

response to national security readiness, schoo**ek.hac/r**ehad nutrit n of our nation's stu**dbont**eeverthe health concerns have shifted to Currently, onethird of children are not only at an unhealthy weigh diabetes.

⁴ Youthnowhave health conditions previously oalsociated with adults, like high blood pressure and high cholesterol leversmost schooleged children do not consume a diet aligned with American Heart Association recommendations. Children consume far too much so added sugare and too few fruits and vegetables.

The most recent process for updating national nutrition standards began in 2004, when the National Academy of Medicine was commissioned to provide recommendations on what constitutes a healthy school Image cember 2010, the bipartisan Healthy, HungerFree Kids Act (HHFKA) was signed into law, further empowering the USDA to update the national nutrition standards for sc mealsin 2012 and establish nutrition standards for other foods sold D 103 >>B109

NUTRITION SECURITY

THE ASSOCIATION ADVOCATES

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/i ^	(DCA)			Dietary Guidelines for
Americans	(DGA)			

viii School Nutrition and Meal Cost Study