

Healthy  
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Research



# Summer Speaker Series for Students 2024

# Getting Started!

- Update your name on Zoom, if needed
  - *Right click on your Zoom box, click “rename”*
- Type your name and institution into the chat box!
  - *Question: Which best describes you?*
    - *Ex. Undergraduate Student, Dietetic Intern, Masters Student, Doctoral Student, Post Doc, Public Health Practitioner, Researcher/Professor, Other*
- Remember to keep yourself on mute.
- Type your questions into the chat box.

# NOPREN HER Summer Series for Students

- Explore various public health topics related to:
  - Food and nutrition security
  - Federal nutrition assistance programs
  - Nutrition equity
- This series is a collaborative effort of Healthy Eating Research (HER) and Nutrition and Obesity Policy Research and Evaluation Network (NOPREN).

# NOPREN HER Summer Series for Students

## Schedule and Topics

- June 12: Food Policies in Schools - More than just Lunch!
- June 26: Food is Medicine: What does it mean?  
Where are we going?
- July 10: Leveraging Food Service Contracts at 4-year Public Universities to  
Understand Meal Plan Costs and Affordability
- July 24: Policy Systems and Environmental Strategies to Support Young Children's  
Diet and Health
- August 7: Collaborating Successfully across Sectors toward Nutrition Security
- August 14: Student Presentations

The series will take place  
on Wednesdays **from**  
**4:00 - 5:00 pm EST**

**For more information or to register: <https://nopren.ucsf.edu/student-resources>**

# Student Presentations!

**The HER/ NOPREN Summer Speaker Series will end with Student Presentations and Poster Sessions on August 14. Stay tuned for more details!**

Selected students will give a presentation on a nutrition-related project or research they worked on over the summer.

# Healthy Eating Research

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LINDSEY REED, MPH  
SENIOR RESEARCH ANALYST  
HEALTHY EATING RESEARCH

# Program Goals

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1

Build a research base for policy, systems, and environmental strategies that advance health and nutrition equity in the areas of healthy food access and security, diet quality, and healthy weight.

---

2

Foster a vibrant, interdisciplinary field of research and a diverse network of researchers.

---

3

Communicate research findings to accelerate policy, systems, and environmental changes that promote healthy eating and advance nutrition and health equity.

# Goal 1: Build a Research Base

## Research that focuses on:

- Children and adolescents from birth to 18 and their families
- Populations and communities at highest risk for obesity and nutritional disparities.

### focus areas

-  early childhood
-  school & after school
-  healthy communities
-  beverages
-  food access
-  food retail
-  food marketing
-  pricing & economics
-  nutrition policy & programs
-  diet quality & healthy weight



# Goal 2: Foster diverse network of researchers

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## HER NOPREN Work Groups

- Healthy Food Retail
- Early Childhood
- Resilient Food Systems
- WIC Learning Collaborative

Visit the NOPREN website to learn more about the HER NOPREN Work Groups! <https://nopren.ucsf.edu/>

## HER Work Groups

- Early Stage Investigator
- Food Labeling

Visit the HER website to learn more about the HER Work Groups!  
<https://healthyeatingresearch.org/what-we-fund/grantee-resources/>

# Goal 3: Research Translation & Dissemination

- Assist grantees with communication and translation of research
- Dissemination of research products to researchers, advocates, policymakers, and other stakeholders





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Instagram: [@Healthyeatingresearch](https://www.instagram.com/Healthyeatingresearch)

Facebook: [@HEResearch](https://www.facebook.com/HEResearch)

Twitter: [@HEResearch](https://www.twitter.com/HEResearch)



**NOPREN**

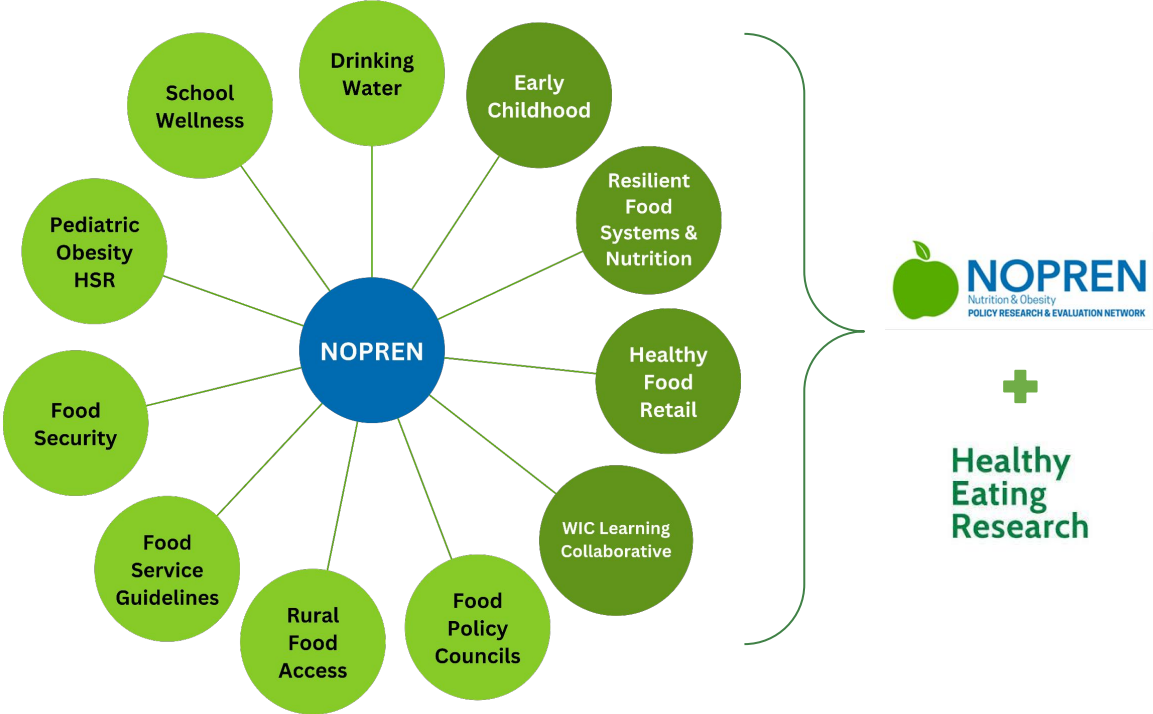
Nutrition & Obesity

**POLICY RESEARCH & EVALUATION NETWORK**

# Nutrition and Obesity Policy Research and Evaluation Network (NOPREN): What is it?

- Collaborative, equity-focused applied research and practitioner network that informs policies and practices designed to support the equitable intake of healthy, nutritious foods so that everyone has a fair chance at health
- Led by a coordinating center based at the University of California San Francisco (UCSF) in partnership with CDC DNPAO leadership
  - Hosts monthly state-of-the-science webinars
  - Facilitates collaboration among members
  - Send bi-weekly NOPREN News
  - Serves as a platform for sharing and disseminating research
  - Provides professional development opportunities for members
  - Support the network's Work Groups
- Members (3000+) include policy researchers, evaluators, practitioners, professional organizations, non-profits, and government agencies.
  - **We encourage early career and junior faculty to join for networking, collaboration, and professional development opportunities.**

## 11 Work Groups 4 co-led with HER



# Ways to Engage with NOPREN

- Sign up for the listserv to receive newsletters and network info
- Attend monthly State-of-the-Science webinars
- Join a Work Group
- Work Group Fellows program

**Want to learn more about NOPREN  
or join the network?  
Visit [www.nopren.ucsf.edu](http://www.nopren.ucsf.edu)  
or contact [NOPREN@ucsf.edu](mailto:NOPREN@ucsf.edu)**



**CENTERS FOR DISEASE™  
CONTROL AND PREVENTION**



Microsoft PowerPoint interface showing a slide titled "HER & NOPREN 5<sup>TH</sup> ANNUAL SUMMER SERIES JUNE 10, 2024". The slide features a graphic of diverse people silhouettes and three key messages: "Good Nutrition", "Regular Physical Activity", and "Healthy Weight". The footer includes the CDC logo and text: "Centers for Disease Control and Prevention", "National Center for Chronic Disease Prevention and Health Promotion", and "Division of Nutrition Physical Activity, and Obesity". A video feed of Heidi Blanck is visible in the top right corner.

HER & NOPREN 5<sup>TH</sup>  
ANNUAL SUMMER SERIES  
JUNE 10, 2024

CLICK TO EDIT SUBTITLE

Good Nutrition      Regular Physical Activity      Healthy Weight

Centers for Disease Control and Prevention

National Center for Chronic Disease Prevention and Health Promotion

Division of Nutrition Physical Activity, and Obesity

Heidi Blanck



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# Session 1: Food Policies in Schools - More than just Lunch!

# School Wellness Workgroup Introduction

The mission of the School Wellness Workgroup is to identify and address research and practice gaps on the implementation and evaluation of school district policies, state laws, and federal policies, and their impact on wellness practices in K-12 school settings.

**Meetings are the second Tuesday of each month  
2 pm ET/11 am PT  
Next meeting: August 13<sup>th</sup>, 2024**

Workgroup co-chair: Dr. Juliana Cohen, [cohenj@merrimack.edu](mailto:cohenj@merrimack.edu)

Workgroup co-chair: Dr. Erin Hager, [ehager1@jhmi.edu](mailto:ehager1@jhmi.edu)

Workgroup fellow: Dr. Leah Chapman, [chapmanle@merrimack.edu](mailto:chapmanle@merrimack.edu)

Workgroup fellow: Dr. Nan Dou, [ndou1@jhu.edu](mailto:ndou1@jhu.edu)

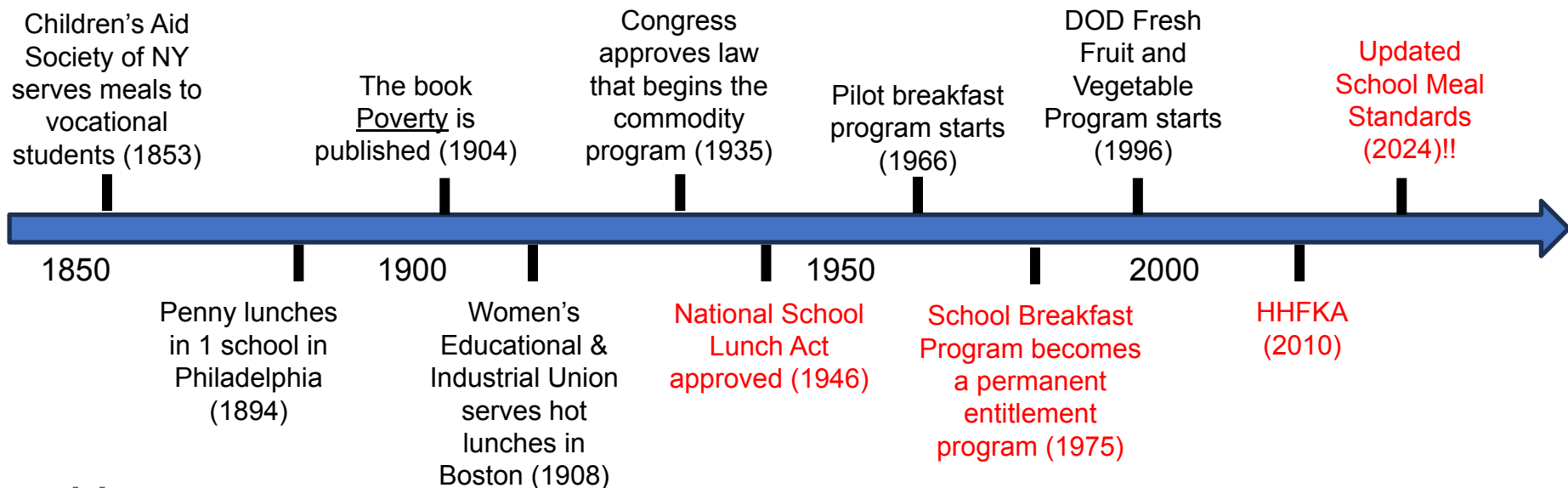
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# An Overview of School Meals in the United States

# Background for School Meals

## History of School Breakfast & Lunch Program



# Background for School Meals

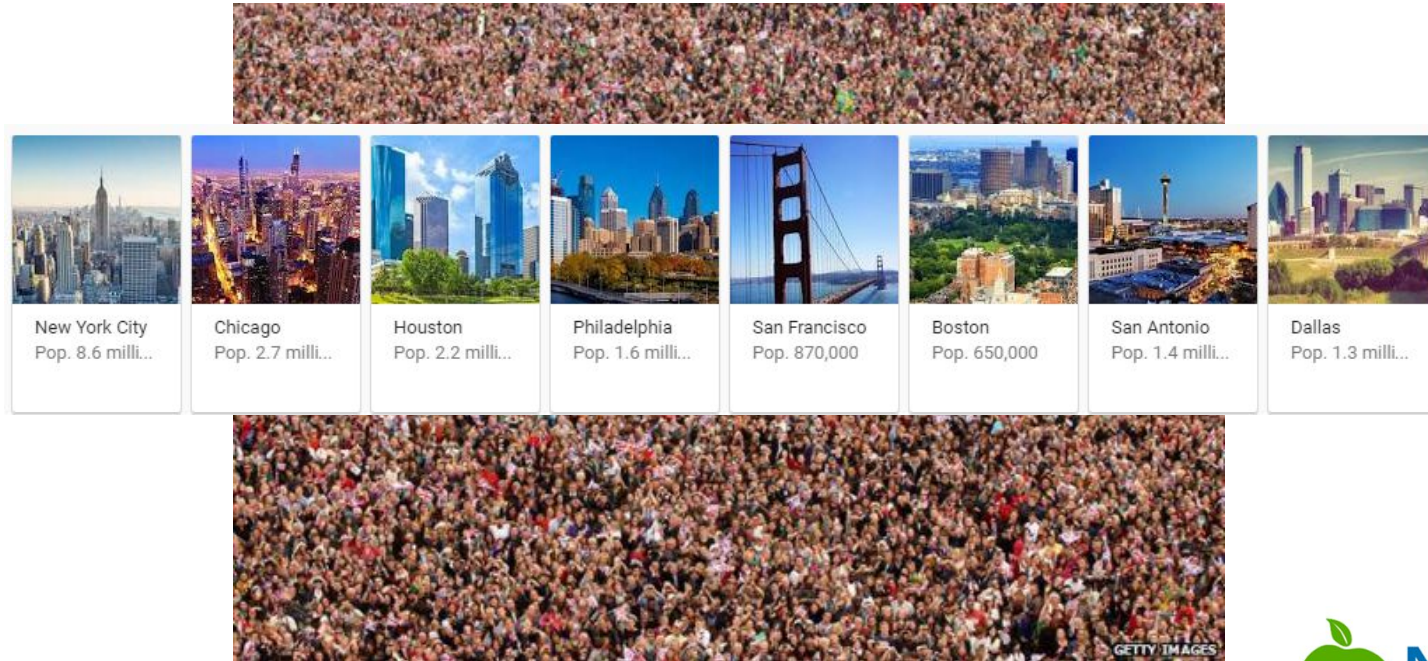
30.3 million children





# Background for School Meals

2/3 receive a free or reduced-price meal



# Background for School Meals

## Eligibility for free or Reduced-Price Meals

- Children from families with incomes at or below 130 percent of the poverty level are eligible for free meals.
- Those with incomes between 130 percent and 185 percent of the poverty level are eligible for reduced-price meals

INCOME ELIGIBILITY GUIDELINES												
Effective from July 1, 2023 to June 30, 2024												
HOUSEHOLD SIZE	FEDERAL POVERTY GUIDELINES	REDUCED PRICE MEALS - 185 %					FREE MEALS - 130 %					
	ANNUAL	ANNUAL	MONTHLY	TWICE PER MONTH	EVERY TWO WEEKS	WEEKLY	ANNUAL	MONTHLY	TWICE PER MONTH	EVERY TWO WEEKS	WEEKLY	
<b>48 CONTIGUOUS STATES, DISTRICT OF COLUMBIA, GUAM, AND TERRITORIES</b>												
1 .....	14,580	26,973	2,248	1,124	1,038	519	18,954	1,580	790	729	365	
2 .....	19,720	36,482	3,041	1,521	1,404	702	25,636	2,137	1,069	986	493	
3 .....	24,860	45,991	3,833	1,917	1,769	885	32,318	2,694	1,347	1,243	622	
4 .....	30,000	55,500	4,625	2,313	2,135	1,068	39,000	3,250	1,625	1,500	750	
5 .....	35,140	65,009	5,418	2,709	2,501	1,251	45,682	3,807	1,904	1,757	879	
6 .....	40,280	74,518	6,210	3,105	2,867	1,434	52,364	4,364	2,182	2,014	1,007	
7 .....	45,420	84,027	7,003	3,502	3,232	1,616	59,046	4,921	2,461	2,271	1,136	
8 .....	50,560	93,536	7,795	3,898	3,598	1,799	65,728	5,478	2,739	2,528	1,264	
For each add'l family member, add	5,140	9,509	793	397	366	183	6,682	557	279	257	129	



# School Meal Requirements

## Must Offer:

- Fruit
- Vegetable (variety)
- (Whole) Grains
- Milk
- Meat/meat alternative



# School Meal Requirements

## Must Serve:

- 3 meal components (one of which MUST be a fruit or vegetable)



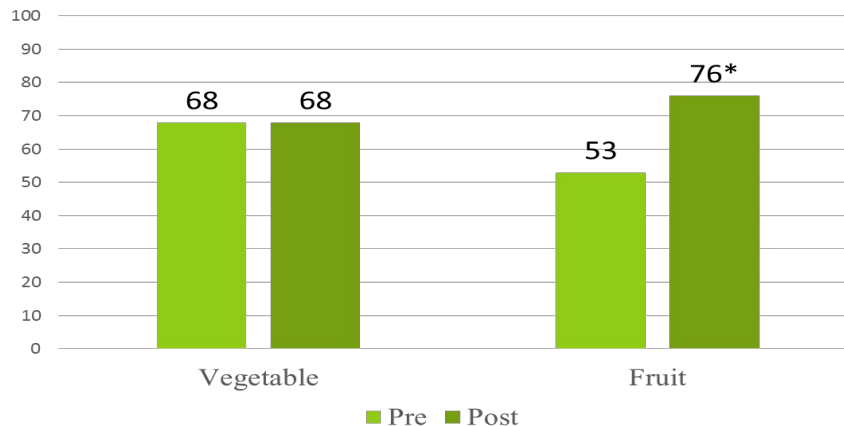
# Lessons Learned from the HHFKA



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The updated USDA school meal standards have overall led to positive changes

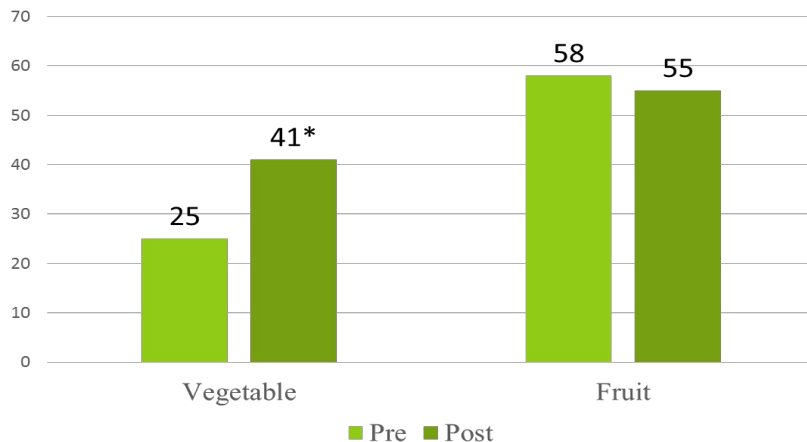
- Improvements in fruit *selection*



# Lessons Learned from the HHFKA

The updated USDA school meal standards have overall led to positive changes

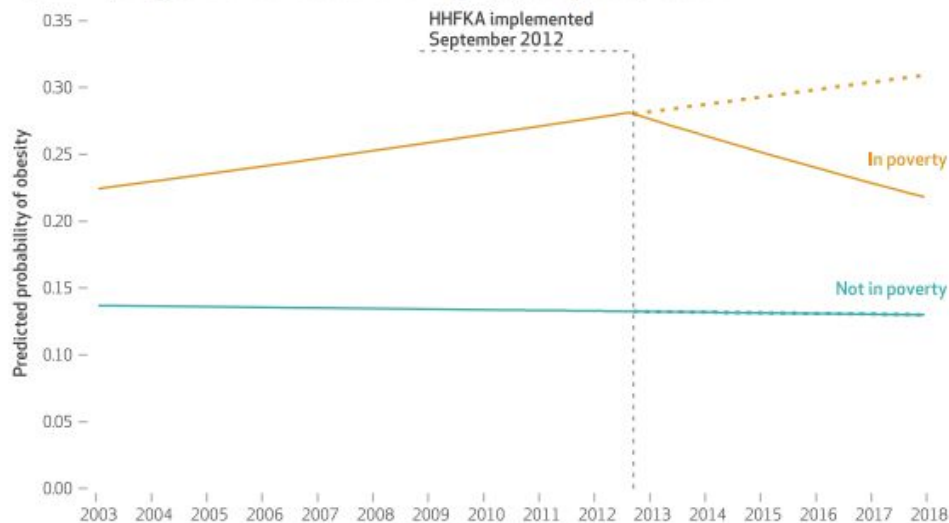
- Improvements in vegetable *consumption* (no statistically significant difference in fruit consumption)



# Lessons Learned from the HHFKA

## EXHIBIT 3

Predicted probability of obesity among youth ages 10-17 before and after implementation of Healthy, Hunger Free Kids Act (HHFKA) changes to the National School Lunch Program, by poverty status, 2003-18



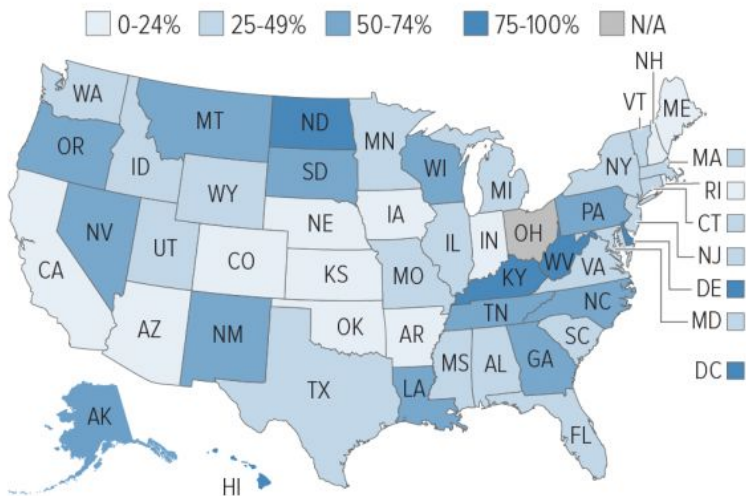
**SOURCE** Authors' analysis of data from the National Survey of Children's Health, 2003-18. **NOTES** Sample includes youth ages 10-17 with reported body mass index, poverty status, race, and ethnicity. Survey responses from 2003, 2007, 2011-12, 2016, 2017, and 2018 were used for this analysis. Predicted probability represents the average weighted value from the sample and is derived from weighted logistic regression models that adjust for participant age, sex, race/ethnicity, and state of residence. Dotted lines show pre-HHFKA trends projected post-HHFKA, for youth in poverty and not in poverty. "Not in poverty" indicates family income above 100 percent of the federal poverty level. "In poverty" indicates family income at or below the federal poverty level.

# Universal Free School Meal Policies

## Community Eligibility Provision

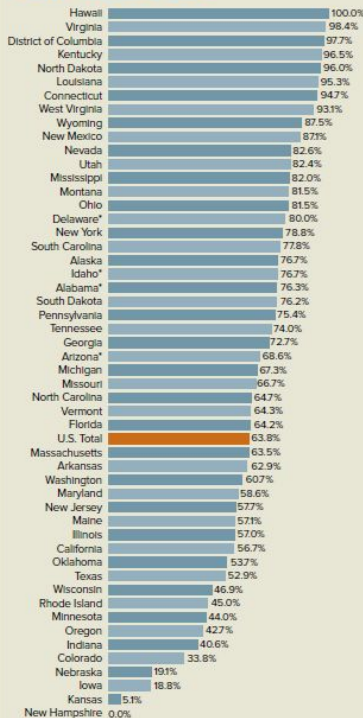
### Percentage of Eligible School Districts Adopting Community Eligibility

School Year 2015-2016



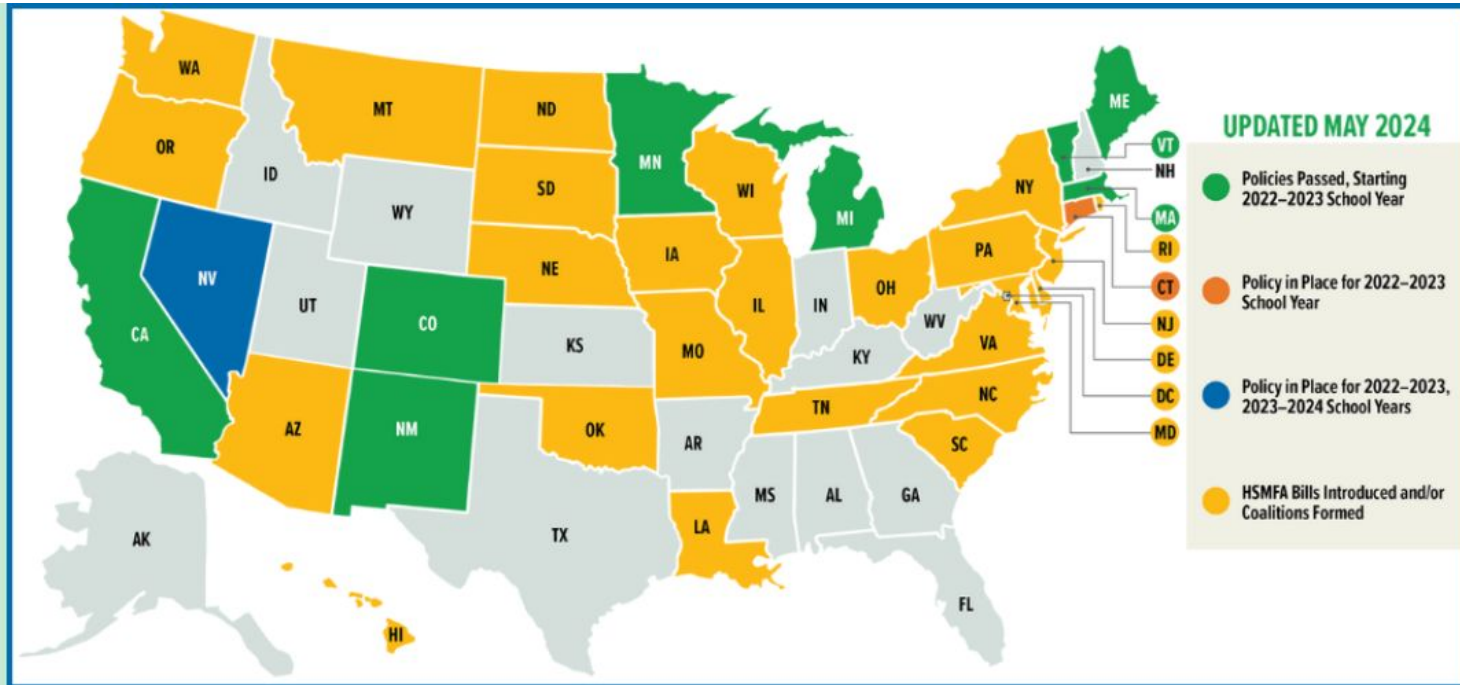
Source: CBPP and FRAC analysis of data on eligible schools and districts published by state child nutrition agencies in May 2015 and data on schools and districts adopting community eligibility collected directly by USDA, CBPP, and FRAC from state agencies from September 2015 through April 2016.

### Percentage of Eligible School Districts Adopting Community Eligibility in School Year 2021-2022



# Universal Free School Meal Policies

## State-Level Universal School Meals





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# Changes to School Meal Nutritional Requirements Over Time

# Nutrition Standards Final Rule

## Updated school meal standards on April 25, 2024

*Child Nutrition Programs:  
Meal Patterns Consistent  
With the 2020-2025  
Dietary Guidelines for  
Americans*

**USDA Food and Nutrition Service**  
U.S. DEPARTMENT OF AGRICULTURE

### FINAL RULE FOR SCHOOL MEAL STANDARDS

Updated School Meal Standards: working towards a common goal of healthy children and helping them reach their full potential.

School meals are the main source of nutrition for millions of children every school day. USDA is ensuring these are even more nourishing, while keeping them appealing to kids.

**Key Provisions**

- Whole Grains**  
Schools may continue to offer a variety of nutrient-rich whole grains with options for some enriched grains (no changes in standard)
- Milk**  
Continue to allow flavored and unflavored milk (no changes in standard) with new limits on added sugars
- Added Sugars**  
Limit using a phased approach:
  - Phase 1: Limits on specific high-sugar products (cereals, yogurt, flavored milk)
  - Phase 2: Overall weekly limits
- Sodium**  
Gradually phase in one reduction of weekly limit

USDA is an equal opportunity provider, employer, and lender.

**USDA Food and Nutrition Service**  
U.S. DEPARTMENT OF AGRICULTURE

### HOW WE GOT HERE: SCHOOL NUTRITION STANDARDS FINAL RULE

School nutrition professionals continue to make school meals the healthiest meals children eat in a day! To take school meals to the next level, USDA is updating the school nutrition standards after considering recommendations from the most recent Dietary Guidelines for Americans and listening to a diverse range of voices with experience in child nutrition and health.

USDA took a multi-step approach in supporting schools to give kids the best chance at a healthy future.

- TRANSITIONAL STANDARDS RULE**  
February 2022  
Established stronger standards in three key areas—milk, whole grains, and sodium—to support schools in moving forward from pandemic flexibilities.
- LISTENED TO PUBLIC FEEDBACK**
- PROPOSED NUTRITION STANDARDS RULE**  
February 2023  
Proposed long-term school nutrition standards based on the latest Dietary Guidelines for Americans and partner feedback.
- LISTENED TO PUBLIC FEEDBACK**
- FINAL RULE**  
April 2024  
Updated school nutrition standards in a few key areas, while fruits, vegetables, and whole grains are still emphasized.
- IMPLEMENTATION & SUPPORTING SCHOOLS**  
Fall 2025–Fall 2027 & beyond  
Updated standards phased in gradually to give everyone time to adapt. USDA will continue to listen to the voices that helped develop the updated standards to ensure long-term success for everyone.

**PUBLIC FEEDBACK**  
USDA worked hand-in-hand with schools, industry groups, conferences, listening sessions, and more.

USDA is an equal opportunity provider, employer, and lender.



# Nutrition Standards Final Rule



Added Sugars



Milk



Sodium



Whole Grains

Available  
at:



# Added Sugars – School Meal Programs (SBP & NSLP)

## Current standards

- No limits on added sugar in school meals

## July 2025 updated standards

- Product-based limits:
  - Breakfast cereals:  $\leq 6$  g/oz
  - Yogurt:  $\leq 12$  g/6 oz
  - Flavored milk: 10 g/8 oz

## July 2027 updated standards

- Average weekly limits for added sugars in overall meals (<10% of weekly calories)



# Milk

## Current standards

- Allow both flavored and unflavored 1% and fat-free milks in the school meals programs to K-12 students
- Schools continue to offer at least two varieties of milk, and unflavored milk must be offered at each meal service



## Updated standards

- Healthy Eating Research**
- Maintain the current standards

# Whole Grains

## Current standards

- At least 80% of the grains offered weekly must be whole grain-rich
- “Whole grain-rich” is defined by the FNS as products containing 50% to 100% whole grain



## Updated standards

- Maintain the current standards

# Sodium

National School Lunch Program Sodium Limits

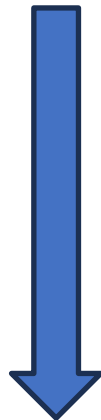
Age/Grade Group	Current Sodium Limit: In place through June 30, 2027	Sodium Limit: Must be implemented by July 1, 2027
Grades K-5	≤ 1,110 mg	≤ 935 mg
Grades 6-8	≤ 1,225 mg	≤ 1,035 mg
Grades 9-12	≤ 1,280 mg	≤ 1,080 mg

School Breakfast Program Sodium Limits

Age/Grade Group	Current Sodium Limit: In place through June 30, 2027	Sodium Limit: Must be implemented by July 1, 2027
Grades K-5	≤ 540 mg	≤ 485 mg
Grades 6-8	≤ 600 mg	≤ 535 mg
Grades 9-12	≤ 640 mg	≤ 570 mg

## Updated standards

- Schools will maintain current sodium limits through SY 2026-2027
- By July 1, 2027, schools must implement a 15% reduction for lunch and a 10% reduction for breakfast from current sodium limits



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# Competitive Foods in Schools



# Overview

- **What are “competitive foods?”**
  - Snacks and beverages that “compete” with school meals
- **Sold in:**
  - School vending machines
  - School stores
  - Snack bars
  - Cafeterias
  - Fundraisers

# Overview of Competitive Foods



# Regulation of Competitive Foods

- **How are competitive foods regulated?**
  - USDA Smart Snack nutritional standards
  - 2010 Healthy, Hunger-Free Kids Act required standards for competitive foods
  - National standards passed in 2014

# Regulation of Competitive Foods

- **Overview of Smart Snack Standards**

# Regulation of Competitive Foods

- **Overview of Smart Snack Standards**
  - Whole grain-rich product (first ingredient is whole grain) **OR**

# Regulation of Competitive Foods

- **Overview of Smart Snack Standards**
  - Whole grain-rich product (first ingredient is whole grain) **OR**
  - First ingredient is a fruit, a vegetable, a dairy food, or a protein food **OR**

# Regulation of Competitive Foods

- **Overview of Smart Snack Standards**
  - Whole grain-rich product (first ingredient is whole grain) **OR**
  - First ingredient is a fruit, a vegetable, a dairy food, or a protein food **OR**
  - Be a combination food that contains at least  $\frac{1}{4}$  cup of fruit and/or vegetable (e.g.,  $\frac{1}{4}$  cup of raisins with enriched pretzels) **AND**

# Regulation of Competitive Foods

- **Overview of Smart Snack Standards**

- Whole grain-rich product (first ingredient is whole grain) **OR**
- First ingredient is a fruit, a vegetable, a dairy food, or a protein food **OR**
- Be a combination food that contains at least  $\frac{1}{4}$  cup of fruit and/or vegetable (e.g.,  $\frac{1}{4}$  cup of raisins with enriched pretzels) **AND**
- Meet the nutrient standards for calories, sodium, fats, and total sugars



# Regulation of Competitive Foods

- **Overview of Smart Snack Standards**

- Exact regulations vary by school type
- USDA Smart Snacks Guide:  
<https://fns-prod.azureedge.us/sites/default/files/resource-files/smartsnacks.pdf>
- Compliance check:  
<https://foodplanner.healthiergeneration.org/calculator/>

# Regulation of Competitive Foods

- **Beverage Smart Snack Standards- Elementary and Middle**

# Regulation of Competitive Foods

- **Beverage Smart Snack Standards- Elementary and Middle**
  - Plain water or plain carbonated water

# Regulation of Competitive Foods

- **Beverage Smart Snack Standards- Elementary and Middle**
  - Plain water or plain carbonated water
  - Plain or flavored low-fat or non-fat milk
    - Elementary: 8 fl oz
    - Middle: 12 fl oz

# Regulation of Competitive Foods

- **Beverage Smart Snack Standards- Elementary and Middle**
  - Plain water or plain carbonated water
  - Plain or flavored low-fat or non-fat milk
    - Elementary: 8 fl oz
    - Middle: 12 fl oz
  - 100% fruit or vegetable juice (regular or diluted with water with no added sweeteners, with or without carbonation- e.g., Izze Sparkling Juice Beverage)
    - Elementary: 8 fl oz
    - Middle: 12 fl oz

# Regulation of Competitive Foods

- **Beverage Smart Snack Standards- High Schools**

# Regulation of Competitive Foods

- **Beverage Smart Snack Standards- High Schools**
  - Same as middle schools, plus:

# Regulation of Competitive Foods

- **Beverage Smart Snack Standards- High Schools**
  - Same as middle schools, plus:
  - Low-calorie beverages with or without caffeine
    - 40 calories/8 fl oz
    - 60 calories/12 fl oz



# Regulation of Competitive Foods

- **Beverage Smart Snack Standards- High Schools**
  - Same as middle schools, plus:
  - Low-calorie beverages with or without caffeine
    - 40 calories/8 fl oz
    - 60 calories/12 fl oz
  - No-calorie beverages with or without caffeine
    - 10 calories/20 fl oz

# “Copycat” Competitive Foods

- **Unintended Consequences of Smart Snack Standards**
  - Product reformulation
  - Doritos □ Reduced-fat whole grain Doritos
  - Reduced their fat and calories
  - First ingredient is “whole corn”

**INGREDIENTS:** WHOLE CORN, CORN, VEGETABLE OIL (CORN, CANOLA, AND/OR SUNFLOWER OIL), CORN BRAN, SALT, CORN STARCH, TOMATO POWDER, LACTOSE, WHEY, SKIM MILK, ONION POWDER, SUGAR, GARLIC POWDER, MONOSODIUM GLUTAMATE, MALTODEXTRIN (MADE FROM CORN), CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), DEXTROSE, MALIC ACID, CORN SYRUP SOLIDS, BUTTERMILK, NATURAL AND ARTIFICIAL FLAVORS, SODIUM ACETATE, ARTIFICIAL COLOR (RED 40, BLUE 1, YELLOW 5), SPICE, CITRIC ACID, DISODIUM INOSINATE, AND DISODIUM GUANYLATE.  
**CONTAINS MILK INGREDIENTS.**



# Regulation of Competitive Foods

- 12 fl oz Pepsi
- Compliant or Not?
- See [pgs. 9-12](#) for help!



# Regulation of Competitive Foods

- **Starburst**
- **Compliant or Not?**
- See [pgs. 9-12](#) for help!



# Regulation of Competitive Foods

- **Whole Grain Goldfish**
- **Compliant or Not?**
- See [pgs. 9-12](#) for help!

**Ingredients:** Whole Wheat Flour, Enriched Wheat Flour (flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Cheddar Cheese ([cultured Milk, Salt, Enzymes], Annatto), Vegetable Oils (canola, Sunflower And/or Soybean), Salt, Contains 2% Or Less Of: Yeast, Autolyzed Yeast Extract, Paprika, Spices, Celery, Baking Soda, Monocalcium Phosphate, Onion Powder. Contains: Wheat, Milk.



# Regulation of Competitive Foods

- 20 fl oz Diet Coke
- Compliant or Not?
- See [pgs. 9-12](#) for help!



# Prevalence of Competitive Foods

- **How many schools sell competitive foods?**

# Prevalence of Competitive Foods

- **How many schools sell competitive foods?**
  - [Cohen et al., 2024](#)
    - National sample of 90 schools
    - 70% of middle schools sold competitive foods
    - 90% of high schools sold competitive foods



# Prevalence of Competitive Foods

- **How many schools sell competitive foods?**
  - [Cohen et al., 2024](#)
    - National sample of 90 schools
    - 70% of middle schools sold competitive foods
    - 90% of high schools sold competitive foods
    - **Most commonly sold competitive foods:**
      - Beverages (47% of all foods documented)
      - Sweet snacks (25%)
      - Salty snacks (18%)
      - Ice cream/frozen treats (12%)

# Compliance with Smart Snack Standards

- **Do schools follow the Smart Snack standards?**

# Compliance with Smart Snack Standards

- **Do schools follow the Smart Snack standards?**
  - [Gorski et al., 2016](#)
    - MA sample of 72 schools
    - Food compliance: 60%
    - Beverage compliance: 79%

# Compliance with Smart Snack Standards

- **Do schools follow the Smart Snack standards?**
  - [Gorski et al., 2016](#)
    - MA sample of 72 schools
    - Food compliance: 60%
    - Beverage compliance: 79%
  - [Cohen et al., 2024](#)
    - National sample of 90 schools
    - Food compliance: 75%
    - Beverage compliance: 80%

# Nutritional Quality of Competitive Foods

- **What is the nutrient profile of competitive foods?**

# Nutritional Quality of Competitive Foods

- **What is the nutrient profile of competitive foods?**
  - [Cohen et al., 2024](#)
    - **Average calories:** 118 kcal
    - **Average total fat:** 3 g
    - **Average saturated fat:** 1 g
    - **Average total sugar:** 13 g
    - **Average added sugar:** 9 g
    - **Average sodium:** 108 mg
    - **Average fiber:** 1 g

# Future Research on Competitive Foods

- AAP:  $\leq 100$  mg/day
- Smart Snacks: No limits on caffeine

What is the prevalence of caffeinated beverages?

How MUCH caffeine do caffeinated beverages sold in schools contain?

# Future Research on Competitive Foods

- AAP:  $\leq 100$  mg/day
- Smart Snacks: No limits on caffeine
- **What is the prevalence of caffeinated beverages?**
- **How MUCH caffeine do caffeinated beverages sold in schools contain?**
  
- **Note: findings are preliminary, please do not share!**



# Future Research on Competitive Foods

- 1,040 beverages documented
- 24% contained caffeine (n=249/1,040)
- Average amount of caffeine: 65 mg

# Future Research on Competitive Foods

- 1,040 beverages documented
- 24% contained caffeine (n=249/1,040)
- Average amount of caffeine: 65 mg
- **The most commonly available caffeinated beverages:**
  - Sodas (n=123/249 [49.4%]; 71 mg)
  - Teas (n=66/249 [26.5%]; 34 mg)
  - Sweetened waters (n=38/249 [15.3%]; 67 mg)
  - Energy drinks (n=13/249 [5.2%]; 95 mg)
  - Coffee drinks (n=7/249 [2.8%]; 103 mg)
  - Milk/milk substitutes (n=1/249 [0.4%]; 1 mg)

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Breakout Rooms

**Please fill out the session evaluation after today's session.**

- You should be directed to fill it out after the call ends OR you may scan the QR code on the right.

**Join us for the next session of the speaker series!**

- Wednesday, June 26 from 4:00 - 5:00 PM ET
- Title: Food is Medicine: What does it mean?  
Where are we going?

