Appendix A
Competitive Food Regulations Summary
Elementary Schools

Must be one of the following:


Fruit


Vegetable


Dairy

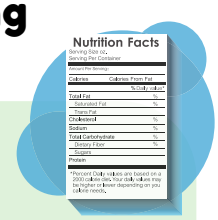

Combination food containing at least 1/4 cup of fruit or vegetable


Protein


Whole Grain*

If exempt food(s) are combined with nonexempt food(s) or added fat/sugar they must meet ALL nutrition standards below.

Must meet the following nutrition standards:



- ≤ 200 calories per item
- < 35% of calories from fat**
- < 10% of calories from saturated fat**
- ≤ 35% sugar by weight***
- ≤ 200mg of sodium per item
- < 0.5 grams trans fat

**Except nuts, seeds, reduced-fat cheese or part skim mozzarella, eggs, dried fruit and nut/seed combo
***Except fruit, non-fried vegetables, dried fruit and nut/seed combo

*A whole grain item contains <u>at least one</u> of the following:

- A whole grain as the first ingredient
- At least 51 percent whole grain by weight
- A combination of whole grain ingredients comprising at least 51% of the total grain weight (manufacturer must verify)
- The statement: "Diets rich in whole grain foods... and low in total fat... may help reduce the risk of heart disease..."

Beverages

A compliant beverage must be marketed or labeled as a fruit and/or vegetable juice, milk, non-dairy milk, water, electrolyte replacement beverage/sports drink, or flavored water and meet all criteria under that specific category.

<u>Fruit or Vegetable Juice:</u>
- At least 50 percent juice, and
- No added sweeteners, and
- Less than or equal to 8 fluid oz serving size

<u>Milk:</u>
- Cow's or goat's milk, and
- 1 percent (unflavored), nonfat (flavored, unflavored), and
- Contains Vitamins A and D, and
- At least 25 percent of the calcium Daily Value per 8 fluid ounces, and
- Less than or equal to 28 grams of total sugar per 8 fluid ounces, and
- Less than or equal to 8 fluid ounce serving size

<u>Non-Dairy Milk:</u>
- Nutritionally equivalent to milk (see 7 CFR 210.10(d)(3), 220.8(i)(3)), and
- Less than or equal to 28 grams of total sugar per 8 fluid ounces, and
- Less than or equal to 5 grams fat per 8 fluid ounces, and
- Less than or equal to 8 fluid ounce serving size

<u>Water:</u>
- No added sweeteners
- No serving size limit

***All Beverages Must be Caffeine-Free (Trace amounts are allowable)**
****Flavored Water or Electrolyte Replacement Beverages are not allowed for Elementary schools**

Appendix A
Competitive Food Regulations Summary
Middle and High Schools

"Snacks" must be one of the following:

Fruit | Vegetable | Whole Grain* | Dairy | Combination food containing at least 1/4 cup of fruit or vegetable | Protein

If exempt food(s) are combined with nonexempt food(s) or added fat/sugar they must meet ALL nutrition standards below.

"Snacks" must meet the following nutrition standards:

- ≤ 200 calories per item
- ≤ 35% of calories from fat**
- < 10% of calories from saturated fat**
- ≤ 35% sugar by weight***
- ≤ 200mg of sodium per item
- < 0.5 grams trans fat

**Except nuts, seeds, reduced-fat cheese or part skim mozzarella, eggs, dried fruit and nut/seed combo
***Except fruit, non-fried vegetables, dried fruit and nut/seed combo

*A whole grain item contains at least one of the following:

- A whole grain as the first ingredient
- At least 51 percent whole grain by weight
- A combination of whole grain ingredients comprising at least 51% of the total grain weight (manufacturer must verify)
- The statement: "Diets rich in whole grain foods... and low in total fat... may help reduce the risk of heart disease..."

"Entree" foods must be intended as the main dish and must be one of the following:

- Protein + Whole Grain*
- Protein + Fruit OR Non-fried Vegetable
- Protein Alone (cannot be yogurt, cheese, nuts, seeds, or meat snacks = these are considered a "snack" food)

If exempt food(s) are combined with nonexempt food(s) or added fat/sugar they must meet ALL nutrition standards below.

"Entrees" must meet the following nutrition standards:

- ≤ 400 calories per item
- ≤ 35% of calories from fat**
- < 10% of calories from saturated fat**
- ≤ 35% sugar by weight***
- ≤ 480mg of sodium per item
- < 0.5 grams trans fat

**Except nuts, seeds, reduced-fat cheese or part skim mozzarella, eggs, dried fruit and nut/seed combo
***Except fruit, non-fried vegetables, dried fruit and nut/seed combo

Beverages

A compliant beverage must be marketed or labeled as a fruit and/or vegetable juice, milk, non-dairy milk, water, electrolyte replacement beverage/sports drink, or flavored water and meet all criteria under that specific category.

Fruit or Vegetable Juice:
- At least 50 percent juice, and
- No added sweeteners, and
- Less than or equal to 12 fluid oz serving size

Milk:
- Cow's or goat's milk, and
- 1 percent (unflavored), nonfat (flavored, unflavored), and
- Contains Vitamins A and D, and
- At least 25 percent of the calcium Daily Value per 8 fluid ounces, and
- Less than or equal to 28 grams of total sugar per 8 fluid ounces, and
- Less than or equal to 12 fluid ounce serving size

Non-Dairy Milk:
- Nutritionally equivalent to milk (see 7 CFR 210.10(d)(3), 220.8(i)(3)), and
- Less than or equal to 28 grams of total sugar per 8 fluid ounces, and
- Less than or equal to 5 grams fat per 8 fluid ounces, and
- Less than or equal to 12 fluid ounce serving size

Water:
- No added sweeteners
- No serving size limit

Electrolyte Replacement Beverages (High Schools Only)
- Must be either less than or equal to 5 calories per 8 fluid ounces (no calorie)
- OR less than or equal to 40 calories per 8 fluid ounces (low calorie), and
- Water as the first ingredient, and
- Less than or equal to 16.8 grams added sweetener per 8 fluid ounces, and
- 10-150 milligrams sodium per 8 fluid ounces, and
- 10-90 milligrams potassium per 8 fluid ounces, and
- No added caffeine, and
- Less than or equal to 20 fluid ounce serving size (no calorie)
- OR less than or equal to 12 fluid ounces per serving size (low calorie)

Flavored Water (High Schools Only)
- Must be either less than or equal to 5 calories per 8 fluid ounces (no calorie)
- OR less than or equal to 40 calories per 8 fluid ounces (low calorie), and
- No added sweetener, and
- No added caffeine, and
- Less than or equal to 20 fluid ounce serving size (no calorie)
- OR less than or equal to 12 fluid ounce serving size (low calorie)

****All Beverages Must be Caffeine-Free****
(Trace amounts are allowable)