

Dietary Guidelines that have been established for Americans, including a diet low in sodium and fat and high in Vitamin A, C, and iron (Kovalsky 2000).

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The USDA regulates the sale of "competitive foods" that are of low nutritional value by banning their sales only during scheduled school mealtimes. Arizona, Florida, Iowa, West Virginia, Kentucky, Connecticut, Louisiana, Texas, and New York have passed their own restrictions on such foods by banning sales entirely. The revenue from competitive food sales in the states that simply follow the USDA guidelines is used for a variety of school programs, such as art exhibits, drug-free events, athletic uniforms, and scholarships (Cavanaugh 1999).

T ght gpegu

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Compiled by Julie Britt, Thomas Miller, and Robyn Schmidek, February 6, 2001.