

Healthy Food and Beverage Choices

These are suggestions for healthier vending, a-la-carte sales, fundraisers, school stores, concessions, school parties, activities and meetings.

- Foods of good nutritional content, including fruits, vegetables, low-fat dairy and low-fat whole grains, should be available wherever and whenever food is sold or otherwise offered at school during the normal school day.
- Beverages containing at least 50% real fruit juice with the goal of only 100% juice.
- Portions should resemble the Dietary Guidelines for Americans. Food and beverages sold or offered should be in single-serving packages, except for fresh fruits and vegetables, milk, and water.

Remember...

- Federal law prohibits vending machines from being operational and other competing food sales in the cafeteria or anywhere a reimbursable meal is served or eaten during school breakfast and lunch periods.
- Beverage sales (except for fluid milk) may be limited by the terms of beverage vending contracts established by the district.
- Be sure to involve your school's Wellness Advisory Council to help make choices on the foods to be offered.

Healthy Food and Beverage Choices For Competitive Food Sales

These recommendations are based on the Dietary Guidelines for Americans and are appropriate for food and beverages available through vending, a-la-carte sales, fundraisers, school stores, concessions, school parties, activities and meetings.

Note: *You will need to give some consideration to the package sizes available in your market area, and adjust accordingly, such as the examples shown.*

Food Category	Food Suggestions	Rationale
<p style="text-align: center;">Grains</p> <p><u>Recommended Serving Size (per Dietary Guidelines for Americans) = 1 oz:</u></p> <p><u>Examples:</u> Crackers, Popcorn = 1.25 oz Cereal & Granola Bars = 1-2 oz Bakery Items (bagels, muffins) = 1-3 oz</p> <p>Choose whole grains that are low in fat, saturated fat, trans fat and added sugars.</p>	<ul style="list-style-type: none"> ▪ Whole grain muffins ▪ Multi-grain bagel ▪ Baked tortilla, soy, pita, and corn cakes ▪ Rice cakes ▪ Pretzels ▪ Air-popped or low fat popcorn ▪ Low-fat crackers ▪ Low-fat granola bars ▪ Cereal bars ▪ Low sugar cereals 	<ul style="list-style-type: none"> ▪ The Dietary Guidelines for Americans recommends at least 3 one-ounce servings of whole grain daily. Half of our total grain intake should be whole grains. ▪ Trans fatty acids or trans fats are found in food products in the form of hydrogenated/ partially hydrogenated oils. They tend to raise cholesterol and LDL cholesterol, similar to saturated fats.

Food Category	Food Suggestions	Rationale
<p>Vegetables and Fruits <u>Recommended Serving Size = 1 cup:</u></p> <p><u>Examples:</u> Apple/banana = 1 medium Leafy salad greens = 2 cups Dried Fruits = 1.5 oz Frozen, Canned Fruits/ Vegetables = 1 cup Fruit & Vegetable Juices = 6-12 oz</p> <p>Choose whole fresh vegetables and fruits, 100% dried fruit with no added sugar, canned fruits in natural juices or water, 100% vegetable or fruit juice</p>	<ul style="list-style-type: none"> ▪ 100% vegetable or fruit juice ▪ Whole fresh fruits ▪ Fresh, frozen, canned fruits/vegetables ▪ Cut-up celery or carrot sticks and other vegetables ▪ Fresh baby carrots ▪ Fruit bowls ▪ Unsweetened applesauce ▪ Canned fruits in natural juice ▪ Raisins ▪ Dried apricots ▪ Salsa 	<ul style="list-style-type: none"> ▪ The Dietary Guidelines for Americans recommends at least 2½ cups for young children to 5 cups for teenage boys daily. ▪ Fruits and vegetables provide essential vitamins and minerals, fiber, and other substances that may reduce risks for diabetes, coronary heart disease. ▪ The consumption of whole vegetables and fruits is encouraged to increase fiber consumption and to prevent the over consumption of juices. ▪ Eliminate the sale of fruit drinks, which provide little nutritional value and usually replace more healthful options.
<p>Dairy Products <u>Recommended Serving Size = 1 oz:</u></p> <p><u>Examples:</u> Yogurt = 6-8 oz Milk = 8-16 oz Cheese = 1½-2 oz or less</p> <p>Choose low-fat dairy products that are low in added sugars.</p>	<ul style="list-style-type: none"> ▪ Low-fat fruit yogurt ▪ Low-fat cottage cheese ▪ String cheese ▪ Low-fat cheese ▪ Skim, 1%-2% milk, flavored and plain ▪ Low-fat frozen yogurt bars ▪ Low-fat pudding 	<ul style="list-style-type: none"> ▪ The Dietary Guidelines for Americans recommends at least 3 cups daily. ▪ Low calcium intake is one of the most significant nutrient deficiencies identified in Healthy People 2010. Milk and milk products provide calcium, protein, and vitamin D for bone growth and development. ▪ In addition, it supplies 4 of the 7 nutrients adults and children tend to fall short on (calcium, potassium, magnesium, vitamin A) ▪ The American Academy of Pediatrics (AAP) recommends the 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.

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<p>Meats, Beans, Nuts & Seeds <u>Recommended Serving Size</u> = 1 oz:</p> <p><u>Examples:</u> Trail mix, nuts, seeds = 1-1¾ oz Nut butters = 2 Tbsp or less Meat, poultry or fish = 1-3 oz Beans/legumes = ½ -1 cup 1 Egg</p> <p>Choose meats, beans, nuts and seeds that are low in fat, saturated fat, trans fat and added sugars.</p>	<ul style="list-style-type: none"> ▪ Almonds ▪ Peanuts ▪ Pistachios ▪ Pecans ▪ Sunflower seeds ▪ Soy nuts ▪ Walnuts ▪ Hummus ▪ Bean dip ▪ Tuna snack pack ▪ Trail mix (mostly nuts) ▪ Nut butters ▪ Beef jerky ▪ Tofu 	<ul style="list-style-type: none"> ▪ The Dietary Guidelines for Americans recommends at least 5 ounces daily. ▪ Meats, beans, 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, e.g., all natural peanut butter or almond butter, will have no trans fat and minimal saturated fat. They provide healthy unsaturated fats. ▪ USDA recommends 2-3 servings from the meat and bean group every day.
<p>Combination Foods <u>Recommended Serving Size:</u> Single serving packages</p> <p>Foods that have main ingredients from two or more food groups from the Food Guide Pyramid</p>	<ul style="list-style-type: none"> ▪ Fresh vegetables or fruits with low fat dip or salad dressings ▪ Hummus with whole wheat pita bread ▪ Low-fat cheese with crackers ▪ Peanut butter with crackers ▪ Yogurt with granola ▪ Bagels with low-fat cream cheese ▪ Sandwiches made with whole grain bread, lean meats, low-fat cheese and/or vegetables ▪ Trail mix that contains granola, nuts, seeds and/or dried fruit 	<ul style="list-style-type: none"> ▪ Check to see how many servings are in the package. Combination foods should contain only one serving in the entire package and contain 300 or fewer calories. ▪ Ingredients are listed according to relative weight. It is recommended that the first ingredients listed are from the major food groups, e.g., whole grains, fruits, vegetables, milk, cheese, yogurt, nuts or seeds. ▪ If sugar or high fructose corn syrup is one of the first two ingredients, the product may be high in added sugars. ▪ If fat or oil is listed as one of the first two ingredients, the product may be high in fat. If the fat is listed as hydrogenated or partially hydrogenated oil, the product contains trans fatty acids which are associated with negative health effects.

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<p style="text-align: center;">Other Foods</p> <p><u>Examples:</u> Baked chips = 1-1¼ oz Soy or rice beverage = 12 oz or less Cookies = 1-2 oz Ice cream = 4 oz</p> <p>Choose low-fat or non-fat dairy and non-dairy beverages. Choose beverages that are low in added sugars and do not contain artificial sweeteners.</p>	<ul style="list-style-type: none"> ▪ Water ▪ Water without added sugar ▪ Baked chips ▪ Low-fat dip ▪ Soy or rice beverage ▪ Cookies, such as animal crackers ▪ Ice cream 	<ul style="list-style-type: none"> ▪ Many sweetened beverages are high in calories. Some are fortified with unnecessary and potentially harmful additives to children. ▪ Sports drinks are only recommended for times of vigorous physical activity that last longer than 60 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: 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 and fractures, and 3) dental caries and potential enamel erosion.

From the New Mexico Action for Healthy Kids Wellness Toolkit, Part I: Nutrition, pages 14-17

Online Resources

Recommendations for Competitive Food Standards (a report by the National Consensus Panel on School Nutrition), California Center for Public Health Advocacy,
http://www.publichealthadvocacy.org/school_food_standards/school_food_standards/Nutrition%20Standards%20Report%20-%20Final.pdf

State policies for competitive foods in schools, US Department of Agriculture
http://www.fns.usda.gov/cnd/Lunch/CompetitiveFoods/state_policies_2002.htm

Nutrition Integrity in Schools (forthcoming), National Alliance for Nutrition and Activity,
<http://www.cspinet.org/nutritionpolicy/index.html>

School Foods Tool Kit, Center for Science in the Public Interest,
<http://www.cspinet.org/schoolfood/>

Foods Sold in Competition with USDA School Meal Programs (a report to Congress), US Department of Agriculture, www.cspinet.org/nutritionpolicy/Foods_Sold_in_Competition_with_USDA_School_Meal_Programs.pdf

FAQ on School Pouring Rights Contracts, American Dental Association,
http://www.ada.org/public/topics/softdrink_faq.asp

National Alliance for Nutrition and Activity (NANA), Model Local School Wellness Policies on Physical Activity and Nutrition, March 2005, page 20