

Healthy Beverages Standards for Schools

The healthy beverages standards for schools adopted by the State Board of Education are as follows:

- a. Plain, water or plain carbonated water;
 - b. Milk, as that term is defined in C.R.S. 25-5.5-101 and shall include but not necessarily be limited to chocolate milk, soy beverage, rice beverage and other similar dairy or nondairy beverage;
1. One hundred percent fruit juices or fruit-based drinks composed of no less than fifty percent juice, without additional sweeteners;
 2. An electrolyte replacement beverage that contains forty-two grams or fewer of additional sweetener per twenty-ounce serving;
 3. Nuts, seeds, dairy products, fresh fruits or vegetables, dried fruits or vegetables, and packaged fruits in their own juice; and
 4. Any other food item containing:
 - not more than thirty-five percent of total calories from fat and not more than ten percent of those calories from saturated fat; and
 - not more than thirty-five percent of its total weight in sugar.

NOTE: For purposes of this exhibit, "additional sweetener" means an additive that enhances the sweetness of a food or beverage, including but not limited to sugar. "Additional sweetener" does not include the natural sugar or sugars that are contained in any fruit juice that is a component of the food or beverage.

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Garfield School District No. Re-2, Rifle, Colorado