School lunch menus may undergo change

COLLEGE STATION-The food served in school cafeterias may be undergo a change to positively influence children’s eating habits according to a study done by Dr. Marvin E. Goldberg and Kunter Gunasti in the fall of 2007.

In 2007, more than one-third of children and teens in the Unites States were obese or at risk of becoming obese. School cafeterias limit the healthy foods that are served and have many “competitive foods” such as chips and candy in the lunch line and in vending machines.

“Competitive foods have little to no nutritional value and compete with the meal options the school offers. If we can eliminate the temptation and present healthy food in an appetizing way we are sure to eventually see a change in children’s health,” Goldberg said.

A dilemma schools face is the price of healthy foods. Goldberg and Gunasti said the cost of ingredients for healthy meals is significantly higher than the bulk ingredients for less healthy meals.

While there are still obstacles schools need to overcome, there are efforts being made to make a difference in the health of the youth. It will not be long before children’s lunch trays begin to look different.

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