

Acknowledgments

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SCHOOL NUTRITION CONSENSUS PANEL*

Table 1

**GRADE
LEVEL**

ISSUE

RECOMMENDATION

RATIONALE

**EXAMPLES OF
WHAT'S IN & WHAT'S
OUT**

anel

\$

cks and Sweets

1.25 oz

EXECUTIVE SUMMARY

The Centers for Disease Control has declared that there is an epidemic of child and adolescent obesity in the United States. Califor

RATIONALE FOR COMPETITIVE FOOD STANDARDS

the USDA has found that sales of competitive foods undermine the nutritional integrity of the school meal programs and discourage participation. Specifically, the USDA reported the following negative impacts of competitive food sales (USDA, 2001):

- § Competitive foods are relatively low in nutrient density and high in fat, added sugar

1995), subsidized meals must meet the following guidelines over the course of each week

juices containing less than 20% real juice, and foods with more than eight grams of fat per one ounce serving. Soft drinks are also prohibited at elementary and middle schools (West Virginia Board of Education).

California Standards.

DEVELOPMENT OF THE STANDARDS

In August 1999, the California Center for Public Health Advocacy (CCPHA) was awarded a grant from The California Endowment to educate policy makers in California about the importance of nutrition and physical activity for children and adolescents. As part of that effort, CCPHA established a P

weeks to work toward developing a consensus on recommendations for all selected



STANDARD #3	
SECONDARY SCHOOLS: SNACKS, SWEETS, SIDE DISHES	
Fat	No more than 30% of calories from fat
Saturated Fat	No more than 10% of calories from saturated fat
Sugar	No more than 35% added sugar by weight (except fresh, dried or canned fruits and vegetables)
Portion Size	

amount of sugar, 40% comes from soft drinks (Jacobson, 1999). According to the USDA, the following are the major sources of added sugars in the US diet: soft drinks, cakes, cookies, pies, fruit-ades and drinks, dairy desserts and candy (Munoz, 1997). This list is similar to the foods identified in California and national surveys of popular “competitive” foods sold in schools (USDA, 2001).

Excess intake of added sugar increases risk of

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of



CONCLUSION

ATTACHMENT 1

Illinois

Elementary schools may not sell competitive foods during regularly scheduled

