

1 H.759

2 Introduced by Representatives Till of Jericho, Clarkson of Woodstock, Dakin
3 of Chester, Donovan of Burlington, Lenex of Shelburne, Macaig
4 of Williston, Masland of Thetford, McCullough of Williston,
5 Miller of Shaftsbury, Stevens of Waterbury, Townsend of
6 South Burlington, Yantachka of Charlotte, and Zagar of
7 Barnard

8 Referred to Committee on

9 Date:

10 Subject: Health; nutrition; children's meals

11 Statement of purpose of bill as introduced: This bill proposes to require
12 restaurants licensed by the Department of Health to serve only children's meals
13 that meet certain nutritional standards.

14 An act relating to the nutritional requirements for children's meals

15 It is hereby enacted by the General Assembly of the State of Vermont:

16 Sec. 1. FINDINGS

17 The General Assembly finds that:

18 (1) Over the past 30 years, the obesity rate in the United States has more
19 than doubled. According to the Centers for Disease Control and Prevention, in
20 2011, 69 percent of American adults were overweight or obese. In 2014,

1 nearly 25 percent of adult Vermont residents were overweight or obese. With
2 regard to children, approximately one-third were deemed overweight or obese
3 nationwide in 2011, while in Vermont one-fourth of children were overweight
4 or obese. Obese children are at least twice as likely as nonobese children to
5 become obese adults.

6 (2) Obese children and adults are at greater risk for numerous adverse
7 health consequences, including type 2 diabetes, heart disease, stroke, high
8 blood pressure, high cholesterol, certain cancers, asthma, low self-esteem,
9 depression, and other debilitating diseases.

10 (3) Obesity-related health conditions have serious economic costs. The
11 medical burden of obesity in the United States is approximately \$147 billion
12 annually, or almost 10 percent of all medical spending. Roughly one-half of
13 these costs are paid through Medicare and Medicaid, which means that
14 taxpayers are responsible for much of the bill. Medicare and Medicaid
15 spending would be reduced by 8.5 percent and 11.8 percent, respectively, in
16 the absence of obesity-related spending. Obesity-related annual medical
17 expenditures in Vermont are estimated at \$291 million.

18 (4) Families in Vermont have limited time to obtain and prepare healthy
19 food, making dining out an appealing and often necessary option. Nationwide,
20 American children eat 19 percent of their calories at fast food and other
21 restaurants. Children eat almost twice as many calories when they eat a meal

1 at a restaurant as they do when they eat at home. A 2013 study that examined
2 the nutritional quality of kids' meals sold at 18 of the most profitable fast food
3 restaurant chains in the United States found that only three percent of the 3,494
4 meal combinations assessed met the expert nutrition standards for children's
5 meals.

6 (5) The General Assembly supports parents' efforts to feed their
7 children healthfully by ensuring healthy meals are readily available to children
8 in restaurants.

9 Sec. 2. 18 V.S.A. § 4359 is added to read:

10 § 4359. NUTRITION REQUIRMENTS FOR CHILDREN'S MEALS

11 (a) A licensed restaurant shall only sell a children's meal that meets the
12 following nutritional requirements:

13 (1) It contains no more than:

14 (A) 600 calories;

15 (B) 770 milligrams of sodium;

16 (C) 35 percent of calories from total sugars;

17 (D) 35 percent of calories from fat;

18 (E) 10 percent of calories from saturated fat; and

19 (F) 0.5 grams of trans fat.

20 (2) It includes at least 0.5 cups of unfried fruit or unfried vegetables,
21 excluding white potatoes, and at least one of the following:

1 (A) a whole grain product that contains no less than 51 percent by
2 weight whole grain ingredients or lists whole grains as the first ingredient;

3 (B) a lean protein, consisting of at least two ounces of meat; one
4 ounce of nuts, seeds, dry beans, or peas; or one egg; or

5 (3) at least 0.5 cups of nonfat or one percent milk or low-fat yogurt, or
6 one ounce of reduced fat cheese.

7 (b) For the purposes of this section, juices, condiments, and spreads shall
8 not be considered fruits or vegetables.

9 (c) If a children's meal includes a beverage, that beverage shall be:

10 (1) water, sparkling water, or flavored water with no added natural or
11 artificial sweeteners;

12 (2) nonfat or one percent milk or a non-dairy milk alternative containing
13 no more than 130 calories per container or serving as offered for sale; or

14 (3) 100 percent juice with no added sweeteners in a serving size of no
15 more than eight ounces.

16 (d) As used in this section:

17 (1) "Children's meal" means a combination of food items or food and
18 beverage items that are sold together at a single price and primarily intended
19 for consumption by children.

1 (2) “Lean protein” means a food containing less than 10 grams of fat,
2 4.5 grams or less of saturated fat, and less than 95 milligrams of cholesterol per
3 100 grams and per labeled serving.

4 Sec. 3. EFFECTIVE DATE

5 This act shall take effect on July 1, 2016.