



State of Arizona
Department of Education
Tom Horne, Superintendent of Public Instruction

Voluntary Arizona Nutrition Standards (VANS)

for High Schools

Final Release May 2007

**Arizona Department of Education
Voluntary Arizona Nutrition Standards for High Schools**

Table of Contents

Purpose of VANS.....1

Introduction to VANS.....2

Section 1: Written Standards.....3

Section 2: Maximum Portion Sizes.....5

Section 3: Guidelines and Classification for High Schools.....7

References and Resources.....9

Appendix A: Definitions.....10

Appendix B: Current Restricted Items.....12

Arizona Department of Education Voluntary Arizona Nutrition Standards for High Schools

Purpose of VANS

The Arizona Department of Education (ADE) is dedicated to helping fight obesity and the diseases associated with obesity. In addition, the department is committed to providing adequate nutrition for proper growth and development of the mind and the body. Children with adequate nutrition can focus better on learning, improved behavior, improved test scores, and have fewer absences. As a result, the ADE has developed the Voluntary Arizona Nutrition Standards (VANS) for high schools to assist schools, parents, and communities in providing a model of healthy living that decreases the risk of obesity and allows our children to excel in school.

In 2005, Governor Janet Napolitano signed into law Arizona Revised Statute 15-242 which designated the ADE to create nutrition standards for all Kindergarten through Eighth grade schools; effective July 1, 2006. The standards were developed using current scientific research and included an independent panel review. The final standards were released in January 2006. The Arizona Nutrition Standards for grades K-8 were a great step toward improving the student health environment, however, high schools continued without nutrition standards for foods sold in vending machines, snack bars, a la carte, fundraisers, and school events.

The ADE recognized that all Arizona students deserved the opportunity for healthy food and beverages. To fill this gap, the ADE decided to create VANS for High Schools. The VANS will provide high schools with a tool for improving foods and beverages offered on campus.

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



Arizona Department of Education Voluntary Arizona Nutrition Standards for High Schools

Introduction

The Voluntary Arizona Nutrition Standards (VANS) for High Schools are considered an extension of the Arizona Nutrition Standards (grades K-8) developed by the Arizona Department of Education (ADE) pursuant to Arizona Revised Statute 15-242; effective July 1, 2006. The foundation for the VANS for High Schools is based on the 2005 Dietary Guidelines for Americans and the United States Department of Agriculture's Federal Child Nutrition Program regulations.

To assist schools in creating a healthy high school environment, the ADE encourages all Arizona high schools to consider implementing the standards. However, the implementation of the high school standards is strictly **voluntary**. The ADE recommends if adopting the VANS that high schools do so in whole. Though, high schools may choose to adopt stricter nutrition standards. If implementing the VANS, the ADE requests that the LEA notify ADE, Health and Nutrition Services.

The VANS for High Schools will apply to all foods and beverages sold in vending machines, snack bars, a la carte, fundraisers, and school events during the normal school day. The standards are not applicable to classroom parties.

There are three sections to the Voluntary Arizona Nutrition Standards for High Schools:

- Section 1: Written Standards-** This section defines the food and beverage standards.
- Section 2: Maximum Portion Sizes-** This section details the maximum portion sizes.
- Section 3: Guidelines and Classifications-** This section summarizes the standards for popular food or beverage types and lists the maximum portion sizes for the specific grade groups.



**Arizona Department of Education
Voluntary Arizona Nutrition Standards for High Schools**

Section 1: Written Standards

Food Standards:

- NSLP Entrées:
 - Maximum 400 calories
 - Portion size cannot exceed the portion size of an NSLP reimbursable entrée
 - Final preparation method cannot be deep-fat fried
- Non – NSLP Entrées:
 - Maximum 400 calories
 - ≤ 35% or less of total calories from fat
 - ≤ 10% or less of total calories from saturated fat
 - ≤ 35% or less sugar by weight
 - Minimum 1 gram fiber
 - Final preparation method cannot be deep-fat fried
- All Other Non-Entrée Type Food Items:
 - Maximum 300 calories
 - ≤ 35% total calories from total fat
 - ≤ 10% total calories from saturated fat
 - ≤ 35% sugar by weight
 - Minimum 1 gram of fiber
 - Final preparation method cannot be deep fat-fried

*Recommend
2mg sodium or less
per calorie served*

*Recommend trans
fat free*

Beverage Standards:

At least fifty percent of the available beverages served must include:

- Water
 - May contain natural or non-caloric sweeteners
- Juice
 - Must contain no less than 50% fruit and/or vegetable juice
- Fruit Smoothie (yogurt or ice based)
 - Must contain no less than 50% fruit or fruit juice
 - Maximum 400 calories
- Milk/Milk Alternatives
 - Fat-free, low-fat (1% milk fat), and reduced-fat milk (2% milk fat)
 - Reduced fat enriched rice, nut, or soy milk
 - Flavored milk may contain no more than 4 grams of sugar per ounce



**Arizona Department of Education
Voluntary Arizona Nutrition Standards for High Schools**

Beverage Standards (Continued):

No more than fifty percent of the available beverages served may include:

- Sports Drinks, Electrolyte-Replacement Drinks are allowed. See portion requirement on page 5.
- Diet Beverages (including diet soda*) are allowed. See portion requirement on page 6.
- Fruit Juice Drinks or Aides are allowed. See portion requirement on page 6.
- Tea Drinks are allowed. See portion requirement on page 6.

Prohibited Foods and Beverages:

- Prohibited foods and cooking methods
 - All deep-fat fried chips and crackers (restricted outside of NSLP meals)
 - Final preparation method cannot be deep-fat fried (restricted campus wide)
- Prohibited beverages
 - Whole fat milk (~ 4% milk fat); flavored or regular
 - Energy drinks (See definition)

Exceptions to the Food Standards:

- 35% or less of total calories from fat
 - Cheese in any form may exceed total fat standard, however must be in a reduced fat form
 - Nuts and seeds may exceed fat standard
- 10% or less of total calories from saturated fat
 - Cheese in any form may exceed saturated fat standard, however must be in a reduced fat form
 - Nuts and seeds may exceed saturated fat standard
- No more than 35% total sugar by weight
 - Dairy (solid) may exceed sugar by weight standard (does not include fluid milk)
 - Fruits and vegetables may exceed sugar by weight standard
- Must Contain at least 1 gram of fiber
 - Dairy is exempt from fiber standard
 - Fruits and vegetables are exempt from fiber standard
 - Jerky is exempt from fiber standard

**Reminder: If participating in the National School Lunch Program, these beverages are considered Foods of Minimal Nutritional Value and are restricted from being served where a reimbursable meal is served or eaten*

Recommend restricting during entire school day



**Arizona Department of Education
Voluntary Arizona Nutrition Standards for High Schools**

Section 2: Maximum Portion Sizes

| Chips and Other Snacks | Max Portion Size |
|-------------------------------|-------------------------|
| Chips, crackers, popcorn | 2 oz |
| Trail mix, nuts, seeds, jerky | 2 oz |

| Juice | Max Portion Size |
|-----------------------------------|-------------------------|
| Minimum 50% Fruit/Vegetable Juice | 16 oz |

| Baked Goods | Max Portion Size |
|--------------------|-------------------------|
| Cookies, brownies | 2 oz |
| Muffins | 4 oz |

| Milk/Milk Alternatives | Max Portion size |
|---------------------------------|-------------------------|
| Fat-free, 1%, and 2% milk | 12 oz |
| Enriched rice, nut, or soy milk | 12 oz |

| Fruit Smoothie | Max Portion Size |
|-----------------------|-------------------------|
| Yogurt based | 16 oz |
| Ice Based | 16 oz |

| Dairy Products | Max Portion Size |
|-------------------------------------|-------------------------|
| Low-fat, non-frozen yogurt | 8 oz |
| Frozen desserts, ice cream, pudding | 4 oz |
| Cheese | 2 oz |

| NSLP Entrée Served A La Carte | Max Portion Size |
|---|-------------------------|
| Cannot exceed the served portion size of the NSLP reimbursable meal | |

| Isotonic Sports Drinks | Max Portion Size |
|---|-------------------------|
| Sports and electrolyte-replacement drinks | 12 oz |



**Arizona Department of Education
Voluntary Arizona Nutrition Standards for High Schools**

Section 2: Maximum Portion Sizes

| Other Desserts | Max Portion Size |
|--|-------------------------|
| Fruit Based Frozen Desserts (Minimum 50% fruit/fruit juice) | 4 oz |

| Other Beverages | Max Portion Size |
|---|-------------------------|
| Diet Beverages (including Diet Soda) | 20 oz |
| Fruit Juice Drinks or Ales | 12 oz |
| Tea Drinks | 16 oz |

Reminder: In order to meet the VANS, a food product must meet all the food or beverage standards listed on pages 3-4 and not just the portion size requirement.



Arizona Department of Education
Voluntary Arizona Nutrition Standards for High Schools

Section 3: Guidelines and Classifications for High Schools (9-12)

| Food Type | High Schools (9-12) |
|---|--|
| Chips and Crackers | Food Standard: If chips or crackers are deep-fat fried and/or exceed the Nutrition Standards they are prohibited. Portion Size: Cannot exceed 2 oz |
| French Fries and other potato products | Food Standard: If a food has the final preparation method of deep-fat frying, then that food is prohibited. Portion Size: Must meet the Voluntary Arizona Nutrition Standards for High Schools |
| Baked Goods: Muffins, Sweet Rolls, Donuts, and Pastries | Food Standard: All muffins, sweet rolls, donuts, and pastries must meet all nutrition standards. Portion Size: Cannot exceed 4 oz |
| Baked Goods: Cookies, Bars, Brownies | Food Standard: All cookies, bars, and brownies must meet all nutrition standards. Portion Size: Cannot exceed 2 oz |
| Nuts and Seeds | Food Standard: All nuts and seeds must meet all nutrition standards, however, they are exempt from the total fat standard. Portion Size: Cannot exceed 2 oz |
| Dairy Products | Food Standards: All dairy products (including fluid milk) are exempt from the fiber and sugar standard. Cheese may exceed total fat standard, however, must be in a reduced-fat form. Portion Size: Cheese cannot exceed 2 oz, non-frozen yogurt cannot exceed 8 oz, frozen desserts and puddings cannot exceed 4 oz, and smoothie drinks cannot exceed 16 oz |
| Candy Bars, Sports Bars, and similar products | Foods Standards: All candy bars and similar products, including energy/sports bars, must meet all standards. Portion Size: Must meet the Voluntary Arizona Nutrition Standards for High Schools |



**Arizona Department of Education
Voluntary Arizona Nutrition Standards for High Schools**

Section 3: Guidelines and Classifications for High Schools (9-12)

| Beverage Type | High Schools (9-12) |
|------------------------|--|
| Dairy: Fluid Milk | Beverage Standard: 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. Portion Size: Cannot exceed 12 oz |
| Milk Alternative | Beverage Standard: All milk alternative products must be in a reduced-fat form. Portion Size: Cannot exceed 12 oz |
| Juice | Beverage Standard: Must contain a minimum 50% fruit and/or vegetable juice Portion Size: Cannot exceed 16 oz |
| Water | Beverage Standard: All water products, including fitness water, may contain natural and/or artificial sweeteners. Portion Size: No portion size restriction |
| Carbonated Beverages | Beverage Standard: Diet soda allowed. Portion Size: Cannot exceed 20 oz |
| Isotonic Sports Drinks | Beverage Standards: Isotonic sports drinks/electrolyte-replacement drinks are allowed. Portion Size: Cannot exceed 12 oz |



Arizona Department of Education
Voluntary Arizona Nutrition Standards for High Schools

References and Resources

| | | |
|---|--|--|
| U.S. Dietary Guidelines For Americans | The <i>Guidelines</i> provide authoritative advice for people two years and older about how good dietary habits can promote health and reduce risk for major chronic diseases. | www.healthierus.gov/dietaryguidelines |
| California Center For Public Health Advocacy | California Center For Public Health Advocacy has mobilized teams of community residents in legislative districts in Los Angeles County to educate policy makers about the growing childhood obesity epidemic. | www.publichealthadvocacy.org |
| Texas Public School Nutrition Policy | The purpose of the nutrition guidelines are to promote a healthier environment in Texas schools and help ensure a healthier future for Texas children. | www.squaremeals.org |
| North Carolina: Weight Initiative | The mission of the NC Healthy Weight Initiative is to shape the eating and physical activity patterns of North Carolina children and youth in ways that lead to healthy weight and reduce the risk for chronic disease. | www.nchealthyweight.com |
| National Alliance for Nutrition and Activity (NANA) | NANA convened a work group of more than 50 health, physical activity, nutrition, and education professionals from a variety of national and state organizations to develop a set of model policies for local school districts. | www.schoolwellnesspolicies.org |
| Center for Health Improvement | The Health Policy Guide provides evidence-based, peer-reviewed policy guidance and resources to support advocacy and decision-making at the state and local levels. | www.healthpolicycoach.org |
| The Center for Health and Health Care in Schools | The Center for Health and Health Care in Schools (CHHCS) is a nonpartisan policy and program resource center located at The George Washington University School of Public Health and Health Services. | www.healthinschools.org www.healthinschools.org/parents/lunch.htm |



Arizona Department of Education
Voluntary Arizona Nutrition Standards for High Schools

Appendix A: Definitions

A la carte: Any individual food sold in a school cafeteria. Also known as supplemental sales.

Baked Goods: A sweet, baked food made of flour, liquid, eggs, and other ingredients, such as raising agents and flavorings. Example: cookies, cupcakes, cakes, tortes, brownies, pastries, snaps, bars, cannoli, wafers, scone, empanadas.

Certain Candies: Processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients that characterize the following types:

Candy Bar: Candy shaped as a bar and the primary ingredient is a form of sugar, containing all or one of the following: chocolate, nougat, or nuts.

Candy Coated Popcorn: Popcorn that is coated with a mixture made predominantly from sugar or corn syrup.

Chewing Gum: Flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.

Fondant: A product consisting of microscopic sized sugar crystals, which are separated by a thin film of sugar and/or invert sugar in solution such as candy corn or soft mints.

Hard Candies: A product made predominantly from sugar (sucrose) and corn syrup which may be flavored and colored; is characterized by a hard, brittle texture; and includes such items as sour balls, fruit balls, candy sticks, lollipops, starlight mints, after dinner mints, sugar wafers, rock candy, cinnamon candies, breath mints, jaw breakers, and cough drops.

Jellies and Gums: A mixture of carbohydrates, which are combined to form a stable gelatinous system of jelly-like character; are generally flavored and colored; and include gum drops, jelly beans, jellied, and fruit-flavored slices.

Licorice: A product made predominantly from sugar and corn syrup that is flavored with an extract made from the licorice root.

Marshmallow Candies: An aerated confection composed of sugar, corn syrup, invert sugar, 20% water, and gelatin or egg white to which flavors and colors may be added.

Spun Candy: A product that is made from sugar that has been boiled at a high temperature and spun at a high speed in a special machine.

Chips: Starch-based products that have been cut into thin slices, deep-fried or baked until crisp, and then salted or seasoned. Examples: potato chips, corn chips.

Dairy Products: Any foods made from milk. Examples: Milk (fluid), yogurt, cheese, ice cream, pudding, sour cream, butter, half and half.



Arizona Department of Education
Voluntary Arizona Nutrition Standards for High Schools

Appendix A: Definitions (Continued)

Energy Drinks: A beverage containing caffeine and labeled as, but not limited to, an energy drink, mood stimulant, or metabolism enhancer.

Entrée: A school lunch menu item that is a combination of foods or a single food item offered as the main course, as defined by the menu planner. The entrée is the central focus of the meal and forms the framework around which the rest of the meal is planned.

Foods of Minimal Nutritional Value (FMNV): Foods and beverages that do not provide at least 5% of the Recommended Daily Intake (RDI) for any one of several key nutrients. Soda water (carbonated beverages), water ices, chewing gum, and certain candies are included.

Fried Foods: Foods that are cooked by total immersion into hot oil or other fat, commonly referred to as “deep-fat frying.” This definition does not include foods that are stir-fried or sautéed.

Fundraisers: Activities in which students or others sell products to raise money for a school.

Juice, 100%: Undiluted liquid fraction of a whole vegetable, fruit, or vegetable/fruit blend.

Juice, 50%: Product with half its contents made up of undiluted liquid fraction of a whole vegetable, fruit, or vegetable/fruit blend.

Milk: Pasteurized, homogenized fluid cow’s milk.

Skim/Fat-Free Milk: Containing less than .5% milk fat

Low-fat Milk: Containing 1% milk fat

Reduced-fat Milk: Containing 2% milk fat

Whole Milk: Containing ~ 4% milk fat

National School Lunch Program (NSLP): Program under which participating schools operate a nonprofit lunch program authorized by 7 CFR 210 of the National School Lunch Act.

Portion Size: A quantity of food or beverage intended for consumption by one individual.

School Day: Beginning with the start of the first breakfast period until the end of the last instruction period (last bell).

Soda Water: As defined by 21 CFR 165.175 Food and Drug Administration Regulations, (class of beverages made by absorbing carbon dioxide in potable water, etc.) except no product shall be excluded from this definition because it contains artificial sweeteners or discrete nutrients added to the food such as vitamins, minerals, and proteins.

Water Ices: As defined by 21 CFR 135.160 Food and Drug Administration Regulations, except that water ices which contain fruit or fruit juices are not included in this definition.



**Arizona Department of Education
Voluntary Arizona Nutrition Standards for High Schools**

**Appendix B: Current Restricted Items
USDA's Foods of Minimal Nutritional Value Regulation**

The United States Department of Agriculture (USDA) developed the Foods of Minimal Nutrition Value (FMNV) regulations in 1977 (7 CFR 210.11.) Currently, schools are required to follow FMNV regulations when participating in the National School Lunch Program (NSLP). A goal of the FMNV regulation is to limit the amount of competitive foods that can be offered to students during the breakfast and lunch period.

Competitive foods are any foods sold in competition with meals served under the National School Lunch and School Breakfast Programs. Current federal regulations state that FMNV cannot be sold in the food service area where a reimbursable meal is sold or eaten.

The list of FMNV includes but is not limited to soda, water ices, chewing gum, and certain candies. The listed products are in no way meant to be all inclusive or definitive, but rather to be used as an example that provides guidance when making determinations on new products or products not specifically listed.



Arizona Department of Education
Voluntary Arizona Nutrition Standards for High Schools

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The contents of this publication were developed and produced through funds from the United States Department of Agriculture.

