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**INDUSTRY STANDARD OF THE
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**Nutrition guidelines of school meals
(English Translation)**

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Table of Contents

- Foreword
- 1 Scope
- 2 Terms and definitions
 - 2.1 School meals
 - 2.2 Quantified recipe
- 3 Nutritional standards for student meals
 - 3.1 All-day energy and nutrient supply
 - 3.2 Type and quantity of food per person throughout the day
 - 3.3 Ratio of three meals
 - 3.4 Type and quantity of food for breakfast per person per day
 - 3.5 Type and quantity of food for lunch and dinner per person per day
- 4 Catering principles
 - 4.1 Variety
 - 4.2 Lack of prevention
 - 4.3 Oil control and salt limit
 - 4.4 Meal time
 - 4.5 Adapt measures to local conditions
- 5 Cook properly
- 6 Student Meal Management

Foreword

This standard was drafted in accordance with the rules given in GB/T 1.1.2009.

Drafting organizations of this standard. Institute of Nutrition and Health, Chinese Center for Disease Control and Prevention, Peking University, Beijing Center for Disease Control and Prevention, Qing Medical University, Liaoning Provincial Center for Disease Control and Prevention, Chengdu Center for Disease Control and Prevention, Xinjiang Uygur Autonomous Region Center for Disease Control and Prevention Institute of Food and Nutrition Development, Ministry of Agriculture.

1 Scope

This standard stipulates the energy and nutrient supply, the type and quantity of food, and the catering for all-day, that is, three meals a day for primary and secondary school

students aged 6 to 17 Principles etc.

This standard is applicable to school canteens or catering units that provide meals for primary and middle school students.

2.1 School meals

Breakfast, lunch or dinner provided by school canteens or meal providers for school students.

2.2 Quantified recipe

A group of meals provided in the form of a table containing the name of the food, the type and quantity of the raw material, the serving time, and the cooking method based on meal times.

Combination recipes.

3.1 All-day energy and nutrient supply

See Table 1 for the daily energy and nutrient supply of students of different ages.

Note: The energy supply should reach 90% to 110% of the standard value, and the protein should reach 80% to 120% of the standard value.

3.2 Type and quantity of food per person throughout the day

Three meals a day should provide three or more of the four types of food including cereals and potatoes, fresh vegetables and fruits, fish, poultry, eggs, milk, and soybeans.

Especially breakfast.

See Table 2 for the standards for the supply of various foods throughout the day for students of different ages.

Note 1: All are edible parts.

Note 2: Cereals and potatoes include all kinds of rice, noodles, grains, miscellaneous beans and potatoes.

Note 3: Soybeans include soybeans, green beans and black beans. Soy products are counted as dry soybeans.

3.3 Ratio of three meals

The energy and nutrients provided by breakfast, lunch, and dinner should account for 25%-30%, 35%-40%, and 30%-35% of the total day.

3.4 Type and quantity of food for breakfast per person per day

See Table 3 for the types and quantities of breakfast food per person of different age groups.

3.5 Type and quantity of food for lunch and dinner per person per day

See Table 4 for the types and quantities of food for lunch and dinner per person of different age groups.

4.1.1 Food interchange

On the basis of meeting the energy and nutrient needs of primary and middle school students for growth and development, refer to Appendix A for food exchange to achieve food Diverse, timely deployment, focusing on the combination of nutrition and taste.

4.1.2 Cereals and potatoes

Including rice, noodles, miscellaneous grains and potatoes, etc., you can partially replace rice or noodles with miscellaneous grains or potatoes to avoid providing a staple food for a long time.

4.1.3 Vegetables and fruits

Provide at least three kinds of fresh vegetables every day, and more than half are dark green, red, orange, purple and other dark vegetables.

Algae. Areas with conditions provide at least one fresh fruit every day.

4.1.4 Fish, Poultry and Eggs

Poultry meat is interchanged with livestock meat, fish is interchanged with shrimp, crab, etc., and various eggs are interchanged. Give priority to aquatic products or poultry; animal meat is mainly lean meat, Provide less fat. Animal liver is provided once a week, 20g~25g per person each time. Eggs can be provided in three meals a day, or concentrated in one Meals provided.

4.1.5 Milk and soybeans

On average, each person provides.200g~300g (a bag/box) of milk or a considerable amount of milk products, such as yogurt per day. Provide a variety of soybeans every day or Soy products, such as soybeans, tofu, dried tofu, yuba, tofu, etc. Milk and milk products can be provided in three meals a day, or concentrated in one Meals provided.

4.2 Lack of prevention

Refer to Appendix B, often provide the following foods rich in minerals and vitamins.

--Foods rich in calcium. milk and dairy products, beans, dried shrimps, kelp, sesame paste, etc.

--Foods rich in iron. animal liver, lean meat, animal blood, fungus, etc.; also with foods rich in vitamin C, such as dark green Fresh vegetables and fruits.

--Foods rich in vitamin A. animal liver, seafood, eggs, dark vegetables and fruits, etc.

If the nutrients provided by daily food cannot meet the growth and development needs of students, the use of micronutrient-fortified foods can be encouraged, such as strong Chemical flour or rice, fortified soy sauce or fortified vegetable oil, etc.

4.3 Oil control and salt limit

Student meals should be light, and the amount of cooking oil per person per day should not exceed 30g; control salt intake, including salt in soy sauce and other foods, the salt provided does not exceed 6g per person per day.

4.4 Meal time

Breakfast should be arranged between 6.30~8.30, lunch 11.30~13.30, and dinner 17.30~19.30.

4.5 Adapt measures to local conditions

According to local food varieties, seasonal characteristics and eating habits and other specific conditions, combined with the nutritional health status of primary and secondary school students and physical activity water Flat meal. On a weekly basis, the average daily supply meets the standard requirements. Refer to Appendix C to announce the daily intake of food to students and parents Spectrum.

5 Cook properly

Vegetables should be washed first and then cut. Cooking mainly consists of steaming, stewing, braising, and stir-frying; try to reduce cooking methods that may produce toxic and harmful substances formula. The cooked food should not be stored for too long.

Cold meat dishes are not produced and sold.