United States Department of Agriculture

SMART SNACKS IN SCHOOL

The Healthy, Hunger-Free Kids Act of 2010 requires USDA to establish nutrition standards for all foods sold in schools — beyond the federally-supported 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

286 TOTAL CALORIES	249 TOTAL CALORIES	242 TOTAL CALORIES	235 TOTAL CALORIES	136 TOTAL CALORIES
Chocolate Sandwich Cookies (6 medium)	**Fruit Flavored Candies** (2.2 oz. pkg.)	**Donut** (1 large)	**Chocolate Bar** (1 bar-1.6 oz.)	**Regular Cola** (12 fl. oz.)
182 Empty Calories	177 Empty Calories	147 Empty Calories	112 Empty Calories	126 Empty Calories

After the New Standards

170 TOTAL CALORIES	161 TOTAL CALORIES	118 TOTAL CALORIES	95 TOTAL CALORIES	68 TOTAL CALORIES	0 TOTAL CALORIES
Peanuts (1 oz.)	**Light Popcorn** (Snack bag)	**Low-Fat Tortilla Chips** (1 oz.)	**Granola Bar (oats, fruit, nuts)** (1 bar-.8 oz.)	**Fruit Cup (w/100% Juice)** (Snack cup 4 oz.)	**No-Calorie flavored Water** (12 fl. oz.)
0 Empty Calories	17 Empty Calories	0 Empty Calories	32 Empty Calories	0 Empty Calories	0 Empty Calories

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

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the School Day just got Healthier
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