NOSH
NAPA'S OPERATIVE for SCHOOL food HEALTH



EVALUATING SUGAR IN SCHOOL BREAKFAST: QUICK OVERVIEW

- Naturally-occurring sugars are found in whole foods like fruit. Added sugars are sugar or other sweeteners, like high fructose corn syrup, added during processing, cooking, or before eating.
- There are many components that impact how our bodies metabolize and digest sugar from the foods that we eat.
- For example, **fiber & protein** slow down digestion, which slows absorption and the spike of sugar into the blood stream. Fiber & protein also help our bodies stay fuller for longer!
- Here at NOSH, we take all of this into consideration with the menu items we serve for breakfast. Check out a comparison example with muffins below!

MUFFIN SERVED BY NOSH



NUTRITION FACTS	
Serving Size: 1 Blueberry Muffin (63.7g)	
Serving per Container: 1	51% WG
Amount Per Serving	
Calories 270	Calories from Fat 55
	% Daily Values*
Total Fat 6.g	9%
Saturated Fat 1.6g	8%
Trans Fat 0g	
Cholesterol 21mg	7%
Sodium 153mg	6%
Total Carbohydrates	14%
Dietary Fiber 4.7g	19%
Sugar 10.4g	
Protein 7g	14%
Vitamin A 7%	Iron 10.3%
Calcium 1.8%	Vitamin C 0%

MUFFIN ON THE MARKET



5 servings per container	
Serving Size	1 pouch (47g)
Amount Per Serving	
Calories	180
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Polyunsaturated Fat 4.5g	
Monounsaturated Fat 2g	
Cholesterol 20mg	7%
Sodium 200mg	9%
Total Carbohydrate	9%
Dietary Fiber <1g	2%
Total Sugars 15g	
Includes Added Sugars 14g	28%
Protein 2g	

Comparing Muffins

Sugar: 10.4g vs 15g
Fiber: 4.7g vs <1g
Protein: 7g vs 2g

#1 ingredient is WHOLE WHEAT flour, This means it is the ingredient that weighs the most

Ingredients

Whole Wheat Flour, Unbleached all-purpose flour, Water, Niacin, Iron, Thiamine, Riboflavin, Folic Acid, Eggs, Blueberry, Brown Sugar, Canola Oil, Pure Vanilla, Cinnamon, Baking Powder, Baking Soda, Salt.

#1 ingredient is SUGAR. This means it is the ingredient that weighs the most.

Sugar, Bleached Wheat Flour, Soybean Oil, Blueberries, Eggs, Water, Glycerin, Modified Cornstarch, Whey, Natural Flavor, Salt, Leavening (Sodium Acid Pyrophosphate, Baking Soda, Monocalcium Phosphate), Mono- and Diglycerides, Potassium Sorbate (Preservative), Sorbitan Monostearate, Sodium Stearoyl Lactylate, Polysorbate 60, Xanthan Gum, Soy Lecithin, Cellulose

THE 2020-2025 DIETARY GUIDELINES FOR AMERICANS RECOMMENDS LIMITING ADDED SUGARS TO LESS THAN 10% OF DAILY CALORIE NEEDS.

WHAT DOES THAT LOOK LIKE FOR CHILDREN??

AGES 5-8
FOR A 1,200 TO 2000 CALORIE DIET, 30-50G OR 7.5-12.5 TEASPOONS OF ADDED SUGAR PER DAY

AGES 9-13
FOR A 1,400 TO 2,600 CALORIE DIET, 35-65G OR 8.75-16TEASPOONS OF ADDED SUGAR PER DAY

At this time, there are no governmental limits on sugar or added sugar for school meal programs. However, **NOSH is ahead of the game** and is currently meeting the proposed sugar guidelines set to begin in the school year 2025-26!

Have Questions?
Email us at
Breakfast@NVUSD.org