

Nutrition Standards for Competitive Foods and Beverages

A Comparison of USDA's Proposed Nutrition Standards vs. Iowa's Healthy Kids Act

The Iowa Healthy Kids Act (HKA), which established nutrition standards for foods and beverages sold to students in a la carte, vending, and regulated fundraising (competitive foods) during the school day has been in effect since July 1, 2010. USDA has released new nutrition standards for competitive foods that are expected to go into effect at the start of the 2014-2015 school year. Iowa schools will continue to follow the current nutrition standards as set by HKA until the final federal standards are final. The HKA nutrition advisory panel is scheduled to review the IHKA nutrition standards in 2013 and make recommendations for change as appropriate. Below you will find a comparison of the USDA proposed standards and the Iowa Healthy Kids Act.

CATEGORY	USDA  Healthy Hunger Free Kids Act - Proposed	Iowa  Healthy Kids Act	CHANGE for Iowa
GENERAL STANDARDS	A competitive food item must meet all of the proposed standards and be either a fruit, a vegetable, a dairy product, a protein food, a “whole-grain rich” product, or combination food that contains at least ¼ cup of fruit or vegetable, or contain 10% of the Daily Value of a nutrient of concern in the 2012 Dietary Guidelines of Americans – calcium, potassium, vitamin D, or dietary fiber.	Ensure that a la carte, vending, and regulated fundraising offerings include at least two fruits or non-fried vegetables, with no more than one being a juice option.	All food items offered must be a fruit, a vegetable, a dairy product, a protein food, a “whole-grain rich,” product, or a combination food or contain 10% DV of a nutrient of concern.
NSLP/SBP ENTREES AND SIDE DISHES SOLD A LA CARTE	<u>Alternative A1:</u> NSLP/SBP entrees and side dishes sold a la carte are exempt from all standards except the fat and sugar standards. or <u>Alternative A2:</u> NSLP/SBP entrees and side dishes (except grain based dessert products) sold a la carte are exempt from all standards	NSLP menu items offered in the same portion size and frequency per week as they appear on the NSLP menu.	All menu items sold a la carte must meet fat and sugar standards. or Only grain based desserts sold a la carte must meet all standards.
FREQUENCY OF NSLP/SBP ENTREES AND SIDE DISHES SOLD A LA CARTE	<u>Alternative B1:</u> Items can only be served on the same day that the items are served in the school meal program. or <u>Alternative B2:</u> Items can be served within four operating days of when the items were served in the school meal program.	Items can be served within the same week as the items are served in the school meal program.	Items can only be served on the same day that the items are served in the meal program. or No change
CALORIES	Snack Item ≤ 200 calories Entrée item ≤ 350 calories	Snack Item ≤ 200 calories Entrée item ≤ 400 calories	Entrée item must be ≤ 350 calories.
SODIUM	Snack item ≤ 200 mg/portion Entrée item ≤ 480 mg/portion	Snack item ≤ 400 mg/serving (≤ 200 mg/serving in 2014) Entrée item ≤ 600 mg/serving (≤ 480 mg/serving in 2014)	No change (2014)
FAT	Total Fat ≤ 35% of calories* (excludes nuts, seeds, nut/seed butters, and reduced-fat cheese). Saturated Fat < 10% of calories (excludes reduced-fat cheese). Trans Fat ≤ 0.5gram/serving	Total Fat ≤ 35% of calories (excludes nuts, seeds, nut butters, and reduced-fat cheese) Saturated Fat ≤ 10% of calories (excludes reduced-fat cheese) Trans Fat ≤ 0.5gram/serving	No change

SUGAR	<u>Alternative C1</u> : ≤ 35% of calories from total sugars. or <u>Alternative C2</u> : ≤35% of weight from total sugars. (Excludes fruits, vegetables and yogurt with < than 30 grams of sugar/8oz).	≤ 35% of calories (excludes fruits, vegetables, and yogurt)	Yogurt must be less than 30 grams of sugar per 8 ounces. <u>Alternative C2</u> : ≤ 35% of weight from total sugars
GRAIN ITEMS	Grain products must include 50% or more whole grains by weight or have whole grains as the first ingredient.	50% of grains offered must be whole grain (primary ingredient by weight).	All grain offerings must be whole grain.
ACCOMPAN-IMENTS	All accompaniments shall be pre-portioned and must be included in the nutrient profile as a part of the item served and meet all proposed standards (includes items commonly served with foods, such as cream cheese, salad dressing, and butter).	Does not regulate condiments separately. Condiments are considered part of the item that they are served with and should be incorporated into the nutritional analysis.	No Change
CAFFEINE	Foods and beverages must be caffeine-free for elementary and middle school; no caffeine restriction for high school.	Caffeinated beverages are not allowed for elementary school; caffeinated beverages are allowed for secondary school.	No caffeinated beverages allowed for middle school.
BEVERAGES SOLD	<i>Elementary (portion size: ≤ 8 oz)</i> No caffeinated beverages, plain water (no size limit), low fat milk, non fat milk (plain or flavored), 100% fruit/vegetable juice. <i>Middle School (portion size: ≤ 12 oz)</i> No caffeinated beverages, plain water (no size limit), low fat milk, non fat milk (plain or flavored), 100% fruit/vegetable juice. <i>High School (portion size: ≤ 12 oz)</i> Plain water (no size limit), low fat milk, non fat milk (plain or flavored), 100% fruit/vegetable juice. Allowed outside of meal service high school only (portion size ≤ 20 oz.): Calorie-free, flavored and/or unflavored, caffeinated or non-caffeinated carbonated water or other calorie free caffeinated or non-caffeinated beverages if they are less than 5 calories per serving. and <u>Alternative D1</u> : Other caffeinated or non-caffeinated beverages (≤12 oz) with ≤40 calories/8 oz serving or ≤60 calories/12 oz serving. or <u>Alternative D2</u> : Other caffeinated or non-caffeinated beverages (≤12 oz) with ≤50 calories/8 oz serving or ≤75 calories/12 oz serving.	No portion sizes for beverages. Water with no non-nutritive sweeteners, low-fat or non-fat regular and flavored milk with no non-nutritive sweeteners, and 100% fruit/vegetable juice with no added sweeteners. In addition for milk: ≤ 27 grams sugar/8 oz (2014); ≤ 24 grams sugar/8 oz (2017); and ≤ 22 grams sugar/8 oz (2020). In middle and high schools sports drinks, flavored water, caffeinated beverages are allowed. Sodas and carbonated beverages are not allowed.	<i>Elementary:</i> - Portion size of ≤ 8 oz for milk and juice <i>Middle School:</i> - Portion size of ≤ 12 oz for milk and juice - Sports drinks and flavored water are not allowed <i>High School:</i> - Portion sizes of ≤ 12oz for milk and juice - Carbonated beverages meeting calorie requirements and ≤ 20oz are only allowed outside of meal service. - Certain sports drinks may be allowed if they meet calorie requirements.
SCHOOL DAY DEFINITION	The period from the midnight before, to 30 minutes after the end of the official school day.	From first bell to last bell of the school day.	Extends the school day

*Exemptions include products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat; and seafood with no added fat.

Some of the categories within the proposed standards have alternatives to comment on. The public is encouraged to review the proposed standards and to provide comments and information to USDA for consideration. The proposed rule is available at <http://www.gpo.gov/fdsys/pkg/FR-2013-02-08/pdf/2013-02584.pdf>.

The public can provide feedback through www.regulations.gov. USDA will seek public comment on the proposal for 60 days, or until April 9th.