

# What are the Smart Snacks Standards for foods?

To qualify as a Smart Snack, a snack or entrée must first meet the general nutrition standards:

- Be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient); or
- Have as the first ingredient a fruit, a vegetable, a dairy food, or a protein food; or
- Be a combination food that contains at least  $\frac{1}{4}$  cup of fruit and/or vegetable (for example,  $\frac{1}{4}$  cup of raisins with enriched pretzels); and
- The food must meet the nutrient standards for calories, sodium, fats, and total sugars.

Nutrient	Snack	Entrée
<b>Calories</b>	200 calories or less	350 calories or less
<b>Sodium</b>	200 mg or less	480 mg or less
<b>Total Fat</b>	35% of calories or less	35% of calories or less
<b>Saturated Fat</b>	Less than 10% of calories	Less than 10% of calories
<b>Trans Fat</b>	0 g	0 g
<b>Total Sugars</b>	35% by weight or less	35% by weight or less

# Are there healthy exemptions to certain nutrient requirements?

The Smart Snacks Standards reflect practical and flexible solutions for healthy eating. A few foods or combinations of foods are exempt from certain nutrient standards. Refer to the table below for examples of these exemptions.

Food	Smart Snacks Standards Exemptions
<p>Fresh and frozen fruits and vegetables, with no added ingredients except water</p> <p>Canned fruits packed in 100% juice or light syrup, with no added ingredients except water</p> <p>Canned vegetables (no salt added/low sodium), with no added fats</p>	<p>Exempt from all nutrient standards</p>
<p>Reduced-fat cheese (including part-skim mozzarella)</p> <p>Nuts, seeds, or nut/seed butters</p> <p>Apples with reduced-fat cheese*</p> <p>Celery with peanut butter (and unsweetened raisins)*</p> <p>Whole eggs with no added fat</p>	<p>Exempt from the total fat and saturated fat standards, but must meet all other nutrient standards</p>
<p>Seafood with no added fat (e.g., canned tuna packed in water)</p>	<p>Exempt from the total fat standard, but must meet all other nutrient standards</p>
<p>Dried fruits with no added sugars</p> <p>Dried cranberries, tart cherries, or blueberries, sweetened only for processing and/or palatability, with no added fats</p>	<p>Exempt from the sugar standards, but must meet all other nutrient standards</p>
<p>Trail mix of only dried fruits and nuts and/or seeds, with no added sugars or fats</p>	<p>Exempt from the total fat, saturated fat, and sugar standards, but must meet all other nutrient standards</p>

\*Paired exemptions are always required to meet the calorie and sodium limits for Smart Snacks.

# What are the Smart Snacks Standards for beverages?

## Water



Plain water, with or without carbonation.

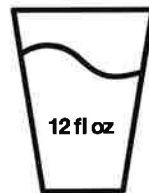
All Grades

## Milk

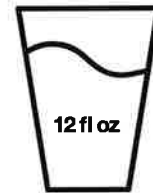
Unflavored or flavored fat-free milk, unflavored low-fat milk, and milk alternatives as permitted by the National School Lunch Program/School Breakfast Program. Starting on July 1, 2022 for school years 2022-2023 and 2023-2024, schools may also sell flavored low-fat milk as a Smart Snack.\*



Elementary School



Middle School



High School

## Juice

100% fruit or vegetable juice, with or without carbonation.



Elementary School



Middle School



High School

\* In accordance with the Transitional Standards for Milk, Whole Grains, and Sodium Final Rule: <https://www.fns.usda.gov/cn/fr-020722>

# What are the Smart Snacks Standards for beverages? (continued)

## Diluted Juice

100% fruit or vegetable juice diluted with water, with or without carbonation, and with no added sweeteners.



Elementary School



Middle School



High School

## Low- and No-Calorie Beverages (High School Only)

Low- and no-calorie beverages, with or without caffeine and/or carbonation; calorie-free, flavored water.



Low Calorie Maximums:\*  
40 calories/8 fl oz  
60 calories/12 fl oz

\*Equivalent to 5 calories per fluid ounce.



No Calorie Maximum:\*  
10 calories/20 fl oz

\*Less than 5 calories per 8 fluid ounces.



**Do you have questions about Smart Snacks Standards?**  
Contact your State agency that administers the National School Lunch Program (<https://www.fns.usda.gov/contacts>).