

THINK
YOUR

DRINK!

When it comes
to NUTRITION,
not all drinks are
created equal!



**MILK
LOWFAT 1%**

Calories 100

	% Daily Value
Total Fat	4%
Total Carbohydrates	4%
Protein	16%
Vitamin A	10%
Vitamin C	2%
Vitamin D	25%
Calcium	30%

Serving Size: 8 ounces



**CHOCOLATE MILK
LOWFAT 1%**

Calories 160

	% Daily Value
Total Fat	4%
Total Carbohydrates (includes 4 tsp added sugar)	10%
Protein	16%
Vitamin A	10%
Vitamin C	2%
Vitamin D	25%
Calcium	30%

Serving Size: 8 ounces



**100%
ORANGE JUICE**

Calories 110

	% Daily Value
Total Fat	0%
Total Carbohydrates	8%
Protein	0%
Vitamin A	2%
Vitamin C	150%
Vitamin D	0%
Calcium	2%

Serving Size: 8 ounces



**FRUIT
PUNCH**

Calories 130

	% Daily Value
Total Fat	0%
Total Carbohydrates (includes 6¼ tsp added sugar)	11%
Protein	0%
Vitamin A	0%
Vitamin C	0%
Vitamin D	0%
Calcium	0%

Serving Size: 8½ ounces



COLA

Calories 150

	% Daily Value
Total Fat	0%
Total Carbohydrates (includes 9 tsp added sugar)	14%
Protein	0%
Vitamin A	0%
Vitamin C	0%
Vitamin D	0%
Calcium	0%

Serving Size: 12 ounces



**DIET
COLA**

Calories 0

	% Daily Value
Total Fat	0%
Total Carbohydrates	0%
Protein	0%
Vitamin A	0%
Vitamin C	0%
Vitamin D	0%
Calcium	0%

Serving Size: 12 ounces

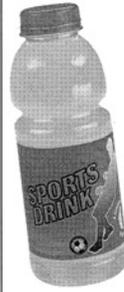


**BOTTLED
WATER**

Calories 0

	% Daily Value
Total Fat	0%
Total Carbohydrates	0%
Protein	0%
Vitamin A	0%
Vitamin C	0%
Vitamin D	0%
Calcium	0%

Serving Size: 8 ounces



**SPORTS
DRINK**

Calories 50

	% Daily Value
Total Fat	0%
Total Carbohydrates	5%
Protein	0%
Vitamin A	0%
Vitamin C	0%
Vitamin D	0%
Calcium	0%

Serving Size: 8 ounces



Healthy School Nutrition Environment

“The link between good nutrition and good education is clearly demonstrated by higher test scores, better attendance and fewer behavior problems in school.”

— Former Agriculture Secretary Dan Glickman

Did You Know...

A healthy school nutrition environment gives students consistent, reliable health information and opportunities to use it?

TRUE **FALSE** Health messages should be consistent in the classroom, the cafeteria and during school activities. *True.*

TRUE **FALSE** School environments should allow students to practice making healthy lifestyle choices. *True.*

Imagine a school where students are exposed to only healthful, nutritious foods they like. It can happen when National School Lunch and Breakfast Programs, fund-raising efforts, and à la carte and vending machine selections support this goal.

Why is a healthy school nutrition environment so important?

Proper nutrition is related to growth and development and fuels brain cells for optimal learning.

Poor eating habits contribute to health problems early in life; people who have unhealthy eating habits tend to maintain these habits as they age.

The Issue...

Is not whether schools have vending machines or school stores, but rather what foods are offered. Limiting low-nutrient foods and expanding food choices to include more healthful choices, such as dairy, fruits and vegetables, can help reinforce a total school environment conducive to health. *Provide low fat flavored milk as an alternative to fruit drinks or soft drinks.*

**Do your students have enough time to eat?
Is nutrition taught in the classroom and then low-nutrient food sold to raise money?
Are healthy choices available at school parties and after-school activities?
Does your school offer breakfast only during exam week?**

Regulations governing the National School Lunch and Breakfast Programs prohibit the sale of foods of minimal nutritional value in the school food service area during meal times. The sale of these foods undermines school feeding program goals and nutrition education. *Move vending machines away from the cafeteria and turn them off until after lunch.* *Stock vending machines with fresh sandwiches, fruit, milk, yogurt and vegetables.*

We have a responsibility to promote behaviors that improve health, intellectual development, and overall quality of life. *Students, parents, teachers, school officials, and community and business leaders must be actively involved in ensuring that school environments promote good health.*

A Healthy School Nutrition Environment Includes...

Nutrition education in the curriculum from pre-K through grade 12.

Foods sold that support nutrition goals rather than profits.

Lunch periods long enough to give students time to enjoy eating.

USDA Statistics...

U.S. Department of Agriculture studies pinpoint trends that are shortchanging this generation's short- and long-term health:

Only 2 percent of children meet the dietary goals of the Food Pyramid. Less than 15 percent eat the recommended servings of fruit and less than 20 percent meet vegetable recommendations.

Per capita consumption of carbonated soft drinks increased 61 percent in the last 30 years. Teens drink twice as much soda as milk. Nearly half of adult bone mass is formed during adolescence yet only 30 percent of teens meet calcium recommendations. At a time when young people should be building peak bone mass, they are setting themselves up instead for crippling osteoporosis.

Nearly half of 12- to 21-year-olds are not physically active on a regular basis. The percentage of young people who are overweight has more than doubled since 1970. Childhood obesity is recognized as a national epidemic.

Type II diabetes once considered an adult disease, has increased dramatically in children, especially those who are overweight. Doctors are finding risk factors for heart disease in more than 60 percent of overweight children ages 5 to 20.

Let's Stop Giving Our Kids Mixed Messages...

Healthy habits are taught in the classroom, but the effect is diluted when students receive candy as rewards, or when freedom to choose means soft drinks and sweets. Reversing unhealthy eating trends must be a cooperative effort between schools, parents, student organizations and community leaders who are willing to value, model and promote a school environment that supports development of healthy eating patterns — and then fund it.

Be a Positive Role Model with Food and Lifestyle Choices...

- 🍷 Reward students with extra computer or gym time; lunch with the teacher or principal; recognition in school announcements or newsletters; tokens students redeem for prizes, such as renting the teacher's desk for the day.
- 🍷 Instead of selling low-nutrient food for fund-raising efforts, consider gift wrap, flowers, greeting cards, clothing with school logo, or seasonal items such as pumpkins, wreaths or singing-grams. Sell donated Halloween costumes, organize a school carnival, sponsor a golf tournament, have a chili supper, or pave a walkway by selling family name plates.



Shining Stars...

Colorado's Summit County School District reduced the amount of carbonated soft drinks available and increased the variety of healthier food choices. A dental hygienist is providing the classroom instruction on oral hygiene.

Students at Whitefish Central School, Whitefish, Montana, are eating more nutritious lunches — and behaving better throughout the afternoon. Concerned about midafternoon disruptive behaviors and inattention, and aware of the link between learning and nutrition, Principal Kim Anderson took a hard look at food choices on the à la cart line. Out went carbonated soft drinks and low-nutrient food. Nutrient-rich foods became the à la carte choices. Vending machines now hold sandwiches, milk, fruit and juice. Fewer students are being sent to the principal's office for discipline, leading Anderson to conclude that more students are in class ready to learn. "Kids will eat what you offer them," says Anderson.

The Sweetwater County School District #1, Wyoming school board decided no competitive foods would be sold during lunch. Bake sales are held after lunch or after school. Vending sales are allowed only after the school day ends.

Foods to Grow On...

Food at school should be tasty and easy to eat. Consider:

- 🍷 Cheese, yogurt, pudding, frozen yogurt, flavored or white milk
- 🍷 Whole grain bread sticks, bagels, muffins, cereal bars, hot pretzels
- 🍷 Dried apples, peaches, apricots, cranberries
- 🍷 Fig Newtons, vanilla wafers, animal crackers
- 🍷 Snack Bags with fresh fruit, bagel, and string cheese or baked chips and salsa
- 🍷 Fruit. Cut or sectioned fruit is more popular with students
- 🍷 Carrots, radishes, broccoli, peppers or jicama; serve with low fat salad dressing
- 🍷 Fruit and vegetable juices or a juice bar
- 🍷 Beef jerky, nuts, seeds, trail mix
- 🍷 Bean dip or peanut butter with saltine or graham crackers
- 🍷 WIC- (Women, Infants and Children) approved cereal such as Kix, Cheerios, Chex, Mini-Wheats, Puffed Wheat, Oatmeal Squares, Life, Crispix
- 🍷 Squeezable yogurt, hot chocolate, instant breakfast



Check Out...

School Health Index: A Self-Assessment and Planning Guide by the Centers for Disease Control and Prevention
www.cdc.gov/nccdphp/dash

Changing the Scene: Improving the School Nutrition Environment by USDA's Team Nutrition
www.fns.usda.gov/tn/healthy/changing.html

Fit, Healthy and Ready to Learn, A School Health Policy by The National Association of State Boards of Education
www.nasbe.org



Healthy School Nutrition Environment

What You Can Do...

- 🍷 Give students repeated opportunities to practice healthy eating skills.
- 🍷 Ensure consistent messages in the classroom, cafeteria and other eating areas.
- 🍷 Establish guidelines for foods provided to students for school parties and snacks.
- 🍷 Cruise the halls with a breakfast café. Offer muffins, sandwiches, yogurt parfaits, fruit, string cheese or milk.
- 🍷 Form a Nutrition Advisory Council. Involve students, school food service personnel, parents and teachers to improve school nutrition.
- 🍷 Create and implement school or district policy supporting a healthy school nutrition environment.



Joining the fight for improved child nutrition in schools and supporting the Healthy School Nutrition Environment initiative are the US Department of Agriculture, Action for Healthy Kids, American Dietetic Association, American Academy of Family Physicians, American Academy of Pediatrics, National Hispanic Medical Association, and the National Medical Association.

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