

Facing a new political climate: What does it mean for nutrition?



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Science IN THE
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*The nonprofit publisher of
Nutrition Action Healthletter*

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Deregulation

- Anti-regulatory campaign rhetoric
- Ex Order: 2 for 1 reg repeal
 - Consider cost to business, not benefit
- Midnight Rules Act
 - Congressional Review Act
- Campaign: food safety = inspection overkill



Common Sense Disclosure Act

- HR 772/S 261
- Opposed by public health groups
- Deny customers calorie information
- Industry-determined serving sizes
- Weaken enforcement/consumer protection
- Bill passed House, not Senate

SIGNATURE SIDES			
	<small>REG CAL</small>	<small>LG CAL</small>	
RED BEANS & RICE	230	680	
COLE SLAW	220	570	
CAJUN FRIES	260	770	REG \$2.39
MASHED POTATOES	110	450	
GREEN BEANS	40	120	LG \$4.29
CAJUN RICE	170	450	
ONION RINGS	280	560	
CORN ON THE COB	190	380	
BISCUITS			
(1) \$0.89	<small>CAL</small> 260	(6) \$4.99	<small>CAL</small> 1560 (12) \$7.99 <small>CAL</small> 3120



Changes:

- new “added sugars” line
- added sugars Daily Value
- bolder calories
- remove clutter: “Calories from Fat” & nutrient table
- vitamins A & C voluntary
- Potassium & vitamin D required
- improved fiber definition
- some serving sizes revised

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving

Calories 230 Calories from Fat 72

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 37g **12%**

Dietary Fiber 4g **16%**

Sugars 1g

Protein 3g

Vitamin A 10%

Vitamin C 8%

Calcium 20%

Iron 45%

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Nutrition Facts

8 servings per container

Serving size **2/3 cup (55g)**

Amount per serving

Calories **230**

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 37g **13%**

Dietary Fiber 4g **14%**

Total Sugars 12g

Includes 10g Added Sugars **20%**

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Food sold outside of school meals:

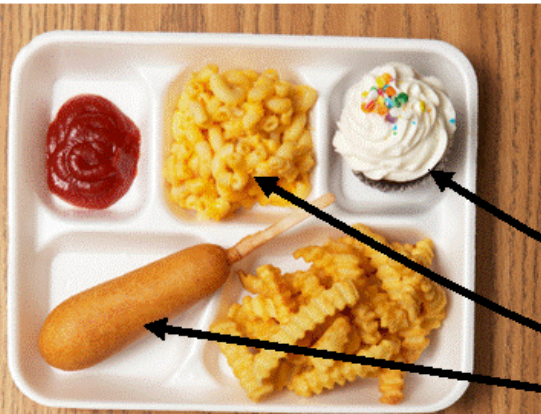
- Vending
- A la carte
- School stores
- Fundraisers



USDA School Meal Regs

The School Day Just Got Healthier!

Before



Under the new nutrition standards,
school lunches have:

Less unhealthy fat

Less salt

Fewer calories

After



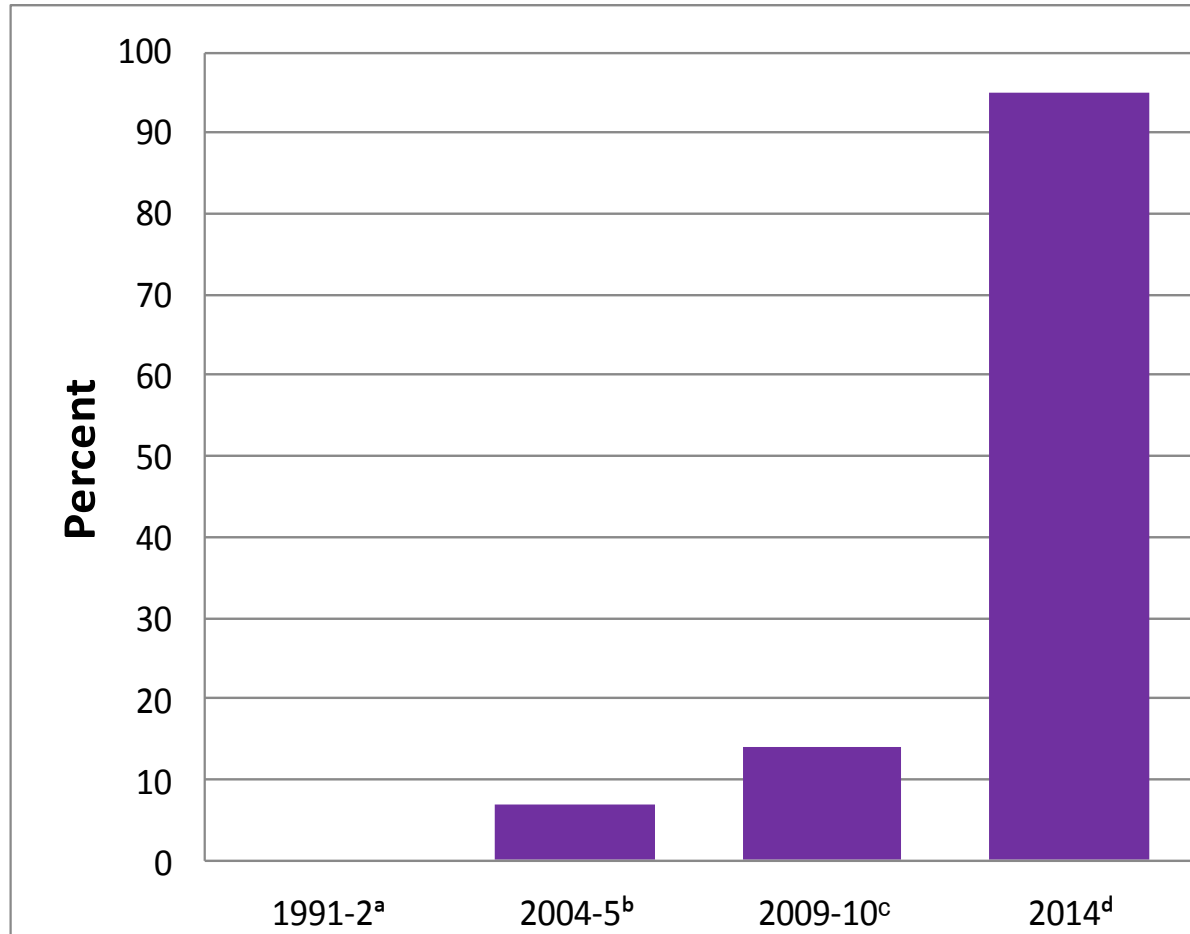
Low and non fat dairy

Double fruits and veggies

More whole grains

visit www.schoolfoods.org/back2school for more information.

Schools Meeting School Lunch Standards



- a. School Nutrition Dietary Assessment Study (SNDA)
- b. SNDA II
- c. SNDA IV
- d. USDA 6-cent certification data for school districts

Attacks on Science

Ex: Sodium

- fake news/alt-facts
- like climate change deniers
- 9 out of 10 kids eat too much sodium
- >100 peer-reviewed studies support reducing salt intake
- experts reaffirmed evidence; recommend reducing intake



Threats to school nutrition

- Approps riders
- CNR delayed
- House Freedom Caucus hit list
- Conservative lobbyists
- Administrative action
 - TA, technical assistance, guidance, enforcement



Four Year Plan

- Protect the progress—school foods, menu labeling, Nutrition Facts, FDA trans fat policy, Dietary Guidelines for Americans
- Hold industry's feet to the fire—during time of deregulation and weakened government oversight; improve products and practices
- Identify opportunities and secure continued progress
- Lay groundwork for future successes





- **NANA strengths:**
 - 500 member organizations
 - Federal, state and local members
 - Diversity of members
- **How you can help strengthen NANA:**
 - Join
 - Identify other state and local organizations to join

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