

# USDA's Smart Snacks in Schools - Nutrition Standards for Foods Draft Lake Stevens SD Last updated by mlangum 6/4/14

**Competitive Foods** -- all foods and beverages sold in school cafeterias as à la carte, in school stores, snack bars, and vending machines. Food and beverages not sold, but given away on campus are not affected by the competitive foods rule.

Beverage Standards:						
	Water	Milk	Juice	No Calorie	Lower Calorie	
Portion	<b>Elementary:</b> no size limit <b>Middle:</b> no size limit <b>High:</b> no size limit	<b>Elementary:</b> 8 oz or less <b>Middle:</b> 12 oz or less <b>High:</b> 12 oz or less	<b>Elementary:</b> 8 oz or less <b>Middle:</b> 12 oz or less <b>High:</b> 12 oz or less	<b>Elementary:</b> ☹ Not Allowed <b>Middle:</b> ☹ Not Allowed <b>High:</b> 20 oz or less	<b>Elementary:</b> ☹ Not Allowed <b>Middle:</b> ☹ Not Allowed <b>High:</b> 12 oz or less	
Standards:	<b>Must meet <u>one</u> of the following:</b> ✓ Plain water ✓ Plain water with carbonation	<b>Must meet <u>one</u> of the following:</b> ✓ Plain low fat milk ✓ Plain or flavored fat free milk ✓ Plain or flavored fat free milk alternatives permitted by School Food Services (i.e. Soy Milk)	<b>Must meet <u>one</u> of the following:</b> ✓ 100% Fruit Juice ✓ 100% Vegetable Juice ✓ 100% Fruit or Vegetable Juice diluted with water (with or without carbonation), and no added sweeteners.	<b>Must meet <u>one</u> of the following:</b> ✓ Calorie Free, Flavored (with or without carbonation) Water <b>AND...</b> ✓ Other flavored and/or carbonated beverages that are labeled to contain - 5 calories or less per 8 fluid oz OR - 10 calories or less per 20 fluid oz	<b>Must meet <u>one</u> of the following:</b> ✓ 8 oz: 40 calories or less ✓ 12 oz: 60 calories or less	<div style="border: 1px dashed black; padding: 5px;"> <b>Caffienated Beverages:</b>                      *Trace amounts naturally occurring in are allowed.   <b>Elementary:</b> ☹ Caffienated Beverages not Allowed   <b>Middle:</b> ☹ Caffienated Beverages not Allowed   <b>High:</b> Beverages may contain caffiene.                 </div>

Food Standards:							
	1st Ingredient	Calories	Sodium	Total Fat	Saturated Fat	Trans Fat	Sugar
Standards:	<b>Must meet <u>one</u> of the following:</b> ✓ <b>Whole grain rich</b> ; first ingredient ✓ <b>Fruit, Vegetable, Dairy</b> product or <b>Protein</b> food; first ingredient ✓ <b>Combination Food</b> with at least 1/4 cup fruit or vegetable	<b>Ala Carte:</b> 200 calories or less <b>Entrée:</b> 350 calories or less	<b>Ala Carte:</b> 230 mg or less ➔ 200 mg or less (July 2016) <b>Entree:</b> 480 mg or less	<b>Ala Carte:</b> 35% of calories or less <b>Entree:</b> 35% of calories or less	<b>Ala Carte:</b> Less than 10% of calories <b>Entree:</b> Less than 10% of calories	<b>Ala Carte:</b> 0 gram <b>Entrée:</b> 0 gram	<b>Ala Carte:</b> ≤ 35 % calories <u>or</u> ≤ 35 % calories by weight <b>Entrée:</b> ≤ 35 % calories <u>or</u> ≤ 35 % calories by weight
Exemptions:	🍌 <b>Exempt from Standards:</b> ● Fresh Fruits and Vegetables with no added ingredients, except water ● Canned or frozen fruits packed with water, 100% juice, extra light syrup or light syrup ● Canned vegetables with no added ingredients except water or that contain a small amount of sugar for processing purposes to maintain the quality and structure of the vegetable			🍌 <b>Exempt from Standards:</b> ● Nuts, Seeds, ● Nut/SeedButters ● Reduced Fat Cheese and Part-Skim Mozzarella  <div style="border: 1px solid black; background-color: #e0f0ff; padding: 2px; display: inline-block;">                         Tip:  <b>Calculating % Calories from Fat</b> </div>	🍌 <b>Exempt from Standards:</b> ● Nuts, Seeds ● Nut/Seed Butters ● Reduced Fat Cheese and Part-Skim Mozzarella  <div style="border: 1px solid black; background-color: #e0f0ff; padding: 2px; display: inline-block;">                         Tip:  <b>Calculating % Calories from Saturated Fat</b> </div>		🍌 <b>Exempt from Standards:</b> ● Dried whole fruits or vegetables; and dehydrated fruits or vegetables with no added nutritive sweeteners. ● May be required for processing and/or palatability purposes (i.e. dried cranberries, blueberries, etc)  <div style="border: 1px solid black; background-color: #e0f0ff; padding: 2px; display: inline-block;">                         Tip:  <b>Calculating % Sugar by Weight</b> </div>

Tip:  
**Calculating % Calories from Fat**  
*Note: There are 9 calories in 1 gram of Fat*  
 1. Take number of fat grams in product and multiply x 9 calories = Total Calories from Fat  
 2. Take total Calories from Fat and / Divide by Total Calories in Product  
 3. Multiple this # by 100 = percentage of Calories from Fat  
  
*Example:*  
 5 grams saturated fat x 9 calories = 45calories / 220 total calories = 0.20 x 100 = 20.45%

Tip:  
**Calculating % Sugar by Weight**  
**Check the item label for total grams. If it is in ounces, you will need to convert to grams.**  
**1 oz = 28.34 grams**  
 1. Divide the total number of grams of carbohydrate by the total weight (grams) of the item  
 2. Multiply by 100  
  
*Example:*  
 13.1 grams of sugar /45 grams = .2911 x 100 = 29.1% Sugar by Weight

## DEFINITIONS:

<b>Entrée:</b>	<i>An Entree must contain Meat/Meat alternate. (I.e. Pizza = Whole Grain Crust and Cheese)</i> A combination food of meat/meat alternate and whole grain rich food; or a combination food of vegetable or fruit and meat/meat alternate; or a meat/meat alternate alone (with exception of yogurt, lowfat or reduced fat cheese, nuts, seeds and nut or seed butters and meat snacks).
<b>Combination Food:</b>	Products containing 2 or more components representing two or more of the recommended food groups: fruit, vegetable, dairy, protein or grains.
<b>Accompaniments/Condiments:</b>	The condiments offered with the entrée must contribute to food item calories, sodium, total fat, saturated fat, transfat and sugar standards.
<b>Whole Grain Rich:</b>	Foods that contain 100% whole grain or contain a blend of whole grain meal and/or flour and enriched meal and/or flour of which at least 50% is whole grain. Whole grain rich products must contain at least 50% whole grains and the remaining grain, if any must be whole grain enriched.
<b>School Day:</b>	School day is defined as the period from the midnight before, to 30 minutes after the end of official school day.
<b>Non School Hours:</b>	Weekends, off campus events
<b>School Campus:</b>	School campus is defined as all areas of property under the jurisdiction of the school that are accessible to students during the day. It includes school stores, snack bars, vending machines and a la carte sold in the cafeteria. It does not include areas exclusively used by faculty and staff, such as the teacher's lounge.
<b>Fundraisers:</b>	Must meet the nutrition standards. Off campus fundraising events are exempt.
<b>Sugar Free Gum:</b>	Sugar free gum is exempt from all competitive food standards.

## References:

<b>USDA:</b>	Federal Regulation USDA Interim Final Rule 7CFR Parts 210 and 220.
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