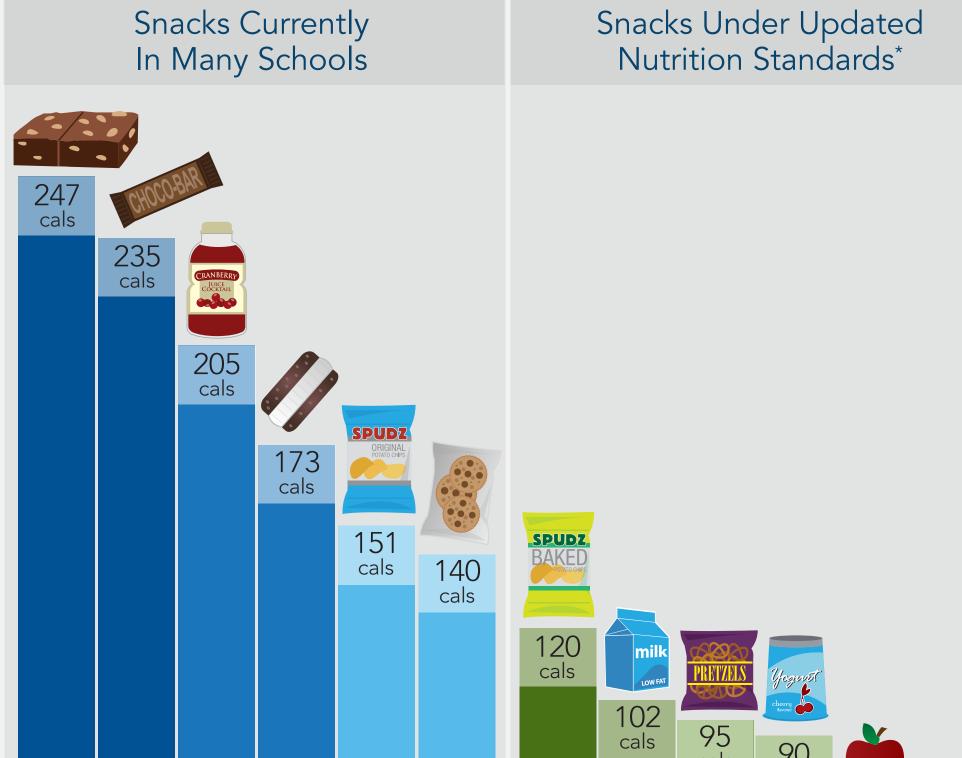


Sizing Up Snack Foods

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.



		tail			okies		Cais	cals	90 cals			
		e Cockta	Sandwich	Chips	ပိ	SC				65 cals	<u>I</u>	
Brownie	te Bar	y Juice	m Sanc	Potato	te Chip	ato Chips	Milk	Package)			49 cals	
Fudge Br	Chocolate	Cranberry	Ice Crear	Regular F	Chocolate	Baked Potato	Low-Fat M	Pretzels (Snack Size P	Yogurt	Apple	Carrots (1 cup)	
Serving Size 61g	Serving Size 1.6 oz.	Serving Size 12 fl. oz.	Serving Size 71g	Serving Size 28g	Serving Size 31g	Serving Size 28g	Serving Size 244g	Serving Size 25g	Serving Size 6 oz.	Serving Size 125g	Serving Size 120g	

* 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



The Kids' Safe and Healthful Foods Project (KSHF) is a collaboration of the Robert Wood Johnson Foundation and The Pew Charitable Trusts.