



Health Smart

**Healthy Food Choices Offered in
Gwinnett County Public Schools
(Nutrient Analysis is completed weekly)**

- **Only low fat cooking methods are used, such as baking and steaming**
- **There are NO deep fat fryers in the school's kitchens**
- **All six milk choices offered are low-fat**
- **A minimum of five choices of fresh, frozen, or canned fruits and/or vegetables are offered daily**
- **Yogurt is reduced-fat**
- **Sour cream and cream cheese are reduced-fat**
- **Individually packaged salad dressings are offered in either light or low-fat**
- **Mayonnaise is reduced-fat**



- **All school baked cookies are reduced-fat**
- **All oven "fried" potato products contain zero trans fat**
- **Pepperoni and breakfast sausage are reduced-fat**
- **Potato chips are baked**
- **Beef entrees are reduced-fat and reduced-sodium**
- **Cheese sauce is reduced-fat**
- **A wide variety of whole grain bread products are available**
- **Pizza products have increased fiber content and are reduced-fat and reduced-sodium**

Gwinnett County Public Schools
School Nutrition Program
437 Old Peachtree Rd, NW
Suwanee, GA 30024-2978
Phone: 678-301-6246

For more nutritional information,
visit us on our website at:
www.gcsnp.org