



The Nurse's Corner

The New Pyramid



New 2026 recommendations from USDA Food and Nutrition

- **Eat Real Food**
 - Limit processed foods and added sugars (targeting <10g of added sugar per meal)
- **Vegetables**
 - Children need 1-2.5 cups of vegetables daily
- **Fruits**
 - Limit fruit juices and added sugars
 - Children need 1-2 cups of fruit daily
- **Protein**
 - 1 serving of protein at every meal
 - Children need about .5 grams of protein per pound of body weight daily.
 - Add healthy fats/proteins from whole food sources like meats, avocados, and nuts.
- **Full-Fat Dairy & Fats**
 - Children need 2-3 cups of dairy with no added sugar.
 - Add healthy fats from whole food sources like meats, avocados, and nuts.
- **Whole Grain**
 - Replace refined grains with 100% whole grains.
 - Children need 2-7 ounces of grains daily.
- **Lifelong Nutrition**
 - Focus on nutrient-dense, whole food sources.

The calories you need depend on your age, sex, height, weight, and level of physical activity. Pay attention to portion sizes, particularly for foods and beverages higher in calories. Hydration is a key factor in overall health. Choose water (still or sparkling) and unsweetened beverages.

If you have any questions, please contact the school nurses:

Katy Stokke, RN, Elementary - kstokke@spirit-lake.k12.ia.us - 712-336-2822 ext 4383

Macy Cornwall, RN, Middle & High School - mcornwall@spirit-lake.k12.ia.us 712-336-1370 ext 4380