE.
INDUSTRIAL READY MEALS	≤6	≤1,5	2 - MONTH	CROQUETTES, MEATBALLS, EMPANADAS, PIZZAS,...
INDUSTRIAL SAUCES	≤4	≤1		AVOID THE USE OF MAYONNAISE AND CREAM.
FRIED, BREADED	≤5	≤2	4 - MONTH	BATTERS CAN BE TRIED IN THE OVEN.
POSSIBLE IMPROVEMENTS TO NEGOTIATE	OKAY			

RECOMMENDATIONS

* BATTERS CAN BE TRIED IN THE OVEN.

* THE CONSUMPTION OF FISH AND EGGS IS PROMOTED INSTEAD OF MEAT. ALSO LEGUMES.

* SNACKS ARE REVISED (LESS PRESENCE OF PROCESSED MEAT).

JANUARY NUTRITIONAL VALUES SCHOOL YEAR 2023-2024

JANUARY NUTRITIONAL ASSESSMENT - MENU of 10 to 18 years				
FOOD GROUPS	MONTHLY FREQUENCY	WEEKLY FREQUENCY	VALIDATED	OBSERVATIONS
RICE, PASTA, PIZZA	8	2	4 to 5 - WEEK	
POTATOES	4	1	6 - MONTH	CHOOSE PREFERABLY HEALTHY ELABORATIONS (BAKED, STEAM, BOILED OR STEWED). WE ARE OFFERING OTHER TUBER OPTION, SUCH AS SWEET POTATO, TO GRADUALLY DIVERSIFY.
VEGETABLES AND GREENS	≥18	≥4		DAILY PRESENCE OF SALAD.
LEGUMES	≥8	≥2	2 to 4 - WEEK	WE HAVE REACH THE MINIMUM CONSUMPTION OF 2 TIMES PER WEEK. WE WILL CONTINUE PROMOTING IT CONSUMPTION.
MEAT	≤8	≤2		REACH THE RECOMMENDED CONSUME OF MEAT PRODUCTS (HAMBURGUER, MEATBALL, MINCED MEAT,...) TO ONCE A WEEK
FISH	≥4	1 a 3		INCLUDING BLUE FISH - AVOID SWORDFISH OR EMPEROR, SHARK, TUNA AND PIKE.
				OFFER SMALLER BLUE FISH (ANCHOVY, SARDINE, MACKEREL,...).
				PRIORITIZE THE OFFER OF BAKED FISH, IN SAUCE, GRILLED AND BREADED. WE HAVE OFFERED HOMEMADE HAKE NUGGETS. WE REACH THE REQUIREMENTS.
EGGS	4 a 8	1 a 2		PRIORITIZE THE CONSUMPTION OF EGGS OVER OTHER ANIMAL PROTEINS.
DAIRY PRODUCTS	≥4	1 a 3		PRIORITY WILL BE GIVEN TO OFFERING NATURAL YOGURT OVER MILK. IF MILK IS OFFERED, PREFERABLY WHOLE MILK .
FRESH FRUIT	≥18	≥4		AT LEAST THREE DIFFERENT VARIETIES A WEEK, PREFERABLY SEASONAL.
BREAD	20	5		PREFERABLY WHOLE GRAIN CEREALS.
OIL	-	-		PREFERABLY USE OLIVE, POMACE OR SEEDS (SUNFLOWER, CORN, SOY), IN THAT ORDER OF PREFERENCE.
SALT	-	-		ITS CONSUMPTION WILL BE MODERATED, RECOMMENDING THE USE OF IODIZED SALT.
WATER	-	-		WILL BE THE DRINK OF CHOICE.
INDUSTRIAL READY MEALS	≤6	≤1,5	2 - MONTH	
INDUSTRIAL SAUCES	≤4	≤1		AVOID THE USE OF MAYONNAISE AND CREAM.
FRIED, BREADED	≤5	≤2	9 - MONTH	CHOOSE HEALTHIER CULINARY TECHNIQUES AS BAKED, GRILLED, BOILED, SAUTEED, STEW,...
POSSIBLE IMPROVEMENTS TO NEGOTIATE	OKAY			

RECOMMENDATIONS
* THE SUPPLY OF TUBERS WILL GRADUALLY DIVERSIFY.
* BATTERS CAN BE TRIED IN THE OVEN.
* ENSURE THE PRESENCE OF LEGUMES.