



SUGAR

New Standards

School Food Authorities shall not offer grains (cereals, breads, pastries, cookies, cakes, etc.) with more than 14 grams of sugar **per ounce** in purchased products (natural sugars, such as fruits, are exempt).

School Food Authorities shall strive to include foods with less than 10 grams of sugar per ounce at breakfast and lunch.

Rationale

The *2005 Dietary Guidelines for Americans* recommend choosing and preparing foods and beverages with little added sugar or calorie sweeteners.

Balancing food energy intake with energy expenditure is consistent with maintaining healthy weight. Sugars contain calories without substantial amounts of micronutrients. Limiting foods high in added sugars is recommended because of sugar's association with increased calorie consumption and decreased intake of micronutrients.

School Food Authorities should make an effort to serve nutrient-dense foods to increase the nutritional content of meals. High-sugar foods or foods with sugar as the primary ingredient should be replaced with more nutritious options.

What is Sugar?

Sugar is a simple carbohydrate found in a variety of foods that converts quickly into glucose. If intake

