



AdvertisingAge

Kids' Meals Flunk Nutrition Test, Says Consumer Group

The Only Chain to Pass Group's Nutrition Test? Subway

By: Maureen Morrison Published: March 28, 2013

Nearly every kids meal offered by top restaurant chains just got an F in nutrition.



Subway kids' meal

That's according to the Center for Science in the Public Interest, an consumer advocacy group that said that 97% of kids meals at top U.S. restaurant chains do not meet its nutritional criteria. The only chain that passes? Subway, for its Fresh Fit for Kids meal combos, all of which met CSPI's criteria.

"These chains are stuck in a time warp from a time when eating out was a rare occasion," said Margo Wootan, nutrition policy director at CSPI. Kids meals, she said, have become a bigger problem because "now families rely on restaurants to feed themselves and kids more" than they did before.

"Our goal has always been to provide the most nutritious, balanced kids meals in the industry," said Lanette Kovachi, corporate dietician for Subway in a statement. "As a mom and a dietician I know that it's not easy to get kids to eat things that taste great and include essential nutrients. Our menu can make both parent and child happy."

To read the full article, [Click Here](#)