9 reasons rolling back school nutrition is a losing proposition

Some Members of Congress, food companies, and organizations are advocating rolling back school nutrition. Have they considered what that would mean for kids' health?



Fewer fruits and vegetables

A recent Harvard study found kids are eating 23 percent more fruit and 16 percent more vegetables since school lunch standards were updated.



Too much salt

Saltier foods put kids at risk of heart disease and stroke. Schools have cut 230 mg of sodium on average from school lunches.





Fewer whole grains

Eating more whole grains is associated with reduced risk of heart disease, stroke, and diabetes.





More sugary drinks and unhealthy snacks

Rolling back Smart Snacks means more cookies, fries, and soda in schools.

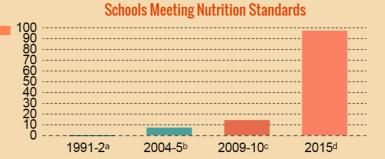
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Fewer healthier meals

Today, 97 percent of school districts serve healthier lunches. Prior to the updated standards, only 14 percent of schools did.

*School Nutrition Dietary Assessment Study (SNDA) *SNDA II *SNDA IV 4USDA Geent certification data for school districts





Kids' opinion ignored

70 percent of elementary and middle school students and 63 percent of high school students like the healthier meals, according to a study by Bridging the Gap.

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Americans' opinion ignored

According to a poll by the W. K. Kellogg Foundation, 9 out of 10 people want to keep school meals nutritious.





Greater disparities in school nutrition

Prior to the updated school nutrition standards, students in more affluent and large schools were more likely to have access to healthier foods than those in poorer and small schools, according to a study by Bridging the Gap.





More obesity in kids

According to a study in JAMA Pediatrics, states with strong school food standards had a lower rate of childhood obesity (21 percent) compared to states with weak school food standards (26 percent). The updated standards ensure strong school food standards for all states.

