

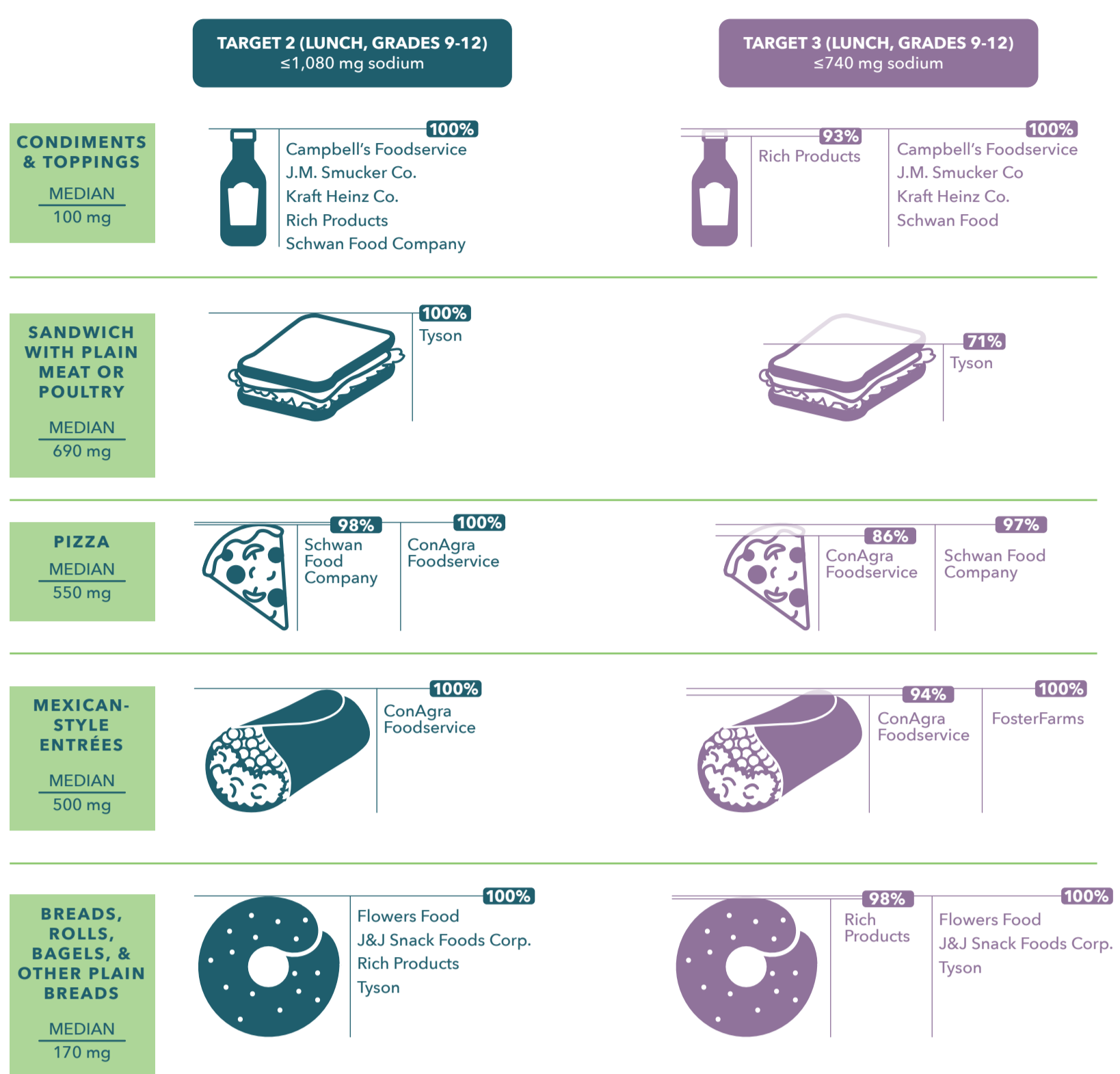
How Do Company Portfolios Stack Up on Sodium and Added Sugars?

School meals are far too salty and sugary. To understand the feasibility of implementing science-based standards that limit sodium and added sugars in school meals, CSPI assessed the nutritional quality of K-12 school meal products from 28 leading companies during School Year 2020-2021. The good news? The vast majority of companies assessed have products that meet the U.S. Department of Agriculture's (USDA) current phase of sodium-reduction targets for school meals (Target 2)* and could meet an added sugars standard (not a required standard by the USDA). See below for how company portfolios compare in the food categories that are the top sources of sodium and added sugars in school meals.

*The USDA is not enforcing this deadline under the COVID-19 meal pattern waivers authorized by the Families First Coronavirus Response Act. These waivers expire June 30, 2022.

Top Sources of Sodium in School Meals^{1,2,3}

The food categories that are the top sources of sodium in school lunch are listed below along with the median amount of sodium in assessed products. The percentages listed by company below indicate the percentage of that company's K-12 portfolio assessed by CSPI that had products in the respective food category that meets the sodium limit for lunch, grades 9-12 for Target 2 ($\leq 1,080$ mg) and Target 3 (≤ 740 mg). We chose lunch because the top sources of sodium are from foods served at lunch and used grades 9-12 as the oldest grade group that has the most lenient standard. Please see the table below for more information about USDA's phased-in sodium-reduction schedule.



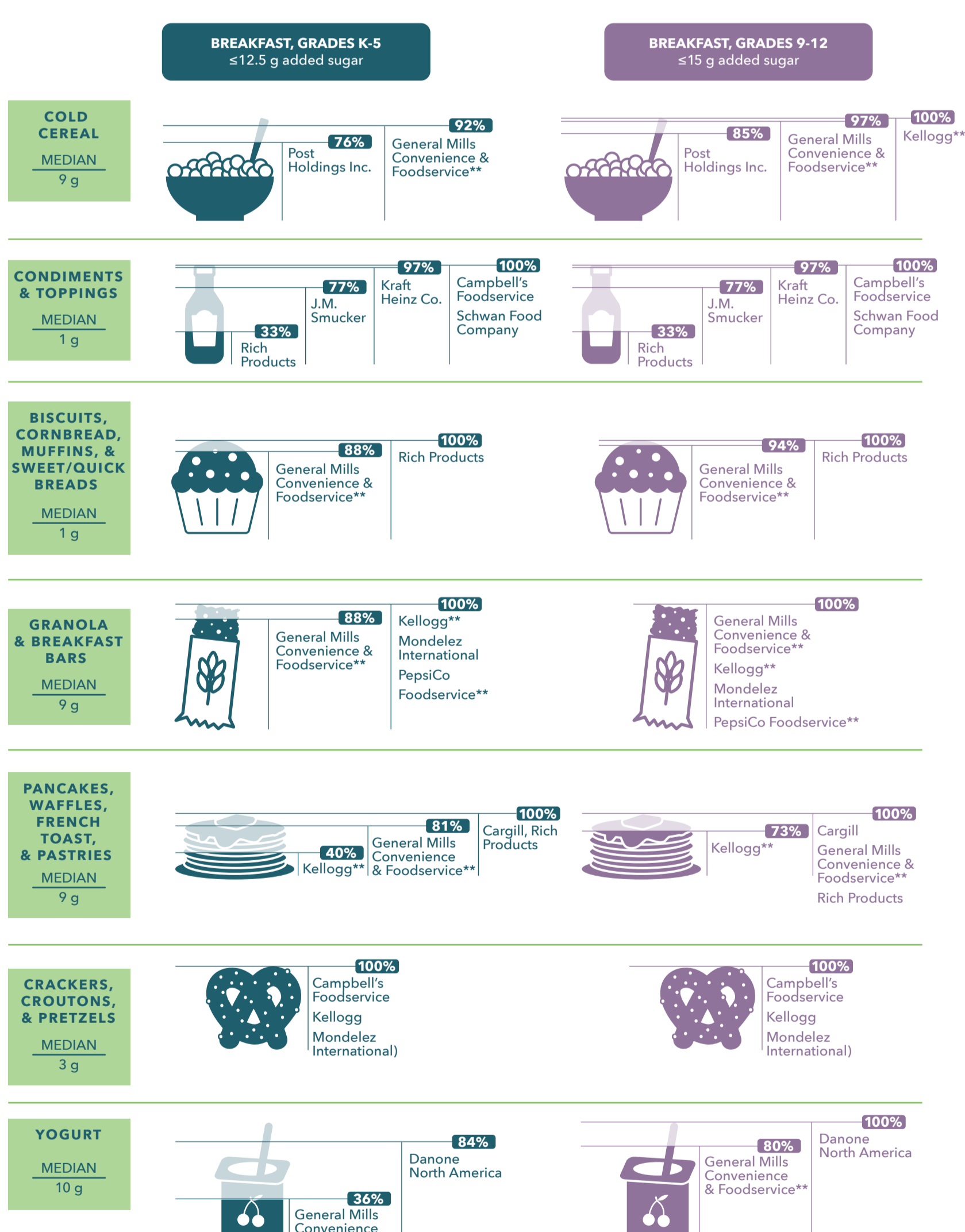
SODIUM REDUCTION TARGET SCHEDULE

GRADE GROUP	TARGET 1 (MG) DEADLINE: SY 2014-2015	TARGET 2 (MG) DEADLINE: SY 2017-2018 [†]	TARGET 3 (MG) DEADLINE: SY 2022-2023
Breakfast			
K-5	≤ 540	≤ 485	≤ 430
6-8	≤ 600	≤ 535	≤ 470
9-12	≤ 640	≤ 570	≤ 500
Lunch			
K-5	$\leq 1,230$	≤ 935	≤ 640
6-8	$\leq 1,360$	$\leq 1,035$	≤ 710
9-12	$\leq 1,420$	$\leq 1,080$	≤ 740

[†]USDA is not enforcing this deadline under the COVID-19 meal pattern waivers authorized by the Families First Coronavirus Response Act. These waivers expire June 30, 2022.

Top Sources of Added Sugars in School Breakfast^{2,4,5}

The food categories that are the top sources of added sugars in school breakfast are listed below along with the median amount of added sugars in assessed products. The percentages listed by company indicate the percentage of that company's K-12 portfolio that had products in the respective food category that could meet an added sugars standard consistent with the Dietary Guidelines for Americans or DGA (≤ 10 percent of total daily calories from added sugars; not currently required by the USDA) for grades K-5 (≤ 12.5 g) and grades 9-12 (≤ 15 g). We chose breakfast because the top sources of added sugars are from foods served at breakfast and used grades K-5 and 9-12 to compare from the most strict to lenient standard. Please see the table below for CSPI's estimated added sugars limits based on the DGA by grade group and meal.



ADDED SUGARS STANDARD BY GRADE GROUP, CONSISTENT WITH DGA RECOMMENDATIONS

GRADE GROUP (CALORIE RANGE ALLOWED PER MEAL)	ADDED SUGARS STANDARD BASED ON 10 PERCENT OF THE MAXIMUM CALORIES ALLOWED PER MEAL AND GRADE GROUP FROM ADDED SUGARS ^{††}
Breakfast	
K-5 (350-500 calories)	≤ 12.5 g
6-8 (400-550 calories)	≤ 13.75 g
9-12 (450-600 calories)	≤ 15 g
Lunch	
K-5 (550-650 calories)	≤ 16.25 g
6-8 (600-700 calories)	≤ 17.5 g
9-12 (750-850 calories)	≤ 21 g

^{††}Calculated by dividing the total calories by four (four calories per one gram of sugar).

For more information and to read the full report, please go to <https://cspinet.org/school-meals-corporate-report-card-2021>.

¹U.S. Department of Agriculture. *School Nutrition and Meal Cost Study*, 2019.

²Only included companies offering at least five products in the minor food group.

³Compliance with targets does not take into account that milk must be offered with each meal. Thus, products close to the target may not fit into the meal pattern with milk.

⁴Fox MK, Gearan EC, Schwartz C. Added sugars in School Meals and the Diets of School-Age Children. *Nutrients*. 2021;13(2):471.

⁵Note that our analysis did not have any flavored skim milk products, the top source of added sugars in school meals for breakfast and lunch.

*We were only able to assess a subset of the total products found due to missing information required for analysis.