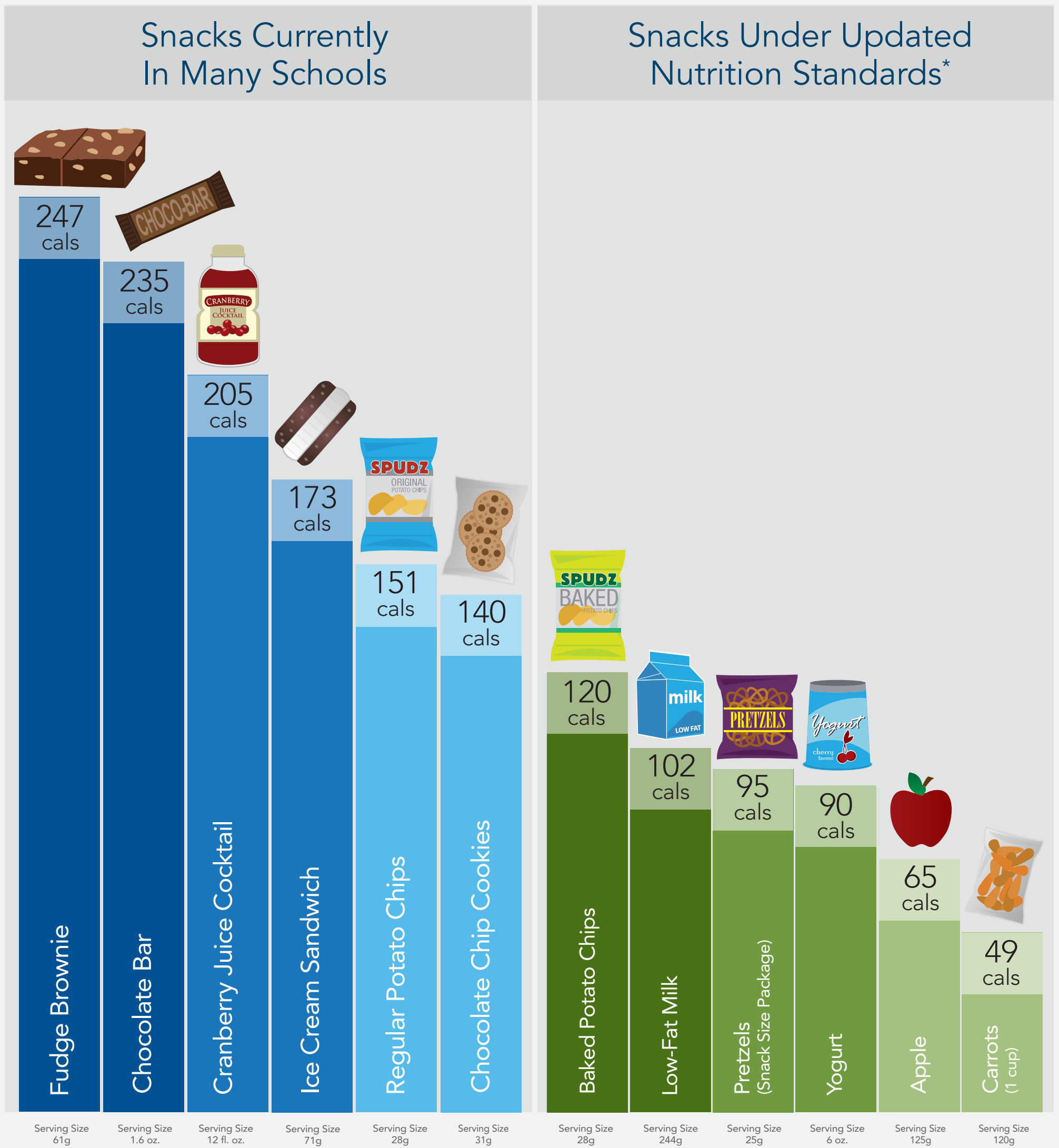


Sizing Up Snack Foods

Research indicates that the majority of snack foods and beverages sold in schools are high in calories, fat and sugar. To ensure that all foods sold in schools are healthier, Congress directed the U.S. Department of Agriculture to update nutrition standards for snack foods and beverages and align them with the school meal guidelines. This graphic compares what is currently available to students with healthier options.



* Standards as recommended by the Kids' Safe and Healthful Foods Project's *Health Impact Assessment: National Nutrition Standards for Snack and a la Carte Foods and Beverages Sold in Schools*. Calorie information is taken from the USDA nutrient database (8/29/12): <http://ndb.nal.usda.gov/ndb/foods/list>

Help School Foods Make The Grade.

Learn More at HealthySchoolFoodsNow.org

