



School Nutrition Consensus Panel

COMPETITIVE FOOD STANDARDS RECOMMENDATIONS

GRADE LEVEL	ISSUE	RECOMMENDATION	RATIONALE	EXAMPLES OF WHAT WOULD BE IN & WHAT WOULD BE OUT
ELEMENTARY SCHOOLS (Schools that have grade 6 or lower)	ALL COMPETITIVE FOOD	Eliminate sale of all foods sold outside the school meal program during the school day. Individual items sold during morning / afternoon breaks must meet the standards described below for secondary schools.	(1) Young children should not have the opportunity to make unhealthy food choices at school; (2) The school environment should model healthy choices.	Out: All individual foods sales except fruits and vegetables, 100% fruit juice, low fat / nonfat milk during the lunch period. In: Healthy options during nutrition break.
SECONDARY SCHOOLS	BEVERAGES	Allow sale of:		
		Beverages that contain at least 50% fruit juice with no added sweeteners	Fruits and vegetables contain necessary nutrients.	In: Fruit juices, Knudsen spritzer
		Water	Water is an essential nutrient and a healthy beverage choice.	In: Bottled water
		Low fat / nonfat milk	Availability promotes calcium consumption without contributing unnecessary calories from fat.	In: Low fat and nonfat milk and chocolate milk
		Eliminate sale of:		
		Soft drinks, sports drinks, punch, ice tea, and other drinks containing less than 50% real fruit juice.	Eliminates beverages with little nutritional value and others that replace more healthful alternatives.	Out: Coke, Pepsi, Fruitopia, Sunny Delight, Snapple, Gatorade
Beverages that contain caffeine (except chocolate milk)	Schools should not promote the consumption habit-forming substances	Out: Coffee, teas		

GRADE LEVEL	ISSUE	RECOMMENDATION	RATIONALE	EXAMPLES OF WHAT'S IN & WHAT'S OUT
SECONDARY SCHOOLS	SNACKS, SWEETS, SIDE DISHERS	Portion Size: See attached chart	Larger serving sizes can lead to over-consumption	Out: All large size portions
		Fat: No more than 30% of total calories from fat	High fat foods add unnecessary calories to the diet	In: Baked potato chips, pretzels, some popcorn, some granola bars, some baked French fries Out: regular potato chips, fried french fries, some granola bars
		Saturated Fat: No more than 10% of calories from saturated fat	Foods that are high in saturated fat increase the risk of coronary heart disease by raising blood cholesterol	
		Sugar: No more than 35% by weight (except fresh, dried or canned fruits and vegetables)	Eliminate foods (1) that are high in calories and low in nutrients, and (2) that promote development dental caries.	In: some granola bars, trail mix, animal crackers, graham crackers, Devil's food cookies, Jell-O, fat free fudge bar, frozen fruit bar Out: some granola bars, some cookies, all candy
	ENTRÉE ITEMS and SIDE DISHERS	Portion Size: No larger than portion served as part of school lunch.	Extra large size portions add unnecessary calories, including calories from fat and saturated fat.	In: Reasonable portions of pizza, hamburgers, burritos, chili dogs, chicken nuggets Out: all oversized portions
FRUITS AND VEGETABLES	Require the availability of quality fruits and vegetables any place competitive foods are sold	Fruits and vegetables provide needed nutrients without adding low nutrient dense calories. Students must have healthy food options	In: All fruits and vegetables: fresh, cooked, dried, and canned without additional sweeteners.	

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RECOMMENDED PORTION LIMITS

Snacks and Sweets	1.25 oz
chips, crackers, popcorn, cereal	
trail mix, nuts, seeds, dried fruit	
Jerky	
Cookies / cereal bars	2 oz
Bakery items (e.g., pastries, muffins)	3 oz
Frozen desserts, ice cream	3 oz
Yogurt	8 oz
Beverages (no limit on water)	12 oz