



What's Considered a Junk Food* in School?

ENTER



*According to the U.S. Department of Agriculture, which regulates school foods

Question 1.

Which drink is considered a junk food according to national school foods standards?



Hi-C Blast



Poland Springs seltzer water

Neither

You are correct!



The Hi-C Blast is fortified with vitamins so it's allowed – even though it is just sugar water.



We consider seltzer water a healthy choice but USDA considers it a junk food because it doesn't contain any vitamins or minerals (of course, neither does water).

PREVIOUS

NEXT

Sorry, the correct answer is “Poland Springs seltzer water.”



The Hi-C Blast is fortified with vitamins so it's allowed – even though it is just sugar water.



We consider seltzer water a healthy choice but USDA considers it a junk food because it doesn't contain any vitamins or minerals (of course, neither does water).

PREVIOUS

NEXT

Question 2.

Which does USDA consider a junk food in schools?



breath mints



chocolate bars

both

neither

You are correct!



The USDA considers breath mints a junk food because they don't have any vitamins or minerals. Chocolate candy bars are not considered junk foods.

PREVIOUS

NEXT

Sorry, the correct answer is “breath mints.”



The USDA considers breath mints a junk food because they don't have any vitamins or minerals. Chocolate candy bars are not considered junk foods.

PREVIOUS

NEXT

Question 3.

Under current school food standards, are chocolate chip cookies considered a junk food?



Yes

No

You are correct!

This packet of two cookies has almost a third of a day's worth of saturated fat and 30g of sugar. Yet, under USDA's standards, it's not considered a junk food!



PREVIOUS

NEXT

Sorry, the correct answer is “No.”

This packet of two cookies has almost a third of a day's worth of saturated fat and 30g of sugar. Yet, under USDA's standards, it's not considered a junk food!



PREVIOUS

NEXT

Question 4.
**Does the USDA consider
French fries a junk food?**



Yes

No

You are correct!

French fries are not considered a junk food. USDA's nutrition standards for vending and a la carte do not address fat or sodium.

Pass the ketchup!

NEXT

PREVIOUS

**Sorry, the correct answer is
“No.”**

French fries are not considered a junk food. USDA's nutrition standards for vending and a la carte do not address fat or sodium.

Pass the ketchup!

NEXT

PREVIOUS

Question 5.
Which is a junk food?



a chocolate-coated ice cream bar



a cherry ice pop

both

neither

You are correct!

The ice cream bar has 320 calories, 12g of fat, and 4 teaspoons of sugar. The cherry ice pop has 30 calories, no fat, and 1 teaspoon of sugar.



The cherry ice pop is considered a junk food by the USDA but the fatty ice cream bar is not.



PREVIOUS

NEXT

Sorry, the correct answer is “a cherry ice pop.”

The ice cream bar has 320 calories, 12g of fat, and 4 teaspoons of sugar. The cherry ice pop has 30 calories, no fat, and 1 teaspoon of sugar.



The cherry ice pop is considered a junk food by the USDA but the fatty ice cream bar is not.

PREVIOUS

NEXT



How'd You Do?

Did any of the answers
surprise you?



If so, here's why...



NEXT





The USDA nutrition standards for foods sold out of vending machines, school stores, a la carte in the cafeteria, and other school venues only limit the sale of “foods of minimal nutritional value” (FMNV).

USDA developed its standards back in the 1970s. They are out of synch with current nutrition science – they don’t even address calories, saturated and trans fats, or sodium.

