School staff are vital role models for healthy nutrition and physical activity behaviors for our youth.

Teaching by example is as important as teaching by the book. School staff who choose to follow the same recommendations as they give to their students make that message doubly powerful.

Quiz Answers
1. Yes—Great! Your school is on track for creating a healthier school environment.
2. No—Federal legislation required schools to adopt a local wellness policy by the first day of school following June 30, 2006. School administrators and school board members need to make health/wellness a priority for your school.
3. Yes—Great! Nutrition guidelines for all foods on campus are an important part of creating a school environment that supports good nutrition.
4. No—Federal legislation requires schools to have nutrition guidelines as a component of their local wellness policy.
5. Yes—Great! Your school recognizes their role as influential role models in encouraging healthy food and beverage choices.

For more information, visit the following websites:

Action for Healthy Kids  
www.actionforhealthykids.org
Institute of Medicine Nutrition Standards  
www.iom.edu
Iowa State University Extension and Outreach Nutrition and Wellness Resources  
www.extension.iastate.edu/human sciences/child-nutrition-families
Iowa State University Extension and Outreach Online Store  
store.extension.iastate.edu
www.choosemyplate.gov
Quick and Easy Guide to School Wellness  
www.healthyschoolscampaign.org/

School staff are vital role models for healthy nutrition and physical activity behaviors for our youth. School staff who choose to follow the same as teaching by the book. School administrators and school board members need to make health/wellness a priority for your school.

School staff are vital role models for healthy nutrition and physical activity behaviors for our youth. School staff who choose to follow the same...
What you should know about the Institute of Medicine Nutrition Standards*

**Tier 1 foods and beverages**

A. **Items are available to all students during the regular school day and during after-school activities that involve students.**

B. **Each item must provide one serving of fruit, vegetable, whole grain, or nonfat or low-fat dairy.**

C. **Each item can provide no more than 200 calories per portion as packaged.**

D. **Each item must provide (per portion as packaged)**

- no more than 35% of total calories from fat
- less than 10% of total calories from saturated fats
- no more than 0.5 gram trans fat (per serving)
- no more than 35% calories from total sugars (except for yogurt)
- with no more than 30 grams of total sugars per 8-ounce portion as packaged
- no more than 200 mg sodium per portion as packaged

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**Tier 2 foods and beverages**

A. **Items are available ONLY to high school students and ONLY after school.**

B. **Items do NOT necessarily provide a serving of fruit, vegetable, whole grain, or low-fat or nonfat dairy.**

C. **Items are limited to 200 calories or less per portion as packaged.**

D. **Items MUST meet same nutrition standards as Tier 1.**

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**Evaluate foods for fat, sugar, and sodium limits according to Tier 1 and 2 standards**

Use the following chart when checking the Nutrition Facts labels on foods and beverages.

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Calories</th>
<th>Fat Limit</th>
<th>Sugar Limit</th>
<th>Sodium Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Potato chips, pretzels, cheese crackers</td>
<td>50</td>
<td>2 grams</td>
<td>4 grams</td>
<td>200 milligrams</td>
</tr>
<tr>
<td>Breakfast or granola bars</td>
<td>100</td>
<td>4</td>
<td>9</td>
<td>200</td>
</tr>
<tr>
<td>Ice cream products</td>
<td>150</td>
<td>6</td>
<td>13</td>
<td>200</td>
</tr>
<tr>
<td>Cheese and cheese products</td>
<td>200</td>
<td>8</td>
<td>18</td>
<td>200</td>
</tr>
</tbody>
</table>

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1. No more than 35% of total calories from fat
2. No more than 35% calories from total sugars
3. No more than 200 mg sodium per portion as packaged

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**Popular foods that may not meet Tier 2 standards**

Several typically offered vending and snack choices do not meet the Tier 2 standards. The list below summarizes those products and suggests which nutrients may be provided in excessive amounts. Use chart at left when checking labels

**Food Item**

- Potato chips, pretzels, cheese crackers
- Breakfast or granola bars
- Ice cream products
- Cheese and cheese products
- Muffins
- Jerkeys
- Snack mixes
- Cookies
- Soft drinks
- Fruit drinks, punches, -ades, and -ales
- Energy drinks

**Check these nutrients**

- Fat and sodium
- Fat and sugar
- Fat and sugar
- Fat and sodium
- Fat and sugar
- Fat and sodium
- Calories and caffeine
- Calories and sugar
- Calories, sugar, and fortification with vitamins, minerals or botanicals