

AFHK-New Hampshire Healthy Schools Coalition 2007-08 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 rich 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.

- The 2005 Dietary Guidelines for Americans (DGA) recommend increased consumption of whole grains, fresh fruits, vegetables and low fat dairy products and designate them as **Food Groups to Encourage**. These foods have important health benefits and can be good sources of calcium, potassium, fiber, magnesium and vitamin E, identified as nutrients of concern in children's diets.
- USDA's HealthierUS School Food Challenge criteria for sales of individual foods were followed for snack foods: $\leq 35\%$ calories from fat; ≤ 10 calories from saturated fat; $\leq 35\%$ total sugar by weight; ≤ 200 calories/selling unit. Foods and beverages sold on an individual basis have not been nutritionally averaged into weekly planned USDA reimbursable meals and therefore must be able to stand alone on established nutritional criteria.
- Portion sizes for food items 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 (i.e., bagel, sandwich bun or bread.) Portion sizes for each beverage are recommended to address a balance between nutrient content and calories.

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

Artificial Sweeteners (sugar substitutes) are non-caloric sweeteners. Aspartame (Equal, NutraSweet,) acesulfame-K, neotame, saccharin and sucralose (Splenda) are FDA tested and shown to be safe for adults and children.

Deep Fat Frying refers to foods prepared by submerging in hot cooking oils/ fats for cooking.

Foods of High Nutritional Value/Nutrient Rich Foods are foods in the five food groups that provide substantial amounts of vitamins and minerals and relatively few calories and added calories from preparation. Nutrient rich choices from the five food groups include colorful vegetables; colorful fruit, and 100% fruit juice; fiber-rich fortified and whole grains; fat free and low fat milk, yogurt and cheese; lean meat, fish poultry, eggs, beans and nuts.

Foods of Minimal Nutritional Value- www.fns.usda.gov/cnd/menu/fmnv.htm refers to USDA prohibited sales of high sugar, nutrient void products in competition with USDA meal programs including soda and other carbonated water; water ices (fruit and juice ices excepted); chewing gum; hard, jelly and gum candies; marshmallow; fondant; licorice; spun (cotton) candy; candy coated popcorn.

Saturated Fats are found predominately in animal products and are solid at room temperature (meat fats, lard, butter, cheese). Saturated fats raise LDL cholesterol, increasing the risk of heart disease.

Trans fats are produced in the partial hydrogen of vegetable oils and are commonly found in processed foods (bakery products, potato chips, corn chips, French fries, margarine.) Look for partially hydrogenated vegetable oil in the ingredient list. Trans fats raise LDL cholesterol increasing the risk of heart disease.

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

Water is a nutrient in its own category that is an essential part of a healthy diet.

Whole grain foods are made from whole grains which consist of the entire grain seed, usually called the kernel. To qualify as a whole grain product, the whole grain should be the first ingredient listed on the label (i.e., whole wheat flour)

Beverage Recommendations

Water

Caffeine free
No added natural or artificial sweeteners

Vegetable Juice

Any

Fruit Juice

≥ 50% juice, no added natural or artificial sweeteners
≤ 12 oz portion for 100% juices

Excessive consumption of fruit juices may contribute to overweight and obesity. The American Academy of Pediatrics recommends no more than 8-12 oz 100% fruit juice/day for 7-18 year olds.

Milk

Low fat and fat free

Flavored Milk

Low fat and fat free
≤16 oz portion
No artificial sweeteners; ≤ 4grams total sugar/oz

Only 20% of 9-19 year olds meet the Dietary Guidelines recommendation for 3 servings of dairy/day. The Dietary Guidelines support the addition of small amounts of sugar to nutrient rich foods like reduced fat milk to increase palatability to improve nutrient intake.

Yogurt Drinks

Low Fat and fat free
≤12 oz portion
No artificial sweeteners; ≤4 grams total sugar/oz

Soy and Rice Beverages

USDA approved dairy substitute preferred
Must be fortified with calcium and vitamin D equal to milk
Fat level ≤ 2.3 grams fat/100 calories (same as low fat milk)
≤16 oz portion
No artificial sweeteners; ≤ 4 grams total sugar/oz

Soda, Tea

Not Recommended

Lemonade

Fruit Drinks

Fruit Punches

American Academy of Pediatrics Policy Statement on Soft Drinks in School: Potential health problems associated with high intake of sweetened drinks are 1) overweight or obesity attributable to additional calories in the diet; 2) displacement of milk consumption, resulting in calcium deficiency with attendant risk of osteoporosis and fractures; and 3) dental caries and potential enamel erosion.

Diet Soda

Not Recommended

Diet Beverages

While not a source of calories, these may displace consumption of healthier beverages.

Sports Beverages

Not recommended

Sports drinks are only recommended for actual times of vigorous physical activity that last 60-90 minutes (Nancy Clark's Sports Nutrition Guidebook, 3rd edition.)

Food Recommendations

Entrée items in the portion sizes served as a component of the USDA reimbursable breakfast and lunch program are recommended for sale without meeting additional nutrition standards

Fresh, frozen, canned vegetables

Not prepared by deep fat frying

No saturated or trans fats in salad dressings, breading or margarine- type toppings

Fresh, frozen, canned, dried fruit

No added sugar or artificial sweeteners

Canned in natural juice or water

Low fat and fat free yogurt, pudding, frozen yogurt, ice milk

≤200 calories/selling unit

No artificial sweeteners

The American Academy of Pediatrics Policy Statement on Calcium Requirements of Infants, Children and Adolescents recommends daily consumption of milk, yogurt and cheese and other calcium rich foods for children to help build bone mass.

Regular and low fat natural and processed cheese

≤200 calories/selling unit

Breads, cereals, grains

Whole grains preferred

Not prepared by deep fat frying

≥1 gram fiber/selling unit

Meat, fish, poultry

Not prepared by deep fat frying

No added saturated or trans fats in breading, fillers

Nuts, nut butters, seeds, seed butters, soy butter, hummus

≤ 2 oz portion

No trans fats

Snack foods: chips, pretzels, crackers, popcorn, breakfast pastries, breakfast bars, cookies, cakes, pies

≤ 200 calories per selling unit

≤ 35% calories from fat (≤7.6 grams per selling unit)

≤ 10% calories from saturated fat (≤2.2 grams per selling unit)

No trans-fats

≤ 35% total sugar by weight (≤35 grams of sugar per 100 grams of product)

Foods of Minimal Nutritional Value as defined by USDA are not recommended.