

AFHK-New Hampshire Healthy Schools Coalition Recommended Nutrition Guidelines for Vending and Other Foods Sold at School

These nutrition recommendations apply to all foods available in venues that are within the district's control but outside the federally regulated child nutrition programs. The goal is to address childhood obesity by offering nutrient dense foods from the five food groups while minimizing foods and beverages that are high in calories and low in nutrients. These guidelines will be reviewed annually to assure recommendations reflect current science.

- Reflective of the 2005 Dietary Guidelines for Americans (DGA), the recommendations strongly encourage nutrient dense foods including whole grains, fresh fruits, vegetables and low fat dairy products.
- USDA's HealthierUS School Food Challenge criteria for individual foods sold were followed to set fat calories at $\leq 35\%$ of total calories with some exemptions made for nutrient dense foods such as nuts, nut butters, peanut butter and cheese.
- USDA's HealthierUS School Food Challenge criteria for individual foods sold were followed to set total sugar recommendation to $\leq 35\%$ by weight with some consideration given to small amounts of sugar added to nutrient dense foods to improve palatability and increase intake as suggested in 2005 Dietary Guidelines for Americans.
- Portion sizes are recommended as a single serving as listed in the 2005 Dietary Guidelines for Americans with the recognition that many foods are usually consumed in a two-serving portion and/or are only available in a larger size package which is acceptable.

The nutrition recommendations provide opportunities for students to make healthy food choices based on the 2005 Dietary Guidelines for Americans, USDA HealthierUS School Food Challenge criteria and reflect current science and advice from national organizations such as the American Academy of Pediatrics, American Dietetic Association, American Cancer Society and American Heart Association. Implementation of the recommendations assures that healthful food choices are offered to promote student health and reduce childhood obesity.

Definitions

Vending Foods – Those foods or beverages purchased from vending machines located anywhere on the school campus, including in the cafeteria and at athletic events.

Other Foods – Any food or beverage sold to students in addition to or in place of the USDA reimbursable school breakfast or lunch. This would be from sources such as a la carte lines or kiosks, school stores or snack bars located anywhere on the school campus, including in the cafeteria and at athletic events.

Foods of High Nutritional Value/Nutrient Dense Foods – Foods of high nutritional value will naturally have a significant amount (greater than 10% of RDI/RDA) of at least one of the following: calcium, vitamin C, vitamin A, iron or fiber. These foods include complex carbohydrates and/or lean protein sources that are low in total fat and saturated fat.

Water – water is a nutrient in its own category that should be included as an essential part of a healthy diet.

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Food Category	Recommendation	Rationale	Food Suggestions
<p><u>Vegetables and Fruits</u></p>	<ul style="list-style-type: none"> ▪ <u>Total Fat</u>: No added fat ▪ <u>Sweeteners</u>: No added sugar, or other caloric or non-caloric sweeteners ▪ Fresh vegetables and fruits ▪ 100% dried fruits with no added sugars or fats ▪ Canned and frozen fruits in natural juice or water pack ▪ Beans and legumes, for example lentils, chickpeas, kidney beans, split peas, etc ▪ 100% vegetable or fruit juice ▪ No carbonation in juices (unless the product is exempted by the USDA) ▪ <u>Portion sizes for foods meeting the above criteria</u>: <ul style="list-style-type: none"> ▫ Dried fruits = up to 1.5 oz ▫ Fresh, frozen, canned fruits = up to 1 cup ▫ Fresh, frozen, canned vegetables = unlimited ▫ Fruit and vegetable juice: <ul style="list-style-type: none"> - Recommended portion size = up to 6 oz - Maximum acceptable portion size = 12 oz 	<ul style="list-style-type: none"> ▪ The 2005 DGA and the 5 A Day Program encourage daily consumption of a variety of vegetables and fruits. Current recommendations for school-age children are 2½ to 6 cups per day. ▪ Fruits and vegetables provide essential vitamins (including A, C and folate), minerals, fiber and other substances that may protect against many chronic diseases. ▪ The DGA identify potassium as a nutrient of concern for children and adolescents. Fruits and vegetables are good sources of potassium. ▪ Whole vegetables and fruits are encouraged instead of juices to increase fiber consumption. ▪ Excessive consumption of juices may contribute to overweight and obesity. The American Academy of Pediatrics (AAP), recommends limiting fruit juice intake to: <ul style="list-style-type: none"> ▫ 4-6 oz. per day of 100% fruit juice for children 1-6 years old ▫ No more than 8-12 oz. per day for children 7-18 years old ▪ Fruit flavored “drinks” provide little nutritional value and usually replace healthy options. (See <i>Other Beverages</i> section) 	<ul style="list-style-type: none"> ▪ Fresh fruits such as apples, bananas, pears, berries, kiwi, grapes, melon, pineapple ▪ Raw vegetables such as celery or carrot sticks; baby carrots; broccoli or cauliflower florets; cherry tomatoes; pepper strips ▪ Fresh fruit or vegetable salads with low-fat dressing ▪ Unsweetened applesauce ▪ Canned fruits in natural juice such as pineapple rings, sliced peaches or pears ▪ Dried fruits such as raisins, dates, apricots and plums ▪ Bean soups ▪ Bean dips, hummus, or salsa ▪ 100% vegetable or fruit juice

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<p><u>Dairy Products</u></p>	<ul style="list-style-type: none"> ▪ <u>Total Fat:</u> ≤35% total calories from fat <ul style="list-style-type: none"> ▫ Low fat or fat free dairy products preferred ▫ 1% and fat free milk are recommended ▫ Cheese is exempted from the fat recommendation ▪ <u>Sweeteners:</u> ≤35% of weight from added sugars. <ul style="list-style-type: none"> ▫ Milk contains 1.5 grams/oz of lactose, a naturally occurring sugar. Subtract lactose grams from the total sugar grams to determine the amount of added sugar in flavored milk. ▫ No added artificial sweeteners ▪ Natural and process (blended) cheese, regular and low fat ▪ <u>Portion sizes for foods meeting the above criteria:</u> <ul style="list-style-type: none"> ▫ Yogurt = up to 8 oz ▫ Cheese = up to 2 oz ▫ Frozen desserts (ice milk, frozen yogurt) = up to 4 oz ▫ Pudding, cottage cheese = up to 6 oz ▫ Milk and flavored milk: <ul style="list-style-type: none"> - Recommended portion size = 8 oz - Maximum acceptable portion size: = 14 oz 	<ul style="list-style-type: none"> ▪ Low calcium intake is one of the most significant nutrient deficiencies identified in Healthy People 2010. Milk and milk products are high in nutritional value and provide calcium, protein and vitamin D for bone growth and development. ▪ The American Academy of Pediatrics (AAP) <i>Policy Statement on Calcium Requirements of Infants, Children and Adolescents</i> recognizes children's low calcium intake. The AAP recommends daily consumption of milk, yogurt and cheese and other calcium-rich foods for children to help build bone mass in all growing children and adolescents. ▪ The daily amount of food recommended from the milk group varies with age: <ul style="list-style-type: none"> ▫ 2 cups daily for 2-8 years old ▫ 3 cups daily for 9-18 years old. ▪ Natural and process (blended) cheese is made from milk and is a good source of calcium. <i>Imitation cheese is not made from milk and is not nutritionally equivalent to cheese.</i> ▪ For those who avoid milk because of lactose intolerance, the most reliable way to get the health benefits of milk is to choose lactose-free alternatives within the milk group, such as cheese, yogurt, or lactose-free milk, or to consume the enzyme lactase before consuming milk products. 	<ul style="list-style-type: none"> ▪ Fat free milk, flavored and plain ▪ Low fat (1%) milk, flavored and plain ▪ Fat free or low fat yogurt drinks ▪ Fat free or low fat flavored and plain yogurt ▪ Fat free or low fat cottage cheese ▪ String cheese ▪ Natural cheese such as cheddar and Swiss ▪ American Cheese ▪ Low fat frozen yogurt ▪ Low fat pudding

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<u>Grains</u>	<ul style="list-style-type: none"> ▪ <u>Total Fat:</u> ≤35% total calories from fat ▪ <u>Saturated Fats & Trans Fats:</u> ≤10% calories from saturated and trans fat combined ▪ <u>Sweeteners:</u> ≤35% of weight from added sugars <ul style="list-style-type: none"> ▫ No added artificial sweeteners ▪ <u>Fiber:</u> Whole grain and multi-grain products with a minimum of 1 gram of fiber per serving ▪ <u>Portion sizes for foods meeting the above criteria:</u> <ul style="list-style-type: none"> ▫ Baked chips, crackers, popcorn = 1.25 oz ▫ Bagels, muffins, cereal bars, cookies: <ul style="list-style-type: none"> - Recommended portion size = 1 oz - Maximum acceptable portion size = 3 oz ▫ Cereal, oatmeal <ul style="list-style-type: none"> - Recommended portion size = 1 oz - Maximum acceptable portion size = 3 oz 	<ul style="list-style-type: none"> ▪ The DGA encourage consumption of a variety of grains daily, especially whole grains. ▪ The goal is to provide grain food products that are less processed and that are nutrient dense ▪ Ingredients are listed according to relative weight. Make sure the first ingredients listed are from major food groups, for example whole grains, fruits, vegetables, milk, cheese, yogurt, nuts or seeds 	<ul style="list-style-type: none"> ▪ Whole grain muffins ▪ Whole grain or multi-grain bagel ▪ Baked chips ▪ Rice cakes ▪ Pretzels ▪ Animal crackers ▪ Air-popped or low fat popcorn ▪ Low fat crackers ▪ Low fat granola bars ▪ Low sugar cereals ▪ Oatmeal ▪ Trail mix
<u>Meat, Beans, Nuts and Seeds</u>	<ul style="list-style-type: none"> ▪ <u>Total Fat:</u> ≤35% total calories from fat <ul style="list-style-type: none"> ▫ Nuts, seeds, peanut butter and other nut butters are exempted from this fat guideline ▪ <u>Saturated Fats & Trans Fats:</u> ≤10% calories from saturated and trans fat combined ▪ <u>Sugars:</u> ≤35% of weight from added sugars ▪ <u>Portion sizes for foods meeting the above criteria:</u> <ul style="list-style-type: none"> ▫ Nuts, seeds = up to 1.25 oz ▫ Nut butters = up to 2 Tablespoons ▫ Meat, poultry or fish = up to 3 oz ▫ Beans/legumes = up to 1 cup ▫ Tofu = up to 4 oz 	<ul style="list-style-type: none"> ▪ Meats, beans and nuts offer protein and other valuable nutrients such as zinc, iron and B vitamins. ▪ Protein supplies amino acids that build, repair and maintain body tissues. ▪ Non-hydrogenated nut butters (all natural peanut butter or almond butter) will have no trans fats and minimal saturated fat. They provide healthy unsaturated fats. ▪ Depending on age, the DGA recommend 3 to 6 oz equivalents from the meat and bean group for school age children every day. 	<ul style="list-style-type: none"> ▪ 2-3 oz portion chicken, turkey, fish, ham, beef or pork ▪ Almonds ▪ Peanuts ▪ Sunflower seeds ▪ Soy nuts ▪ Walnuts ▪ Tuna snack pack ▪ Natural peanut butter ▪ Natural almond butter ▪ Bean soup

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<p><u>Combination Foods</u></p>	<ul style="list-style-type: none"> ▪ <u>Total Fat:</u> ≤35% total calories from fat <ul style="list-style-type: none"> ▫ Foods with a primary ingredient of cheese, nuts, seeds, peanut butter/other nut butters are exempted from the fat recommendation ▪ <u>Saturated Fats & Trans Fats:</u> ≤10% calories from saturated and trans fat combined ▪ <u>Sugars:</u> ≤35% of weight from added sugars <ul style="list-style-type: none"> ▫ No added artificial sweeteners ▪ Include food items that have main ingredients from two or more food groups. Due to the variety of food group ingredients in these foods, it is necessary to analyze each combination food individually for compliance to the healthy guidelines. ▪ <u>Portion sizes for foods meeting the above criteria:</u> <ul style="list-style-type: none"> ▫ The portion size of vending and ala carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. 	<ul style="list-style-type: none"> ▪ Ingredients are listed according to relative weight. Make sure the first ingredients listed are from major food groups, for example whole grains, fruits, vegetables, milk, cheese, yogurt, nuts or seeds. ▪ If sugar or other sweeteners are among the first ingredients, the combination food is a highly sweetened product. Sugars may be identified in the ingredient statement as: <ul style="list-style-type: none"> ▫ Sucrose ▫ Dextrose ▫ Maltose ▫ High fructose corn sweetener ▫ Corn syrup ▫ Fructose ▪ If a fat or oil is listed among the first ingredients, the food item is likely to have a high fat content. 	<ul style="list-style-type: none"> ▪ Fresh vegetables or fruits with low-fat dip or salad dressing ▪ Hummus or bean dip with whole wheat pita bread ▪ Low-fat cheese with crackers ▪ Peanut butter with crackers or vegetables ▪ Yogurt with granola cereal ▪ Bagels with low-fat cream cheese ▪ Trail mix that contains granola, nuts, seeds, and/or dried fruit ▪ Sandwiches and wraps ▪ Bean soup and chili

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<p><u>Other Beverages</u></p> <p>Soda, Diet Beverages, Fruit Flavored Drinks, Fruit Punches, Lemonade, Tea, Sports Beverages</p>	<ul style="list-style-type: none"> ▪ Not recommended 	<ul style="list-style-type: none"> ▪ Many soft drinks are high in calories. Some are fortified with unnecessary and potentially harmful additives that children do not need at any time. ▪ Sports drinks are only recommended for times of vigorous physical activity that last 60-90 minutes ▪ Diet drinks, while not a source of calories, should be excluded, as they may displace consumption of healthier beverages. ▪ Potential health problems associated with high intake of sweetened drinks are: <ol style="list-style-type: none"> 1) overweight or obesity attributable to additional calories in the diet; 2) displacement of milk consumption, resulting in calcium deficiency with the attendant risk of osteoporosis, fractures, dental caries 	<ul style="list-style-type: none"> ▪ None
<p>Soy Beverages -</p>	<ul style="list-style-type: none"> ▪ <u>Total Fat</u>: ≤35% total calories from fat ▪ <u>Saturated Fats & Trans Fats</u>: ≤10% total calories from saturated and trans fat combined ▪ <u>Sweeteners</u>: ≤35% of weight from added sugars. <ul style="list-style-type: none"> ▫ No added artificial sweeteners ▪ Fortified with calcium and vitamin D ▪ <u>Portion sizes for foods meeting the above criteria</u>: <ul style="list-style-type: none"> ▫ Recommended portion size: 8 ounces ▫ Maximum acceptable portion size: 14 ounces 	<ul style="list-style-type: none"> ▪ Calcium choices for those who do not consume milk products because of allergies, ethnic or dietary preference include: calcium fortified juices, cereals, breads, fortified soy or rice beverages. ▪ To promote calcium intake it is recommended that beverages used be fortified with calcium and vitamin D, equivalent to 8 ounces of cows' milk. (30% daily value for calcium, 25% daily value for vitamin D) 	<ul style="list-style-type: none"> ▪ USDA approved non-dairy beverage substitute

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<u>Water</u>	<ul style="list-style-type: none"> ▪ No carbonation (unless the product is exempted by the USDA) ▪ Caffeine free ▪ No added sugar, other caloric or non-caloric sweeteners ▪ Any portion size 	<ul style="list-style-type: none"> ▪ The DGA recommend choosing beverages such as water that moderate the intake of sugars. ▪ Water is the preferred beverage for hydration and should be available to students throughout the school day. 	<ul style="list-style-type: none"> ▪ Water without added carbonation, sugar, artificial sweeteners or caffeine.

References:

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United States Department of Health and Human Service, and United States Department of Agriculture (2005) *Dietary guidelines for Americans 2005*. Retrieved December 1, 2005 from <http://www.health.gov/dietaryguidelines/dga2005/document/>

Other Resources:

Action For Healthy Kids - www.actionforhealthykids.org

American Cancer Society/ Healthy Schools Healthy Kids - www.schoolhealth.info/

American Dietetic Association - <http://www.eatright.org>

American Heart Association – www.americanheart.org

5 A Day / Produce for Better Health Foundation - www.5aday.org

National Dairy Council - www.nationaldairycouncil.org

New England Dairy & Food Council - www.newenglanddairycouncil.org

School Nutrition Association - <http://www.asfsa.org>

USDA Team Nutrition – www.fns.usda.gov/tn