



A MINUTE OF HEALTH WITH CDC

Eating Well at School

Availability of Less Nutritious Snack Foods and Beverages in Secondary Schools — Selected States, 2002–2008

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This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

School is more than a place to learn. It's also a setting where students consume many of their meals. Food served in school cafeterias is already regulated by federal law, but food purchased outside the cafeteria is not.

A recent CDC study found that schools in some states have made great progress in eliminating the availability of less nutritious foods, such as candy, salty snacks, soda, and sports drinks.

Parents – work with your school officials to ensure that all the food available to students is nutritious. Maintaining good eating habits makes for a healthy body and can create a more positive learning environment.

Thank you for joining us on *A Minute of Health with CDC*.

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