

## Championing Public Health Nutrition

*Food For Thought - Minding the Lunch Money*  
October 23, 2008  
Ottawa, Canada

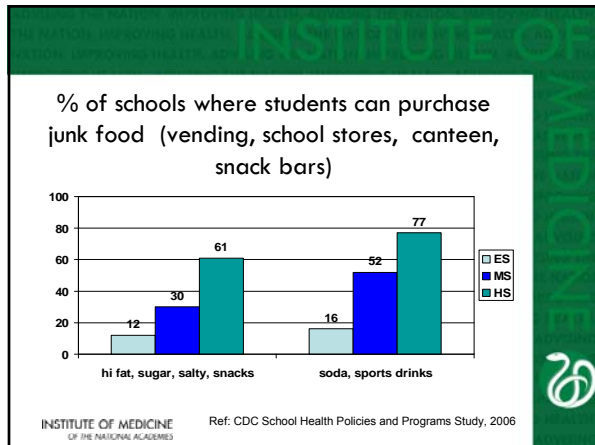
Tracy A. Fox, MPH, RD  
President, Food, Nutrition & Policy Consultants, LLC

INSTITUTE OF MEDICINE OF THE NATIONAL ACADEMIES

## Food Choices in Schools

- Schools with vending machines or a school store
  - 33% of elementary schools
  - 71% of middle schools
  - 89% of high schools

INSTITUTE OF MEDICINE OF THE NATIONAL ACADEMIES



### Top 5 Items vending, stores, canteens, snack bars

ES	MS	HS
Bottled Water	Bottled water	Bottled water
100% fruit juice	Sports Drinks	Sports drinks
Soda/high sugar drinks	Soda/high sugar drinks	Soda/high sugar drinks
Sports Drinks	100% fruit juice	100% fruit juice
High fat cookies, cakes, baked goods	Salty snacks, low fat Salty snacks, high fat	Salty snacks, high fat

INSTITUTE OF MEDICINE OF THE NATIONAL ACADEMIES Ref: CDC School Health Policies and Programs Study, 2006

## School-Related Health Policy Local Wellness Policies

- 2004 Child Nutrition and WIC Reauthorization Act
- Wellness Policy Required by 2006
  - Nutrition education goals
  - Physical activity goals
  - **Nutrition guidelines**
  - Other school-based activities

INSTITUTE OF MEDICINE OF THE NATIONAL ACADEMIES

## Nutrition Guidelines

- All foods available on campus with objective of promoting health and reducing obesity
- FY 2005 Congress directed CDC to initiate an IOM study to review the evidence and make recommendations

INSTITUTE OF MEDICINE OF THE NATIONAL ACADEMIES

## Committee's Task

Review evidence and make nutrition standard recommendations:

*for availability of sale, content and consumption of foods and beverages at schools (not including school lunch/bfast); consider lessons learned; base standards on nutrition and health science.*

INSTITUTE OF MEDICINE  
OF THE NATIONAL ACADEMIES



## The Guiding Principles

- Support Healthy Eating
- Guide Committee Deliberations

INSTITUTE OF MEDICINE  
OF THE NATIONAL ACADEMIES



IOM Nutrition standards ACTIVELY support the positive messages in *2005 Dietary Guidelines for Americans*

- Standards **promote** DGA "foods to encourage" throughout the school day, in all schools:
  - fruits
  - vegetables
  - whole grains
  - non- or low-fat dairy products



INSTITUTE OF MEDICINE  
OF THE NATIONAL ACADEMIES



Promotion of Fruits, Veggies, WG and LF/NF Milk automatically places limits on other components

Standards **limit** the amount of:

- saturated fat
- salt
- added sugars
- total calories

INSTITUTE OF MEDICINE  
OF THE NATIONAL ACADEMIES



## Tier 1 and Tier 2 Foods and Beverages

- Foods and beverages organized into 2 Tiers
- Foods/beverage categorized into tiers based on consistency with the DGA
- Tier 1 foods and beverages: "foods to be encouraged" (fruit, vegetable, whole grain, or nonfat/low-fat dairy)
- Tier 2 foods and beverages fall short of Tier 1 criteria but still within the DGA recommendations for nutrients such as fat, saturated fat, and sodium

INSTITUTE OF MEDICINE  
OF THE NATIONAL ACADEMIES



## Tier 1 Foods

### Tier 1 for All Students All School Day: Foods

Tier 1 foods contain one serving of fruits, vegetables, whole grains, and related combination products and nonfat and low-fat dairy that are limited to 200 calories or less per portion as packaged and:

- No more than 35% of total calories from fat
- Less than 10% of total calories from saturated fats
- Zero trans fat ( $\leq 0.5$  g per serving)
- 35% or less of calories from total sugars, except for yogurt w/ no more than 30 g of total sugars, per 8-oz. portion as packaged (smaller portions are permitted)
- Sodium content of 200 mg or less per portion as packaged

INSTITUTE OF MEDICINE  
OF THE NATIONAL ACADEMIES



## Entrée Items

### Tier 1 for All Students: Foods

À la carte entrée items meet fat and sugar limits as listed above and:

- o are National School Lunch Program (NSLP) menu items
- o have a sodium content of 480 mg or less

INSTITUTE OF MEDICINE  
OF THE NATIONAL ACADEMIES



## Tier 1 Beverages

### Tier 1 for All Students All School Day: Beverages

Tier 1 beverages are:

- Water without flavoring, additives, or carbonation.
- Low-fat (1%) and nonfat milk (per 8 oz. portion):
  - o Lactose-free and soy beverages are included
  - o Flavored milk with no more than 22 g of total sugars per 8-oz. serving (smaller portions are permitted)
- 100-percent fruit juice in 4-oz. portion for elementary/ middle school and 8 oz. for high school.
- Caffeine-free, with the exception of trace amounts of naturally occurring caffeine substances.

INSTITUTE OF MEDICINE  
OF THE NATIONAL ACADEMIES



## Tier 2 Foods/Beverages

### Tier 2 for High School Students After School

**Tier 2 snack foods are:** those that do not exceed 200 calories per portion as packaged and:

- No more than 35% of total calories from fat
- <10% of total calories from saturated fats
- Zero trans fat ( $\leq 0.5$  g/portion)
- 35% or less of calories from total sugars
- Sodium content, 200 mg or less per portion as packaged

**Tier 2 beverages are:** Non-caffeinated, non-fortified beverages with less than 5 calories per portion as packaged (with or without nonnutritive sweeteners, carbonation, or flavoring)

INSTITUTE OF MEDICINE  
OF THE NATIONAL ACADEMIES



## Other Standards (not addressed in Tier 1 and Tier 2)

- Nonnutritive sweetener in beverages in high school after school
- Caffeine-free
- Water available and free
- Sport drinks limited to student athletes with  $\geq 1$  hr vigorous activity via coach
- Not for reward or punish for behavior or academic achievement
- Minimize marketing of Tier 2 foods and beverages

INSTITUTE OF MEDICINE  
OF THE NATIONAL ACADEMIES



## After-School Setting

- Tier 1 for elementary and middle school
- Tier 1 and 2 for high school where majority of participants are students
- Tier 1 and 2 encouraged for other after-school activities

INSTITUTE OF MEDICINE  
OF THE NATIONAL ACADEMIES



## Tier 1 Foods and Beverages

- Individual fruits: apples, pears, fruit cups packed in juice
- Vegetables -- baby carrots
- Dried or dehydrated fruit -- raisins, apricots, apples
- 100 percent fruit juice or low-salt vegetable juice
- Low-fat, low-salt whole-grain crackers or chips
- Whole-grain, low-sugar cereals
- 100 percent whole-grain mini bagels
- Whole grain granola bars with or without fruit (as long as one serving total is reached)
- 4, 6, or 8-ounce low-fat fruit-flavored yogurt (with no more than 15, 22.5, or 30 grams of sugars accordingly)
- 4, 6, or 8-ounce servings low-fat chocolate milk (with no more than 11, 16.5 or 22 grams of sugars accordingly)

INSTITUTE OF MEDICINE  
OF THE NATIONAL ACADEMIES



## Tier 2 Foods and Beverages

- Low-salt baked potato chips, crackers, and pretzels
- Animal crackers with no more than 35 percent of calories from sugar
- Graham crackers with no more than 35 percent of calories from sugar
- Caffeine-free, calorie-free, non-fortified soft drinks
- Frozen ice cream or bar products that meet the standards for sugar and fat

INSTITUTE OF MEDICINE  
OF THE NATIONAL ACADEMIES



## Items that Do Not Meet the Standards

- Potato chips and pretzels with too much fat or sodium
- Cheese crackers with too much fat or sodium
- Breakfast or granola bars with too much fat or sugar
- Ice cream products with too much fat
- Cake, cupcakes, cookies with too much sugar or salt
- Fortified sports drinks or fortified water
- Gum, licorice, candy
- Fruit smoothies with too much added sugar
- Regular colas or sodas with sugar or caffeine

INSTITUTE OF MEDICINE  
OF THE NATIONAL ACADEMIES



## Key Elements for Success

*Awareness and understanding of the standards* by schools, parents, students, and federal, state, local, industry, as well as other stakeholders.

INSTITUTE OF MEDICINE  
OF THE NATIONAL ACADEMIES



## Concluding Remarks

Federal school nutrition programs are the main source of nutrition provided at school. If opportunities for students to select competitive foods and beverages arise, fruits, vegetables, whole grains, and nonfat or low-fat dairy foods and beverages should be available. Incremental changes that will, over time, result in closer alignment with IOM's FINE. Changes will take time, dedication, leadership.

INSTITUTE OF MEDICINE  
OF THE NATIONAL ACADEMIES

