

# Emily Fonnesbeck RD

## NUTRITION THERAPIST

To Whom It May Concern,

I've reviewed the menu for Diamond Ranch Academy and have found it to be nutritionally adequate in meeting the needs of growing and developing teenagers.

Below are my assessments:

1. I'm happy to see my recommendation from last year of using more whole grains implemented this year. This will ensure more adequate fiber intake and better blood sugar management, also keeping the students full and satisfied for longer.
2. There is a great balance of carbohydrate, protein and fat at each meal. It's great to see fruits and vegetables served at each meal as well, and for snacks. I'm sure it's difficult to motivate students to eat fruits and vegetables but this menu does a great job of including them in creative ways.
3. There is a huge amount of variety from day to day and week to week. These students will likely never experience a more diversified menu, especially as they graduate and move on. It does a great job of exposing students to different types of cuisines and flavors. That likely takes a lot of work and effort and is a huge asset to the menu and the experience at DRA.
4. The menu is organized really well with standardized portions based on gender, reflecting the difference in energy needs. I encourage education for students on how to respond to hunger and fullness cues at meals, ensuring that students are eating adequate for their needs rather than under or overeating.
5. The menu utilizes many fresh ingredients while also ensuring the meals are satisfying and appealing to a wide variety of appetites. It is obvious that a lot of care and attention has gone into planning and preparing these meals.

Diamond Ranch Academy is doing a great job of feeding their students!

Sincerely,

Emily Fonnesbeck RD, CD