

What's Considered a Junk Food* in School?







*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?





Poland Springs seltzer water

Neither



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).

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).

Question 2.

Which does USDA consider a junk food in schools?



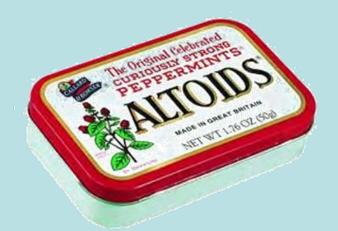
breath mints



chocolate bars

both

neither





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.



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 <u>not</u> considered junk foods.



Question 3. Under current school food standards, are chocolate chip cookies considered a junk food?



<u>Yes</u>

<u>No</u>

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!

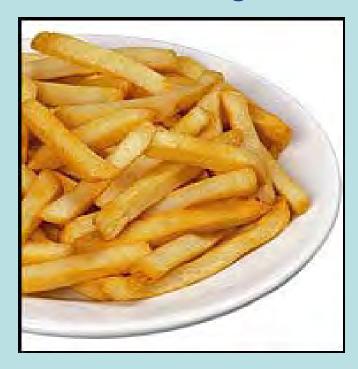


Sorry, the correct answer is "No."

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!



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



Yes

No

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

Pass the ketchup!



Sorry, the correct answer is "No."

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

Pass the ketchup!



Question 5. Which is a junk food?



a chocolate-coated ice cream bar



a cherry ice pop

both

neither

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.

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.







How'd You Do?

Did any of the answers surprise you?





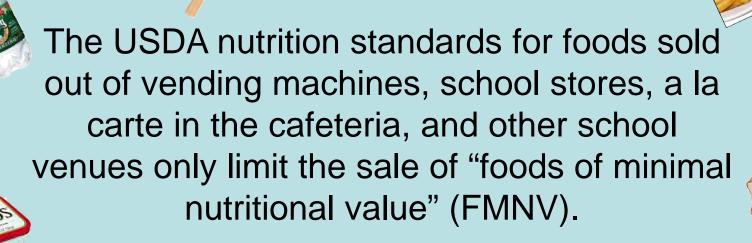
If so, here's why...











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.



