

Healthy Restaurant Kids’ Meals Policies: Progress to Date

Some children as young as eight have detectable early warning signs of heart disease,ⁱ and the prevalence of type 2 diabetes in children and youth is increasing and disproportionately affects children of color.ⁱⁱ While parents are primarily responsible for feeding their children healthfully, they cannot always prepare meals at home. Restaurants and communities should support parents’ efforts to feed their children well.

Improving the nutritional quality of restaurant children’s meals can help improve diet quality and cultivate lifelong healthy eating behaviors, which can help children grow up at a healthy weight.

The following communities have passed ordinance to make the beverage automatically served with a restaurant kids’ meal a healthier option.

Locality	Date of Passage	Default Beverages
Davis, CA	June 2, 2015	Milk, Milk Alternatives, and Water
Stockton, CA	June 7, 2016	Milk, Milk Alternatives, and Water
Perris, CA	March 14, 2017	Milk, Milk Alternatives, Water, and 100% Juice (no larger than 8 oz.)
Santa Clara County, CA	May 9, 2017	Milk and Water
Berkeley, CA	June 27, 2017	Milk, Milk Alternatives, and Water
Lafayette, CO	October 17, 2017	Milk, Milk Alternatives, and Water
Cathedral City, CA	November 8, 2017	Milk, Milk Alternatives, and Water
Long Beach, CA	November 14, 2017	Milk, Milk Alternatives, Water, and 100% Juice (no more than 40 calories)
Daly City, CA	January 8, 2018	Milk, Milk Alternatives, and Water

In addition to the policies above, San Francisco and Santa Clara County, CA have passed policies to set nutrition standards for the distribution of toys with restaurant children’s meals in 2010.

ⁱ Jing L, Binkley CM, Suever JD, Umasankar N, Haggerty CM, Rich J, Wehner GJ, Hamlet SM, Powell DK, Radulescu A, Kirchner HL, Epstein FH, Formwalt BK. “Cardiac Remodeling and Dysfunction in Childhood Obesity: A Cardiovascular Magnetic Resonance Study.” *Journal of Cardiovascular Magnetic Resonance* 2016, vol. 18, pp. 1-12.

ⁱⁱ Benjamin EJ, *et al.* “Heart Disease and Stroke Statistics—2017 Update A Report From the American Heart Association.” *Circulation* 2017, vol. 135, pp. e1-e458. Available at <http://circ.ahajournals.org/content/circulationaha/early/2017/01/25/CIR.0000000000000485.full.pdf>.