

State of Michigan
Michigan State Board of Education

**Policy on Offering Healthy Food and Beverages
In Venues Outside of the Federally Regulated
Child Nutrition Programs**

The Michigan State Board of Education recognizes and acknowledges, through its policy on coordinated school health programs,¹ that “schools cannot achieve their primary mission of education if students and staff are not physically, mentally and socially healthy.” Establishing healthy eating behaviors during the school-age years can make an important contribution to short and long-term disease prevention and health promotion.²

The Board believes that schools should provide a campus-wide environment supporting student adoption of healthy eating behaviors. Students should be given the opportunity to learn and practice these behaviors by having access to healthy food and beverage choices.

The Board’s 1973 Food and Nutrition Policy Statement provided guidelines for elementary school students only. Given the current health issues faced by school age children in this state, the 2003 policy encourages all Michigan school buildings to adopt the recommendations listed below, regardless of age/grade level.

This policy focuses on one component of a healthy school environment: to ensure that healthful food choices are offered in venues that are within the school/district’s control but outside federally regulated child nutrition programs. These venues include, but are not limited to, vending machines, a-la-carte sales, food rewards, fundraisers, school stores, concessions, school parties, activities, and meetings. In addition, this policy is consistent with recommended actions outlined in *The Role of Michigan Schools in Promoting Healthy Weight*³ and goals of the Michigan Action for Healthy Kids coalition.⁴

The purpose of this policy is to ensure that students have access to food that meets their nutrient requirements to promote health and foster learning. Food and beverages that compete with this policy’s purpose should be discouraged. Healthy food and beverages that comply with this policy’s purpose should predominate in all school venues.

The Board recommends that each school building offer and promote the following food and beverages in all venues outside federally regulated child nutrition programs. Appendix A provides background research supporting each recommendation.

¹ Coordinated School Health Programs to Support Academic Achievement and Healthy Schools, September 2003.

² Healthy People 2010: Understanding and Improving Health, Stock Number: 017-001-00550-9.

³ *The Role of Michigan Schools in Promoting Healthy Weight, A Consensus Paper*. Michigan Department of Education, Michigan Department of Community Health, and the Governor’s Council on Physical Fitness, Health and Sports, September 2001.

⁴ Action for Healthy Kids Coalition. www.actionforhealthykids.org

1. Offer whole and enriched grain products that are high in fiber, low in added fats and sugars, and served in appropriate portion sizes consistent with the current United States Department of Agriculture standards.
2. Offer fresh, frozen, canned or dried fruits and vegetables using healthy food preparation techniques. Offer 100 percent fruit juice in 12-ounce servings or less.
3. Offer nonfat, low-fat, plain and/or flavored milk and yogurt. Offer nonfat and/or low-fat real cheese, rather than imitation cheese. Offer the following serving sizes: yogurt in eight-ounce servings or less, milk in 16-ounce servings or less, cheese in 1.5-ounce (two-ounce, if processed cheese) servings or less.
4. Offer nuts, nut butters, seeds, trail mix, and/or soybean snacks in one-ounce portions or less. Offer portions of three ounces or less of cooked lean meat, poultry, or fish using healthy food preparation techniques.
5. If offered, serve accompaniments (sauces, dressings, and dips) in one-ounce servings or less.

Adopted December 18, 2003

Research and Rationale For Recommendations

Because excess calories are stored as body fat, children who eat more calories than their bodies require are at increased risk for becoming overweight in childhood and obese as adults. Limiting the portion sizes of foods served can decrease calorie intake. Excess dietary fat may provide excess calories and may also increase the risk for chronic diseases. Added sugars add excess calories and contribute to weight gain or lower consumption of more nutritious foods.

1. Grain Food Research and Rationale: Offer whole and enriched grain products that are high in fiber, low in added fats and sugars, and served in appropriate portion sizes that are consistent with the current United States Department of Agriculture standards.

- Grains provide essential vitamins and minerals, and provide fiber if they are a whole grain. Whole grains contain the entire grain kernel. Examples include whole-wheat flour, bulgur, oatmeal, rye bread, whole cornmeal, and brown rice. Whole grains, when eaten with other healthful foods, may help decrease the risk of many chronic diseases. Moreover, whole grain foods containing fiber promote proper bowel function and have been shown to trigger the feeling of fullness with fewer calories.
- Nutrients are lost when grains are milled, including B vitamins, iron, and dietary fiber. "Enriched" grains are grains to which iron, folic acid and other B vitamins, including niacin, thiamine and riboflavin are added back to the grain mixture after milling. Over the years, enrichment has helped eliminate many nutrition-related diseases.⁵

2. Fruits and Vegetables Research and Rationale: Offer fresh, frozen, canned, or dried fruits and vegetables using healthy food preparation techniques. Offer 100 percent fruit juice in 12-ounce servings or less.

- The benefits of eating a minimum of five servings of fruits and vegetables each day cannot be overstated. Not only is fruit and vegetable intake associated with decreased risk for cardiovascular system diseases⁶ and cancers,⁷ but stronger bones as well.⁸ Unfortunately, children and adolescents do not eat enough fruits and vegetables and, as a result, may be at higher risk for developing chronic diseases later in life.⁹ Fruit juice offers no nutritional advantage over whole fruit. Excessive juice consumption may result in an increase in calorie intake and may contribute to the development of obesity.

⁵ "Get on the Grain Train." United States Department of Agriculture Dietary Guidelines for Americans. May 2002. (<http://www.usda.gov/cnpp/Pubs/Brochures/GrainTrainPamphlet.pdf>)

⁶ JAMA, 1999; 282:1233-1239.; KJ Joshipura, FB Hu, et al. "The Effect of Fruit and Vegetable Intake on Risk for Coronary Heart Disease." *Annals of Internal Medicine*. 134:1106-1114. 2001.

⁷ J Natl Cancer Inst 2000;92(1):61-8.

⁸ Am J Clin Nutr 1999;69:727-36.

⁹ JA Pesa and LW Turner. "Fruit and vegetables intake and weight control behaviors among U.S. youth." Am J Health Behavior. 25(1):3-9. 2001.

3. **Dairy Food Research and Rationale:** Offer nonfat, low-fat plain, and/or flavored milk and yogurt. Offer nonfat and/or low-fat real cheese rather than imitation cheese. Offer the following serving sizes: yogurt in eight-ounce servings or less, milk in 16-ounce servings or less, cheese in 1.5-ounce (two-ounce, if processed cheese) servings or less.
 - Milk, cheese, and yogurt are excellent sources of many essential nutrients (such as calcium), including those that are often lacking in the diets of children and teens.^{10 11 12 13 14} Nutrients within dairy products may help reduce the risk of cavities and chronic diseases such as osteoporosis, hypertension and some cancers. Many reputable health professional organizations recommend that children and teens choose low-fat milk, cheese, and yogurt to get the calcium (and other nutrients) they need for strong bones and overall health.
4. **Meat, Beans, and Nut Food Research and Rationale:** Offer nuts, nut butters, seeds, trail mix, and/or soybean snacks in one-ounce portions or less. Offer portions of three ounces or less of cooked lean meat, poultry, or fish using healthy food preparation techniques.
 - Nuts, seeds, beans, meats, eggs, poultry and fish offer protein and other valuable nutrients such as zinc, iron, and B vitamins. Protein supplies amino acids, which are building blocks that build, repair, and maintain body tissues.
5. **Accompaniments Rationale:** If offered, serve accompaniments (sauces, dressings, and dips) in one-ounce servings or less.
 - Limiting the portion sizes of accompaniments served with food can decrease calorie intake. Excess dietary fat may provide excess calories and may also increase the risk for chronic diseases. Added sugars may add excess calories and contribute to weight gain or lower consumption of more nutritious foods.

¹⁰ Johnson, R.K., C. Panely, and M.Q. Wang. "The association between noon beverage consumption and the diet quality of school-age children." *J. Child. Nutr. Manage.* 22(2):95, 1998.

¹¹ Institute of Medicine. Standing Committee on the Scientific Evaluation of Dietary Reference Intakes. "Dietary Reference Intakes for Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride." Washington, D.C.: National Academy Press, 1997.

¹² U.S. Department of Agriculture, Agricultural Research Service. Data tables: Results from USDA's 1994-96 Continuing Survey of Food Intakes by Individuals and 1994-96 Diet and Knowledge Survey. Riverdale, MD: ARS, USDA. February 1999. (http://www.nhlbi.nih.gov/guidelines/obesity/prctgd_b.pdf)

¹³ Ballew, C. et al. "Beverage Choices Affect Adequacy of Children's Nutrient Intakes." *Arch. Pediatr. Adolesc. Med.* 154:1148, 2000.

¹⁴ Bowman, S. "Beverage Choices of Young Females: Changes and Impact on Nutrient Intakes." *J. Am. Diet. Assoc.* 102:1234, 2002.