

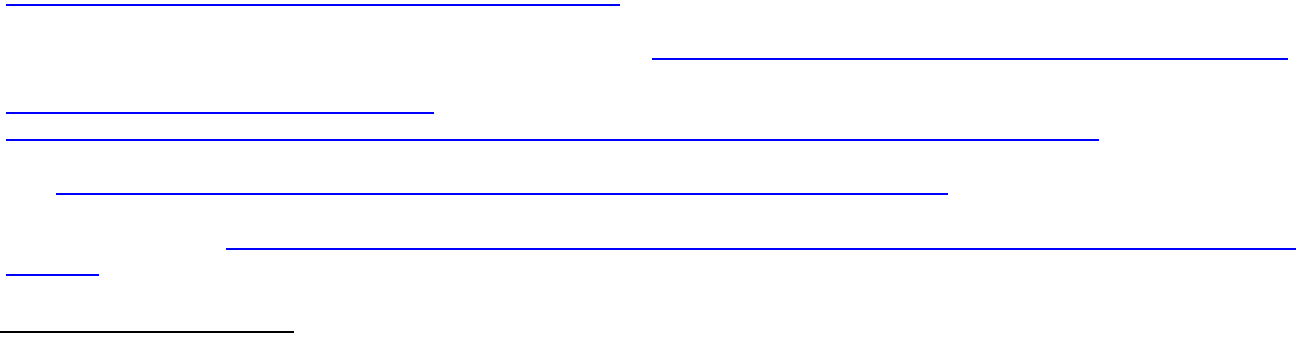
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response to national security readiness, schools should have had nutrition information for our nation's students. However, the health concerns have shifted to obesity. Currently, one-third of children are not only at an unhealthy weight but also have diabetes.

⁴Youth now have health conditions previously only associated with adults, like high blood pressure and high cholesterol levels. Most school-aged children do not consume a diet aligned with American Heart Association recommendations. Children consume far too much sodium and added sugars, and too few fruits and vegetables.

The most recent process for updating national nutrition standards began in 2004, when the National Academy of Medicine was commissioned to provide recommendations on what constitutes a healthy school meal. In December 2010, the bipartisan Healthy, Hunger-Free Kids Act (HHFKA) was signed into law, further empowering the USDA to update the national nutrition standards for school meals in 2012 and establish nutrition standards for other foods sold in schools.

NUTRITION SECURITY



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Americans (DGA)
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Dietary Guidelines for

viii School Nutrition and Meal Cost Study