

Selecting products for competitive school foods can be confusing when thinking about all the various nutrition requirements needed, the sugar, the fat, the percentages and all those different age groups! If you decide to utilize the Product Navigator Tool from the Alliance for a Healthier Generation website, here are some things to know when comparing their food guidelines to those in place from the Healthy Kids Act in the state of Iowa.



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<b>Food Items</b>	
Snacks must have calorie limit by grade category	<b>Sides ≤ 200 calories or ≤ NSLP sides</b>
Sugar content must be ≤ 35% by <b>weight</b>	Sugar ≤ 35% of <b>calories</b>
Contains specific requirements for Fruits & vegetables; Dairy & cheese; Soups; Snacks	Categorizes only on basis of side or entrée item for foods (not beverages)
Measures food groups listed above for varying sodium, trans fat, minimum # of nutrient requirements	All entrée items meet the same requirements set for calories, sodium, saturate fat, trans fat, total fat, sugar, as do side items
Does not provide whole grain requirement	Half of all foods must be whole grain
Does not provide minimum fruit/non-fried vegetable requirement	A la carte, vending, and regulated fundraising must include at least two fruits or non-fried vegetables, with no more than one being a juice item
<b>Beverage Items</b>	
Added sugars, artificial sweeteners, sodium allowed in water at High School level	No added non-nutritive sweeteners allowed in waters
Size and calorie limits on milk	Allows Low-Fat/Non-Fat Regular or Flavored milk, all ages
Limits calories in 100% juice	All 100% juice allowed
No or low calorie beverages up to 10 cal per 8 oz allowed at High school level	Sports drinks, flavored water, caffeinated beverages allowed at High school level
Other drinks up to 66 calories per 8 oz allowed at High school level	Must follow list above

The Healthy Kids Act Calculator is set specifically for Iowa nutrient guidelines. Any product found in the Product Navigator must be run through the HKA nutrient calculator instead of the Alliance for Healthier Generations calculator. Should you have any questions, please contact Jodi Bullock, RD, CLT, Healthy Kids Act Co-Project Director at [Jodi.Bullock@Iowa.gov](mailto:Jodi.Bullock@Iowa.gov).