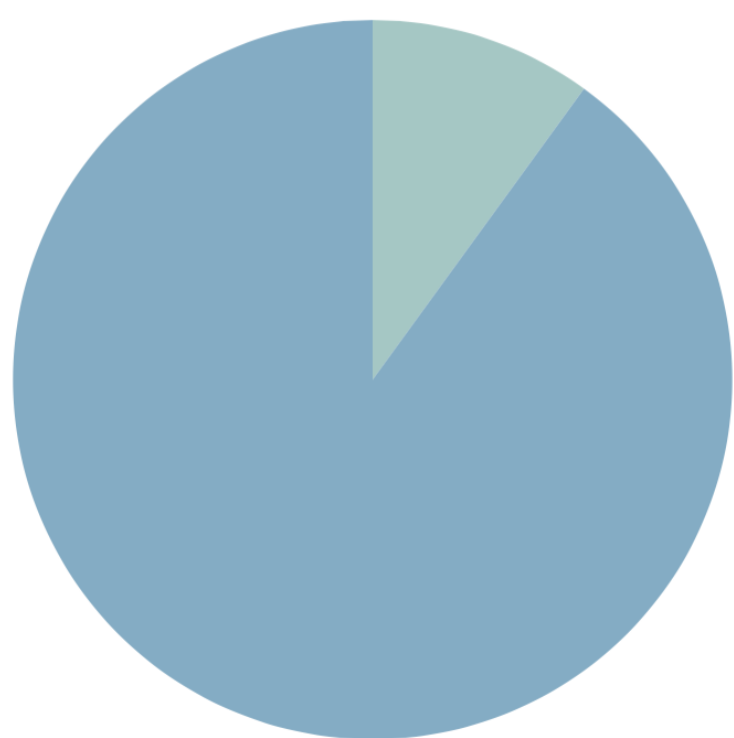


# REDUCING ADDED SUGAR IN SCHOOL FOODS



According to the Dietary Guidelines for Americans (DGAs), added sugars should account for no more than 10% of the calories in a person's diet

Grade	Calories*	Max. Added Sugar Per Day (g)
K-5	1400	35
6-8	1800	45
9-12	2000	50

\*Based on the average of recommended calories as established by the DGAs for all ages in each grade group across both sexes with a sedentary lifestyle.

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

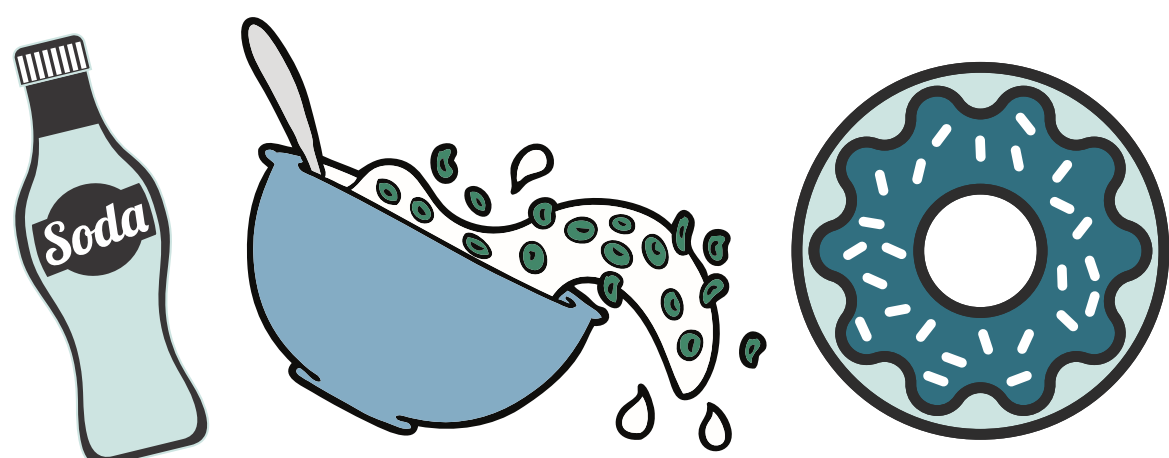
By 2021, all Nutrition Facts must include the total grams (g) of added sugar per serving and the percent Daily Value

# 92% of school breakfasts

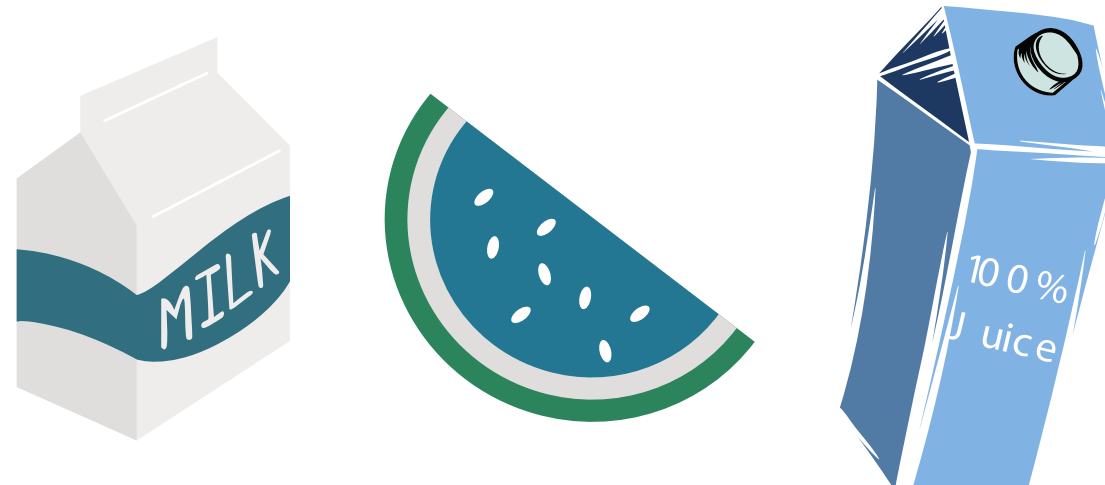
exceeded the DGA limit for added sugars.<sup>1</sup>

**ADDED SUGARS INCLUDE:** HIGH FRUCTOSE CORN SYRUP, MALTOSE, SUCROSE, MOLASSES, CANE SUGAR, CORN SWEETENER, RAW SUGAR, SYRUP, HONEY, FRUIT JUICE CONCENTRATES

TYPICALLY CONTAIN ADDED SUGARS



DO NOT CONTAIN ADDED SUGARS



Schools can reduce added sugars with sensible product choices and scratch cooking

<sup>1</sup> Fox MK, Gearan EC, Schwartz C. Added Sugars in School Meals and the Diets of School-Age Children. *Nutrients*. 2021;13:471.