**Guideline Updates**

**Desserts:**

* Keeping current guideline recommendations (should be under recommendations for a side)
* Adding Vitamin C & A into beneficial nutrient list (for desserts)
* Manually done as this cannot be included on the nutrition facts label
* Get Daily Values for Vitamin C and Vitamin A (provided to you) and calculate percent DV
* Needs to be included for Amy’s Review.
* When submitting final, please make a note of it so Odessa can manually add it on website
* 10% DV of vitamin C is 9 mg
  + DV is 90 mg
* 10% DV of vitamin A - RAE is 90 mcg
  + DV is 900 mcg
* These are located on the long form of ESHA breakdown. (Show where values can be found)

**Drinks:**

* Keep in line with current guidelines, saturated fats and added sugars specifically
* Add caloric recommendation
  + 40 calories/8 fl oz
  + 60 calories/12 fl oz
  + If drink contains caffeine, then we must disclose mg/fl oz
* Source: USDA School Snack Guidelines <https://www.fns.usda.gov/tn/guide-smart-snacks-school>

**2020-2025 DGA Updates**

DGA should be out before the end of 2020.

**DT resources/graphics**

- Baking with Sugar Alternatives

<https://dinnertonight.tamu.edu/baking-with-sugar-alternatives/>

-Sugar Alternatives

<https://dinnertonight.tamu.edu/sugar-alternatives/>

-Natural vs added sugars

<https://dinnertonight.tamu.edu/naturally-occurring-sugar-versus-added-sugar/>

**Website For Additional Info**

Added Sugars

<https://www.eatright.org/food/nutrition/nutrition-facts-and-food-labels/the-scoop-on-added-sugars>

Sugar Substitutes

<https://www.eatright.org/food/nutrition/dietary-guidelines-and-myplate/sugar-substitutes-how-much-is-too-much>

<https://www.healthline.com/nutrition/natural-sugar-substitutes>

<https://www.yumpu.com/en/document/read/37305360/sugar-substitutes-family-and-consumer-sciences-texas-am->

Baking Alternatives

<https://www.eatright.org/food/planning-and-prep/cooking-tips-and-trends/healthy-baking-alternatives>

Artificial Sweeteners

<https://www.healthline.com/nutrition/artificial-sweeteners-good-or-bad>

<https://www.healthline.com/nutrition/sucralose-good-or-bad>

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/artificial-sweeteners/art-20046936>

<https://www.nal.usda.gov/fnic/nutritive-and-nonnutritive-sweetener-resources>