# STATE OF NEW YORK

11087

# IN ASSEMBLY

April 24, 2026

Introduced by M. of A. JACKSON -- read once and referred to the Committee on Education

AN ACT to amend the education law, in relation to requiring instruction on nutrition in schools

**The People of the State of New York, represented in Senate and Assembly, do enact as follows:**

Section 1. This act shall be known and may be cited as the "nutrition education act".

§ 2. Legislative purposes and findings. The purpose of this Act is to ensure K-12 students receive science-based education on nutrition, physical activity, and preventive health in the classroom. This will provide students with the knowledge to make informed choices about diet and exercise, understand the long-term effects of poor nutrition and inactivity, and develop lifelong habits that promote personal and public wellness.

The Legislature hereby finds as follows:

a. One in three American children are overweight or obese, leading to an increased risk of chronic illness before adulthood.

b. Chronic diseases consume a dominant share of United States health spending. According to the U.S. Center for Disease Control and Prevention (CDC), 90% of the $4.9 trillion annual health expenditure is for people with chronic and mental health conditions.

c. Research links ultra processed foods to higher risks of obesity, cancer, and depression. 70% of the average U.S. school lunch is ultra processed.

§ 3. The education law is amended by adding a new section 804-e to read as follows:

**§ 804-e. Nutrition education. 1. As used in this section, the following terms shall have the following meanings:**

**(a) "Nutrition-related chronic diseases" means diseases that are long-term health conditions resulting from poor diet and an absence of regular physical exercise.**

**(b) "Ultraprocessed foods of concern" means any food or beverage that contains high amounts of saturated fat, sodium, added sugar, preserva-**

EXPLANATION--Matter in *italics* (underscored) is new; matter in brackets [-] is old law to be omitted.

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tives, or artificial ingredients, subject to further definition as enacted by the department of health by its rulemaking authority herein authorized.

(c) "Science based" means based on credible, systematic evidence resulting from research, testing, and data drawn from peer-reviewed studies, expert consensus, and measurable outcomes.

(d) "Nutrition education" means courses that educate students with scientific knowledge about diet, exercise, and nutrition while developing proficiency in meal planning, label reading, and the importance of nutrient dense foods in their diet.

(e) "Nutrient dense food" means foods that are high in vitamins, minerals, fiber, and protein with no added sugars or saturated fats.

2. All schools shall include instruction on nutrition in all grades. Such instruction shall include, but not be limited to:

(a) The role of nutrition in metabolism and cellular function.

(b) The role of nutrition and exercise in preventing chronic diseases, including cardiovascular disease, diabetes, obesity, and certain cancers.

(c) The biological mechanisms and impacts of ultraprocessed food of concern related to diet.

(d) The role of nutrition and exercise in disease prevention, management, and recovery.

§ 4. This act shall take effect on the first of July next succeeding the date on which it shall have become a law. Effective immediately, the addition, amendment and/or repeal of any rule or regulation necessary for the implementation of this act on its effective date are authorized to be made and completed on or before such effective date.