

Students Are Eating Dessert for Breakfast

Thanks to the Healthy, Hunger-Free Kids Act, which passed in 2010, school meals today have more whole grains, fruits, and vegetables, fewer calories, and less sodium and unhealthy fat. But alarmingly, there is no limit on added sugars in federal school meal standards.

This means that companies can sell dessert-like breakfast products to schools that meet federal nutrition standards.



To end the unhealthy practice of serving dessert-like breakfast products in schools, the U.S. Department of Agriculture must set a limit on added sugars in school meals, consistent with the recommendations in the 2020-2025 Dietary Guidelines for Americans (DGA), the federal nutrition guidelines that school meals must meet by law. State, localities, and school districts can also set their own stronger standards.

Resources

- [School Nutrition Standards: Evidence-Based Standards Protect and Improve Children's Health](#)
- [School Meals Corporate Report Card 2021](#)
- [Reducing Added Sugar in School Foods](#)

For more information, please contact the Center for Science in the Public Interest at policy@cspinet.org.