

## Specific Prohibited Foods and Beverages on Campus



- Prohibited foods and cooking methods
  - Final preparation method cannot be deep fat fried
- Prohibited beverages
  - Fruit/vegetable drinks containing less than 100% juice for Elementary Schools and less than 50% juice for Middle and Junior High Schools
  - Whole fat milk (4% milk fat); flavored or regular
  - Caffeine/Energy drinks
  - Sports drinks, electrolyte-replacement drinks for Elementary Schools only
  - Carbonated beverages

## Question and Answers

### How is a normal school day defined?

A normal school day is defined as beginning with the start of the first breakfast period and ending with the last bell of the instruction period.

### How are the Arizona Nutrition Standards regulated?

The Arizona Nutrition Standards will be regulated through the on-site visits for the Coordinated Review Effort (CRE), the School Meals Initiative (SMI), or any other on-site visit.

### Which grade standards does a K-8 school follow?

A K-8 school will follow the Elementary School Standards for the students in grades K-5 and will follow the Middle/Junior High School Standards for students in grades 6-8.

### When does the school have to implement the Arizona Nutrition Standards?

In accordance to ARS 15-242, the standards are effective and must be implemented by July 1, 2006.

### Are the Arizona Nutrition Standards applicable to classroom parties?

No, the Arizona Nutrition Standards are not applicable to classroom parties.

### The energy needs for children by age with moderate activity level\*

Age Group (years)	Female	Male
4-8	1400-1600 calories/day	1400-1600 calories/day
9-13	1600-2000 calories/day	1800-2200 calories/day
14-18	2000 calories/day	2400-2800 calories/day

\*Dietary Guidelines 2005

For more information please go to [www.ade.az.gov](http://www.ade.az.gov) or call The Department of Education - Health and Nutrition Services at 602-542-8700.

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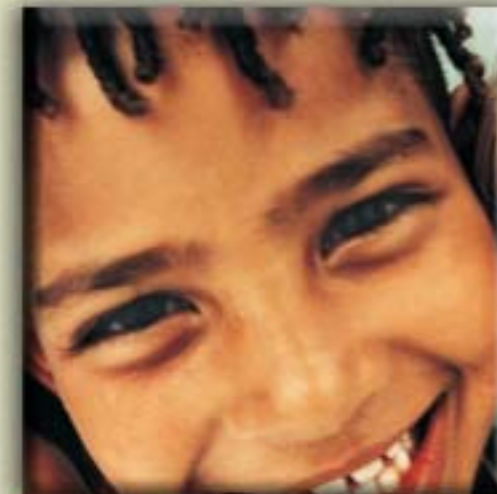
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Arizona Department of Education  
Tom Horne, Superintendent of Public Instruction

# A Quick Guide to The Arizona Nutrition Standards

Arizona Revised Statute 15-242  
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## Food Standards

### Introduction

Arizona Revised Statute 15-242 mandates all kindergarten through eighth grade schools follow the Arizona Nutrition Standards by July 1, 2006.

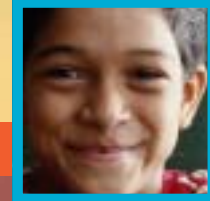
The Arizona Nutrition Standards are based off of the 2005 Dietary Guidelines for Americans, several studies and research programs.

Implementing these standards successfully will help maintain children's health and ensure that they are ready to learn. In addition, this will guarantee that school environments are supporting both parents and teachers as they encourage children to establish healthy eating behaviors.



- 35% or less of total calories from fat
- 10% or less of total calories from saturated and trans fatty acids (combined)
- No more than 35% total sugar by weight
- Must contain at least 1 gram of fiber

- Maximum 400 calories per serving for entrée items sold as a la carte
- Maximum 300 calories per serving for all other items
- Maximum 800 mg of sodium for entrée items sold as a la carte
- Maximum 600 mg of sodium for all other snack items



## Beverage Standards

Beverage Type	Elementary (K-5)	Junior High (6-8)
Dairy: Fluid Milk	Cannot exceed 2% milk fat (fat free, 1% and 2% are within standards). Flavored milk cannot contain more than 4 grams of sugar per ounce. Whole fat milk (4%) is prohibited.	Cannot exceed 2% milk fat (fat free, 1% and 2% are within standards). Flavored milk cannot contain more than 4 grams of sugar per ounce. Whole fat milk (4%) is prohibited.
Milk Alternative	All milk alternative products must be a reduced fat form.	All milk alternative products must be a reduced fat form.
Juice	Must contain 100% fruit and/or vegetable juice.	Must contain at least 50% fruit and/or vegetable juice, no added sugar, with nutrient values equal to 100% fruit juice.
Water	All water products, including fitness water may contain natural or artificial sweeteners. All products containing caffeine are prohibited.	All water products, including fitness water may contain natural or artificial sweeteners. All products containing caffeine are prohibited.
Isotonic Sports Drinks	All isotonic sports drinks/electrolyte replacement drinks are prohibited.	Isotonic sports drinks/electrolyte replacement drinks are allowed to be served.
Carbonated Drinks	All beverages containing carbonation are prohibited.	All beverages containing carbonation are prohibited.

## Portion Sizes

Food Type	Elementary (K-5)	Junior High (6-8)
Chips and Crackers	Cannot exceed 1.5 oz - Cannot be deep fat fried	Cannot exceed 1.5 oz - Cannot be deep fat fried
French Fries and other potato products	Must meet the Arizona Nutrition Standards	Must meet the Arizona Nutrition Standards
Baked Goods: Muffins, Sweet Rolls, Donuts and Pastries	Cannot exceed 3 oz	Cannot exceed 3 oz
Baked Goods: Cookies, Bars, Brownies	Cannot exceed 2 oz	Cannot exceed 2 oz
Nuts and Seeds	Cannot exceed 2 oz	Cannot exceed 2 oz
Dairy Products	Cheese cannot exceed 2 oz, non-frozen yogurt cannot exceed 8 oz, frozen desserts and puddings cannot exceed 3 oz, and smoothie drinks cannot exceed 12 oz	Cheese cannot exceed 2 oz, non-frozen yogurt cannot exceed 8 oz, frozen desserts and puddings cannot exceed 3 oz, and smoothie drinks cannot exceed 12 oz
Candy Bars, Sports Bars and similar products	Must meet the Arizona Nutrition Standards	Must meet the Arizona Nutrition Standards
Beverage Type	Elementary (K-5)	Junior High (6-8)
Dairy: Fluid Milk	Cannot exceed 12 oz	Cannot exceed 12 oz
Milk Alternative	Cannot exceed 12 oz	Cannot exceed 12 oz
Juice	Cannot exceed 8 oz	Cannot exceed 12 oz
Water	Must meet the Arizona Nutrition Standards	Must meet the Arizona Nutrition Standards
Isotonic Sports Drinks	All isotonic sports drinks/electrolyte replacement drinks are prohibited.	Cannot exceed 12 oz

## Purpose

Over the last thirty years the number of overweight children ages 6-17 has doubled. More than 25% of children ages 6-11 are obese. Among children ages 12-17, 25% of girls and 18% of boys are obese. Obesity is common enough among children that we now consider it an epidemic.

In addition, the prevalence of Pre-diabetes, Type 2 Diabetes, high blood pressure and premature cardiovascular disease in children is at an all time high.

The causes of obesity includes the over consumption of calories, inactivity, and environmental influences. Obesity and the related risk factors may be corrected and/or prevented by incorporating a healthy living model into the lives of children.

The Arizona Department of Education is dedicated to helping fight obesity and its risk factors. Therefore, the ADE has developed the Arizona Nutrition Standards to assist schools, parents, and communities in providing a model of healthy living.