

Dr. Marta Pérez, Vice Chair

**SUBJECT: FOODS RICH IN FIBER**

**COMMITTEE: PERSONNEL SERVICES AND STUDENT AND SCHOOL SUPPORT**

**LINK TO STRATEGIC BLUEPRINT: SAFE, HEALTHY, AND SUPPORTIVE LEARNING ENVIRONMENTS**

Numerous scientific studies point to the benefits of a fiber-rich diet. These include:

- Regulating blood sugar levels.
- Lowering cholesterol.
- Weight control.
- Improved digestive function.
- May prevent diseases such as intestinal cancer.

Unfortunately, the diet of the average American is typically high in fat and low in fiber, thus increasing health risks such as diabetes and heart disease.

Fiber-rich foods include whole grains, cereals made from whole grains, beans and legumes, and fruits and vegetables.

Wellness Policy 8510 states "The Department of Food and Nutrition will serve the following: food high in fiber, free of added trans fat . . .". However, it does not specify how many, or what percentage, of the food items offered should be high in fiber, nor does it provide guidance on recommended fiber intake for children.

This item seeks to request that the Superintendent review Policy 8510, *Wellness Policy*, and in consultation with the Wellness Advisory Committee, make any recommendations deemed necessary to strengthen the policy as it refers to fiber content of the food served in our cafeterias for breakfast and lunch, as well as items sold in the vending machines.

This item has been reviewed and approved by the School Board Attorney's office as to form and legal sufficiency.

**ACTION PROPOSED BY**

**DR. MARTA PÉREZ:** That The School Board of Miami-Dade County, Florida, request that the Superintendent review Policy 8510, *Wellness Policy*, and, in consultation with the Wellness Advisory Committee, make any recommendations deemed necessary to strengthen the policy as it refers to fiber content of the food served in our cafeterias for breakfast and lunch, as well as items sold in the vending machines.