



Institute of Medicine School Food Recommendations Should Be Law of the Land, Says CSPI

WASHINGTON—The nutrition standards proposed by the National Academies' [Institute of Medicine](#) (IOM) for foods and drinks sold in vending machines, cafeteria a la carte lines, and elsewhere on school grounds are far superior to the [current national school food standards](#), according to the nonprofit Center for Science in the Public Interest (CSPI).

“USDA should be encouraging the availability and sale of healthy foods in schools, including fruits, vegetables, whole grains, and reasonable portions of low-fat milk and real fruit juice,” said Wootan. “There’s enough junk food available in society without putting it in schools. Our kids deserve better than junk.”

- The U.S. Department of Agriculture's (USDA) 30-year-old standards for foods sold alongside the official school meals were designed to make sure American school children got enough of certain vitamins and nutrients
- The new IOM standards take into account things children today are consuming too *much* of, namely calories, saturated and trans fat, sodium, and caffeine.
- CSPI has an [online quiz](#) that illustrates the ‘arbitrary and obsolete’ standards the USDA uses for school foods.
- To read this entire press release, visit <http://www.cspinet.org/new/200704251.html>

Do your kids take their own lunch to school?

- Find healthy and creative lunch box ideas at http://www.healthcastle.com/lunchbox_healthy_ideas.shtml. *While you’re there, sign up for their free nutrition newsletter!*
- The Produce for Better Health Foundation and the Centers for Disease Control and Prevention (CDC) are partnering on a back-to-school initiative that aims to increase children's and parents' fruit and vegetable consumption, designating September "National Fruits & Veggies—More Matters Month," (*Fruits & Veggies – More Matters* replaced the *5-a-day* campaign in March 2007). For more on the initiative, as well as recipes, kids activities, and links to additional resources, go to <http://www.fruitsandveggiesmorematters.org>