

What is a "Smart Snack"?

The USDA has made new rules around what food can be brought into school. To help kids be healthier, the food allowed in school has new restrictions. This is to help with problems like:

- Childhood obesity
- Mental health
- Childhood nutrition
- Food allergies
- Attention and focus in school

What does a Smart Snack have to be?

- The 1st ingredient has to be a fruit, vegetable, dairy product, or a protein food
OR
- A combination food that has at least 1/4 cup of fruits or vegetables
OR
- Have 10% of the Daily Value for Calcium, Potassium, Vitamin D, or Dietary Fiber



USDA Smart Snacks

Smart Snack Guidelines:

- Snack items must be:
 - less or equal to 200 calories
 - less than or equal to 230 mg of sodium
- Meal items must be:
 - less than or equal to 350 calories
 - less than or equal to 480 mg of sodium



Smart Snack Guidelines:

- Total fat has to make up 35% of calories or less
- Saturated fat has to make up 10% of calories or less
- 0 grams of trans fat
- 35% or less of weight from total sugar in foods

