

**Limiting Added Sugars and Reducing Sodium**

OFFICE OF  
SCHOOL NUTRITION PROGRAMS  
VIRGINIA DEPARTMENT OF EDUCATION

1

---

---

---

---

---

---

---

---

**USDA Funding and Non-Discrimination Statements:**

\*This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-6892, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail:  
U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or

2. fax:  
(833) 256-1665 or (202) 690-7442; or

3. email:  
[Program.intake@usda.gov](mailto:Program.intake@usda.gov)

This institution is an equal opportunity provider.

2

---

---

---

---

---

---

---

---

**Welcome!**

OFFICE OF  
SCHOOL NUTRITION PROGRAMS  
VIRGINIA DEPARTMENT OF EDUCATION

3

---

---

---

---

---

---

---

---

## Objectives

- Explain why USDA's proposed rule focuses on reducing added sugars and sodium.
- Identify top sources of added sugars and sodium in school meals.
- Describe ways to reduce added sugars and sodium in school meals.
- Determine one way to reduce added sugars or sodium in your division.



4

---

---

---

---

---

---

---

---



Professional Standards – Learning Codes

- Nutrition 1000
  - Menu Planning (1100)
  - General Nutrition (1300)

5

---

---

---

---

---

---

---

---

# Added Sugars

6

---

---

---

---

---

---

---

---

### Sugar Definitions

**Natural Sugars**



**Added Sugars**



7

---

---

---

---

---


---

---

---

### Sugar Recommendations

- Dietary Guidelines for Americans
  - less than 10% of total daily calories
- American Heart Association
  - limit to 6 teaspoons/day (24 grams)
    - 4 grams = 1 teaspoon



8

---

---

---

---

---


---

---

---

### 4 Pillars of the Dietary Guidelines for Americans

- Follow a healthy dietary pattern at every life stage
- Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations
- Focus on meeting food group needs with nutrient-dense foods and beverages and stay within calorie limits
- Limit foods and beverages higher in added sugars, saturated fat, and sodium



9

---

---

---

---

---

---

---

---

### Added Sugar Health Implications

- Cardiovascular disease
- Alzheimer's and dementia
- Colon cancer
- Diabetes
- High blood pressure
- Cholesterol and triglyceride levels
- Kidney disease
- Liver disease
- Obesity
- Pancreatic cancer
- Retina, muscle, and nerve damage




---

---

---

---

---

---

---

---

10

Added Sugar Taste Implications




---

---

---

---

---

---

---

---

11

### Added Sugars in Schools

- School breakfast: 17% of calories
- School lunches: 11% of calories




---

---

---

---

---

---

---

---

12

## Added Sugars in the Proposed Rule

- Breakfast cereals: no more than **6 grams** per added ounce
- Grain based desserts: limit to no more than a 2-ounce equivalent per week in school breakfast, including cereal bars, doughnuts, sweet rolls, toaster pastries, coffee cakes, and fruit turnovers.
- Yogurt: no more than **12 grams** of added sugars per 6 ounces
- Flavored milk: limited to no more than **10 grams** of added sugars per 8 fluid ounces, or for flavored milk sold as a competitive food for middle and high school students, **15 grams** of added sugars per 12 fluid ounces



13

---

---

---

---

---

---

---

---

---

---

### Example Cereal Label

Serving Size	1 Container (54g)	
Calories	As Packaged	
	<b>220</b>	
		% DV
<b>Total Fat</b>	3g	4%
Saturated Fat	0.5g	3%
Trans Fat	0g	
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	320mg	14%
<b>Total Carbohydrate</b>	46g	17%
Dietary Fiber	3g	10%
Total Sugars	12g	
Incl. Added Sugars	11g	22%
Protein	3g	

14

---

---

---

---

---

---

---

---

---

---

### Example Yogurt Label

Nutrition Facts	
About 1 servings per container	
Serving size <b>1 container (227g)</b>	
Amount per serving	
<b>Calories</b>	<b>180</b>
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> <1mg	3%
<b>Sodium</b> 100mg	5%
<b>Total Carbohydrate</b> 37g	13%
Dietary Fiber 0g	0%
Total Sugars 20g	
Includes 21g Added Sugars	42%
<b>Protein</b> 0g	12%
<b>VITAMINS</b>	
Vitamin D 8.1mcg	40%
Calcium 580mg	45%
Iron 0mg	0%
Potassium 310mg	6%
Vitamin A 0mcg	0%

15

---

---

---

---

---



---

---

---

---

---

<p>Ideas to Reduce Added Sugar</p>	
	<ul style="list-style-type: none"><li>• Cooking from scratch</li><li>• Explore culturally inclusive items at breakfast</li><li>• Consider plain yogurt</li><li>• Work with local vendors</li></ul>

16

---

---

---

---

---

---

---

---

<p>Items to Cook from Scratch</p> <hr/> <ul style="list-style-type: none"><li>• Granola</li><li>• Oatmeal</li><li>• Granola Bars</li><li>• Muffin Bars</li></ul>	
--	--

17

---

---

---


---

---

---

---

---

<p>Demo – Reduced Sugar Granola</p> <hr/>	
---	---

18

---

---

---

---

---

---

---

---

# Sodium

19

---

---

---

---

---


---

---


---

## Sodium Definitions

**Sodium**



**Salt**



20

---

---

---

---

---


---

---

---

## Sodium Recommendations

- Ages 4-8: 1500 mg/day
- Ages 9-13: 1800 mg/day



21

---

---

---

---

---

---

---

---

## Sodium Taste Implications



salty

22

---

---

---

---

---

---


---

---

### Sodium Health Implications

---

- High blood pressure
- Stroke
- Heart Failure
- Enlarged heart muscle
- Headaches
- Kidney disease
- Osteoporosis
- Kidney stones
- Stomach cancer



23

---

---

---

---

---

---

---

---

### Sodium in Schools



24

---

---

---

---

---

---

---

---



**Transitional Standards**

- Breakfast – Target 1
  - Grade K-5: 540 mg
  - Grade 6-8: 600 mg
  - Grade 9-12: 640 mg
- Lunch – Target 1A
  - Grade K-5: 1110 mg
  - Grade 6-8: 1225 mg
  - Grade 9-12: 1280 mg

25

---

---

---

---

---


---

---

---

**Sodium in the Proposed Rule - Lunch**

- Sodium limit: effective July 1, 2025
  - Grades K-5: ≤ 1000 mg
  - Grades 6-8: ≤ 1105 mg
  - Grades 9-12: ≤ 1150 mg
- Sodium limit: effective July 1, 2027
  - Grades K-5: ≤ 900 mg
  - Grades 6-8: ≤ 990 mg
  - Grades 9-12: ≤ 1035 mg
- Sodium limit: effective July 1, 2029
  - Grades K-5: ≤ 810 mg
  - Grades 6-8: ≤ 895 mg
  - Grades 9-12: ≤ 935 mg



26

---

---

---

---

---


---

---

---

**Sodium in the Proposed Rule - Breakfast**

- Sodium limit: effective July 1, 2025
  - Grades K-5: ≤ 485 mg
  - Grades 6-8: ≤ 540 mg
  - Grades 9-12: ≤ 575 mg
- Sodium limit: effective July 1, 2027
  - Grades K-5: ≤ 435 mg
  - Grades 6-8: ≤ 485 mg
  - Grades 9-12: ≤ 520 mg



27

---

---

---

---

---

---

---

---

**Ideas to Reduce Sodium**

- Cook from scratch
- Build flavor through
  - Local products
  - Ingredients
  - Culinary techniques



28

---

---

---

---

---

---

---

---

**Ideas to Reduce Sodium Continued**

- Culturally inclusive meals
- Incorporate more produce



29

---

---

---

---

---

---

---

---

**Demo – Reduced Sodium Curry Chicken Salad**



30

---

---

---

---

---

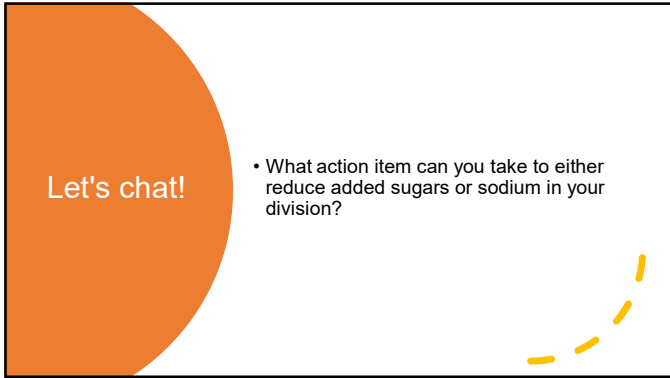
---

---

---

Let's chat!

- What action item can you take to either reduce added sugars or sodium in your division?



31

---

---


---

---

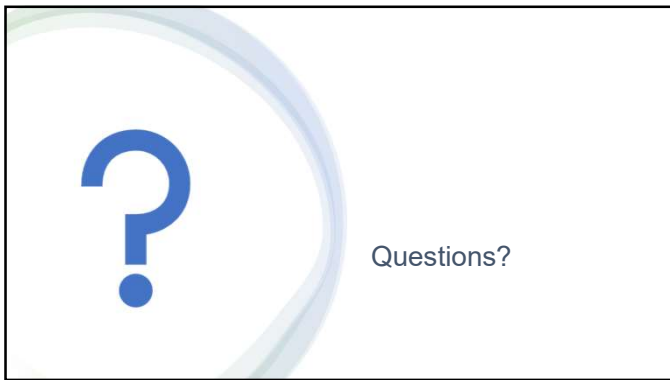
---

---

---



Questions?



32

---

---

---

---

---

---

---