

# The Logic Behind Food Service Guidelines

On the one hand, states and localities fund obesity and chronic disease prevention. On the other, they serve and sell soda, chips, candy, and other foods that promote obesity and disease. Food service guidelines help to address this contradiction.

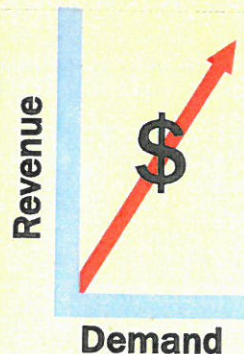


**\$190  
BILLION**

Obesity-related diseases cost \$190 billion annually

**\$4.3  
BILLION**

Obesity-related absenteeism costs \$4.3 billion annually



Fortunately, selling healthy food is good for business. The national vending machine operator association (NAMA):

"Vendors reported that healthy food attributed as much as a 25% upswing in sales."

States and localities across the country are realizing that serving and selling unhealthy food contradicts their obesity and chronic disease prevention efforts. States and localities can walk-the-walk by ensuring healthier options are available to visitors, participants, and the 19 million Americans who work for states and localities.

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