IN SCHOOL

The Healthy, Hunger-Free Kids Act of 2010 requires USDA to establish nutrition standards for all foods sold in schools — beyond the federallysupported meals programs. This new rule carefully balances science-based nutrition guidelines with practical and flexible solutions to promote healthier eating on campus. The rule draws on recommendations from the Institute of Medicine, existing voluntary standards already implemented by thousands of schools around the country, and healthy food and beverage offerings already available in the marketplace.

Equals 1 calorie

Shows empty calories*

Before the New Standards



CALORIES

Chocolate

Sandwich

Cookies

(6 medium)

182

Empty

Calories



CALORIES

Fruit

Flavored

Candies

(2.2 oz. pkg.)

177



CALORIES

Donut

(1 large)

147



112



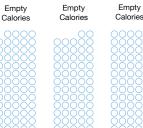


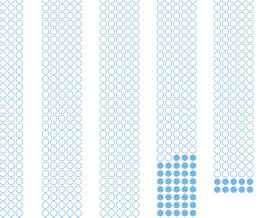
CALORIES Chocolate Bar (1 bar-1.6 oz.)

Regular Cola (12 fl. oz.)

126

Empty





After the New Standards











Fruit Cup



No-Calorie

Peanuts (1 oz.)

0

Empty

Calories

Light Popcorn (Snack bag)

17

Empty

161

Low-Fat Tortilla Chips

Empty

Calories

Granola (1 oz.)

Bar (oats, fruit, nuts) (1 bar-.8 oz.)

Empty

(Snack cup 4 oz.) Empty

(w/100% flavored Juice) Water (12 fl. oz.)







*Calories from food components such as added sugars and solid fats that provide little nutritional value. Empty calories are part of total calories.