

**PRODUCTS THAT MEET THE STANDARDS
PROPOSED BY THE INSTITUTE OF MEDICINE'S REPORT
NUTRITION STANDARDS FOR FOODS IN SCHOOLS**

Nutrition Standards for Foods in Schools, a new report by the Institute of Medicine, proposes a set of nutritional standards for "competitive" foods and beverages available in schools. They apply to a la carte cafeteria items, products sold in vending machines and at school stores, and other foods and drinks that are available outside of federally reimbursable school meals. The standards promote consumption of fruits, vegetables, whole grains, and nonfat or low-fat dairy products, and limit the amount of saturated fat, salt, added sugars, caffeine, and total calories.

The report divides competitive foods and beverages into two tiers that could be available in schools based on grade level. Tier 1 products should be allowed at all grade levels during the regular school day and during after-school activities involving students. Tier 2 items should be available only to high school students after school hours.

**Examples of Tier 1 Foods and Drinks
(all in portion sizes that provide 200 calories or less)**

- Individual fruits, such as apples or pear slices, or fruit cups packed in juice or water
- Vegetables such as baby carrots
- Dried or dehydrated fruit such as raisins, apricots, cherries, and bananas
- 100 percent fruit juice or 100 percent low-salt vegetable juice
- Low-fat, low-salt whole-grain crackers or chips
- Whole-grain, low-sugar cereals
- 100 percent whole-grain mini bagels
- 8-ounce servings of low-fat fruit-flavored yogurt with no more than 30 grams of sugars
- 8-ounce servings of low-fat or nonfat chocolate or strawberry milk with no more than 22 grams of sugars (the naturally occurring small amount of caffeine in chocolate milk is an allowed exception to the report's caffeine standard)
- Low-sodium, whole-grain bars containing sunflower seeds, almonds, or walnuts (the fat content in the nuts and seeds is an allowed exception to the report's standard on fat)

**Examples of Tier 2 Foods and Drinks
(all in portion sizes that provide 200 calories or less)**

- Low-salt baked potato chips, crackers, and pretzels
- Animal crackers with no more than 35 percent of calories from sugars
- Graham crackers with no more than 35 percent of calories from sugars
- Caffeine-free, calorie-free, non-fortified soft drinks
- Ice cream bars low in sugar and fat

Examples of Items that Do Not Meet the Standards

- Potato chips and pretzels that have too much sugar or salt
- Cheese crackers that have too much fat or sodium
- Breakfast or granola bars that have too much fat or sugar
- Ice cream products that have too much fat