

Abstract

Thesis: School Characteristics Associated with Achievement of the 2009 Institute of Medicine Recommendations for the National School Lunch Program

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Date: July, 2011

Pages: 77

The purpose of this quantitative study was to compare Indiana school menus, wellness policies, nutrient analyses, and demographics to the 2009 Institute of Medicine (IOM) recommendations to explore associations between school characteristics and achievement of the IOM recommendations for the National School Lunch Program (NSLP). The results of this study provide information and baseline data for school corporations. Results indicated that only 57% of school menus met the saturated fat recommendation, less than half met the trans fat recommendations and no school met the sodium recommendation. Intakes of fats and sodium were not significantly correlated with the variety or amount of fruits and vegetables served ($p>0.05$). The results suggest that past efforts to improve nutrient content of meals served through the NSLP have been successful. However, lunch menus should be targeted for additional assessment and intervention.