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## Supporting Healthy, Well-Nourished Students

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Balanced nutrition throughout the day contributes to student success in and out of the classroom. The National School Lunch Program (NSLP) offers students fruits, vegetables, whole grains, lean protein and fat free or low fat milk with every school lunch. Updated federal nutrition standards also ensure these meals are within age-appropriate calorie levels and limit both unhealthy fats and sodium.

**Multiple studies show that NSLP plays an important role in supporting obesity prevention and overall student health by improving children's diets and combatting food insecurity.**

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- they are also more likely to have appropriate intakes of calcium, vitamin A and zinc.

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- school lunches contained fewer calories, fat, saturated fat and sugar than lunches brought from home.

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"U@- school and child care meals help children maintain a healthy weight.

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