Carbondale Community High School District 165

Local Wellness Policy 2026-2027

If you would like to participate in the development, review, updated and implementation of the CCHS District 165 Local Wellness Policy please contact CCHS Wellness Coordinators:

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Preface

In accordance with 7 CFR 210.31(c), a Local Education Agency that participates in the National School Lunch Program (NSLP) and/or School Breakfast Program (SBP) must establish a Local School Wellness Policy for all schools under its jurisdiction. As of June 30, 2017, Local Wellness Policies must meet the minimum requirements outlined in the Final Rule: Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010.

Local Wellness Policies are a valuable tool in the promotion of student health and wellness through the NSLP and SBP. Schools play an essential role in preparing students for successful futures, and proper nutrition and physical activity are key to creating constructive learning environments. Local Wellness Policies provide guidance to further support schools' efforts to provide students with a successful and healthy future.

Mission Statement

The Carbondale Community High School Wellness Committee recognizes the positive relationships between good nutrition and physical activity on our students' abilities to reach their maximum potential in learning and life. Through the implementation of a coordinated approach to school health, we believe that we can promote lifelong wellness to our students through education about healthy choices and behaviors in all school venues. These venues include the classroom, extracurricular activities, family events, the lunch room, and the school environment as a whole. Decisions made regarding school programming at this building will reflect and encourage a message of wellness.

Wellness Policy Committee

Wellness Policy Leadership #1

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Wellness Policy Committee Responsibilities

Public Involvement

Carbondale Community High School permits and encourages public involvement in Local Wellness Policy development, implementation, updates, and reviews. Therefore, the LEA shall invite a variety of stakeholders within the general public to participate in Local Wellness Policy processes. The following methods of communication will be utilized to notify the general public of the opportunity to participate in these processes:

- The School Website
- CCHS Open House
- The CCHS wellness committee meets the 1st Tuesday of every month from 7:30am to 8:00 am via Zoom and is open to parents, faculty, and community members working in public health.

Assessments

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. Carbondale Community High School shall conduct assessments of the Local Wellness Policy every year beginning in the fall of 2015 and occurring every year thereafter. These assessments will:

- Ensure the wellness policy complies with USDA, State, and Local rules and regulations
- Compare the LEA's wellness policy to model wellness policies
- Measure the progress made in achieving the goals as outlined in the LEA's wellness policy

Measuring Implementation

- The district shall assemble and maintain a wellness team/council that includes parents, students, and representatives of the school food authority, school board, school administration, teachers, health professionals, and the public to oversee development, implementation, and evaluation of the Local Wellness Policy.
- Representatives of the wellness team/council shall evaluate policy implementation and identify areas for improvement. The evaluation team will report their findings to the school administration and develop an action plan for improvement as needed.
- Representatives of the wellness team/council shall report to the school administration annually on the progress of the wellness team/council and the status of compliance with the Local Wellness Policy.
- The Partners in Health collaborative group will participate on the wellness team/council, provide material resources where applicable, assist in training and professional development for teachers, and help in the planning and implementation of coordinated school health efforts in our district.

Updates

The Wellness Policy Committee must update the Local Wellness Policy as appropriate to fit the needs and goals of the Local Education Agency. The LEA shall make the following available to the public:

- The Local Wellness Policy, including any updates to the policy, every year.
- The triennial assessment, including progress toward meeting the goals outlined in the wellness policy

Through the following channels:

- The most recent version of the District's Wellness Policy will be posted on the District website
- The Most recent annual review of the District's Wellness Policy including information regarding the Triennial assessment will be posted on the District website.

Records

The Local Education Agency shall maintain record of the Local Wellness Policy. This includes keeping a copy of the current wellness policy on file and maintaining documentation of the following actions:

- The most recent assessment of the policy.
- Availability of the wellness policy and assessments to the public.
- Reviews and revisions of the policy, including the individuals involved and the efforts made to notify stakeholders of their ability to participate in the process

Nutrition

The Local Education Agency recognizes the important role nutrition plays in academic performance as well as overall quality of life. The National Education Association references numerous articles supporting the effects of nutrition on the classroom, for example, hunger often has a negative impact on students' success, attendance, and behavior.

According to the Centers for Disease Control and Prevention, approximately 18.5 percent of the nation's youth was considered obese in 2015-16. This percentage increased 1.3 percent when compared to the previous year. Conversely, 15.7 percent of American families experienced food hardship in 2017. Through participation in the U.S. Department of Agriculture's School Nutrition Programs, the LEA commits to serving nutritious meals to students in order to prevent both overconsumption of nutrient-poor foods and food insecurity to give students the best chance to succeed inside and outside the classroom.

Nutrition Standards

Guidelines for School Meals

All reimbursable meals served for the purposes of the National School Lunch Program (NSLP) and School Breakfast Program (SBP) must meet or exceed USDA nutrition standards and regulations. This includes meeting standards for each of the meal pattern components (i.e. Grains, Meat/Meat Alternatives, Fruits, Vegetables, and Milk) as well as meeting or exceeding the limitations set for calories, sodium, saturated fat, and trans fat.

School meals shall be served in clean, safe, and pleasant settings with adequate time provided for students to eat, at a minimum, in accordance with state and federal standards and guidelines. The National Association of State Boards of Education recommends that students have adequate time to eat relax and socialize: at least 10 minutes after sitting down for breakfast and 20 minutes after sitting down for lunch.

- Milk options available to students will include low-fat and skim milk with a variety of flavors depending on availability.
- Salads will be offered daily to students and include options for low-fat salad dressings.
- Water fountains and water filling stations are available near the cafeteria.
- Morning bus routes shall arrive early to allow students at least 10 minutes of seat time to eat breakfast before classes begin.
- Lunch is divided into 30 minutes sections allowing time for students to get through the line with at least 20 minutes of seat time to eat.

Guidelines for Food Service Staff

- Privacy of students receiving free or reduced meals shall be protected by encouraging all students to enter their I.D. number. Parents of students who do not receive free and reduced lunch are encouraged to add money to their accounts online through Infinite Campus
- Food Service staff shall make efforts to privately contact students and families who have unpaid balances and assess whether they are eligible for free/reduced meals
- Information regarding free and reduced meals is provided during student registration and on the online Infinite Campus Parent portal.
- Food Service staff will purchase food such as ground beef from local farmers when available.
- All food service personnel shall have adequate pre-service training and regularly participate in professional development activities that:
    - Provide strategies for providing tasty, appealing, and healthy school meals.
    - Nutrition education strategies including coordination of classroom and cafeteria activities during freshman orientation.
    - Effective promotional techniques to encourage healthy eating habits.
    - Provide information on safety issues and emergency preparedness (CPR/AEDD use, First Aid, Food Allergies, Asthma, and Diabetic Reactions.)

- Natural Disasters, Bioterrorism issues, and situations requiring students or others to shelter at the school.
- For the safety and security of food, access to any area involved in the storage, preparation, or service of food on the school campus shall be limited to authorized personnel only. (HACCB Log).

Competitive Foods

All competitive foods and beverages sold must comply with the USDA Smart Snacks in Schools nutrition standards (7 CFR 210.31(c)(3)(iii)). Competitive foods and beverages refer to those that are sold to students outside the reimbursable meal on the school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day). This includes but is not limited to, vending machines and à la carte items.

- Food providers shall work with suppliers to obtain foods and beverages that meet the nutrition requirements of school meals and nutrition standards and the Smart Snack guidelines for those sold individually, in the vending machines, and al a carte.
- Vending machines available to students will include low-fat and healthy options for purchase. Dialogue with the vending supplier will be ongoing to ensure these choices are available.
- Soda vending will be less than 50% carbonated choices.
- Drinking water fountains and bottle-filling stations will be available to students and staff throughout the school building.
- Food suppliers will be given the USDA Smart Snack guide attached in Appendix C

Other Foods and Beverages

A. The following policy refers to all foods and beverages provided, but not sold to students. The Local Education Agency will discourage the use of food as a reward or as part of a celebration. Providing alternatives to food as a reward promotes healthier habits by reducing exposure to less nutritious food items and, therefore, the amount of calorie-dense food items consumed (e.g. cakes, cookies, candy, etc.). This helps children develop improved food preferences and hunger cues to carry them throughout life. Instead, schools will implement the following methods for rewards and celebrations:

- School personnel shall be encouraged to use nonfood incentives or rewards with students and shall not withhold food from students as punishment
- Students, parents, school staff, and community members bringing foods and beverages to school for parties/celebrations/meetings shall be encouraged to provide healthful options and shall be provided with a list of recommended food and beverage options (Attachment B)
- Various non-food item rewards are offered to students meeting the district's strategic planning goals throughout the year. Many of these rewards promote physical activity opportunities for students as well. These rewards include:
    - Terrier Fest/Inflatables/Games and Sports
    - Gift cards

- Relay competitions and team-building games
- Bonus/Exemptions from final exams.

Fundraisers

B. Fundraisers promoting food and/or beverage items that are held on the school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day) must meet Smart Snacks nutrition standards. However, the LEA may participate in infrequent exempted fundraising days, in which food and beverage items do not meet Smart Snacks standards, as the LEA sees fit. These exempted fundraising days shall not exceed nine days within one year.

- School-based organizations shall be encouraged to raise funds through the sale of items other than food.

The LEA shall comply with the following procedures when managing exempted fundraising days:

- The Student Activities Director will oversee the scheduling of the 9 exempt fundraising days for each school year.
- Before the first day of school one Friday per month from August through April will be designated as an exempted fundraising day.
- Faculty members and club sponsors will be notified that they may request to sell pizza or dessert during one of the nine designated days.
- Requests are solicited during the first week of school.
- If the demand for requests exceeds the supply of days, a blind drawing will occur to determine which clubs will be allowed to sell pizza or dessert.
- Questions about the process or the specific days should be directed to Student Activities Director, Brandi Jones at brandi.jones@cchs165.com

Nutrition Education

In accordance with the Illinois Learning Standards, the Local Education Agency shall meet all Illinois requirements and standards for Health Education. The Local Education Agency shall include nutrition education within the health education curriculum and integrate nutrition education into other core subjects, as appropriate. Various grade levels and curriculums shall use nutrition education information, research, and materials from the following resources:

- MyPlate.gov
- USDA Food Label Guidelines

Goals for Nutrition Education

The Carbondale Community High School shall incorporate nutrition education into the following curriculums for the following grade levels:

Students attending Carbondale High School will:

1. Receive nutrition education instruction as part of a sequential program that is coordinated within a comprehensive health education curriculum. The course curriculum will:
    a. Include a Nutrition Unit of approximately 2.5 weeks
    b. Be consistent with Illinois State Learning Standards for Health and Physical Education.
    c. Be integrated into the standards-based lesson plans of other school subjects like math, science, language arts, physical education, and social sciences.
    d. Provide lessons on helping children acquire skills for reading food labels and menu planning
    e. Provide lessons on helping students differentiate between nutrient-dense and calorie-dense food choices within each of the 6 basic macronutrients.
    f. Provide students with the knowledge and skills necessary to use their knowledge of nutrition to promote health.
    g. The school environment is aligned with healthy school goals to positively influence students' understanding, beliefs, and habits relating to good nutrition.
    h. Include enjoyable, interactive lessons and activities such as contests, promotions, taste testing, field trips, and community service learning as part of promoting nutrition education.

2. Classroom teachers will be encouraged to participate in professional development opportunities for nutrition education instruction through a variety of options: online, workshops, conferences, utilizing resources such as the Regional Office of Education and Partners in Health.

Nutrition Promotion

The District shall implement nutrition promotion techniques through multiple channels, including the cafeteria, classroom, and home.

The District shall make cafeteria menus and nutrition information available through the following platforms:

- School menus are posted on the School Website
- School Staff members are encouraged to model healthy eating habits and physical activity behaviors.
- Schools shall make efforts to promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans and Food Guidance System (MyPyramid) such as fruits, vegetables, low-fat dairy foods, and whole grain products. (Attachment A)
- A variety of foods including fruits and vegetables, low-fat dairy, and whole grain options will be promoted and served to students. These choices will be highlighted in the on-line and media menu to share the information with students.
- Food providers shall offer a variety of age-appropriate, appealing foods, and beverage choices and employ food preparation, purchasing, and meal planning practices consistent with the current Dietary Guidelines for Americans.

Farm-to-school efforts positively impact School Nutrition Programs by serving fresh and nutritious food items. Additionally, Farm to School programs have been linked to increased consumption of fruits and vegetables. The District shall participate in the following Farm to School activities:

- Mrs. Buchheit is the science teacher and FFA/National Agricultural sponsor and works with students in Botany classes to grow and harvest fresh produce that is shared with food service personnel when available.

Food loss and waste continue to be an issue facing the nation's food supply. In order to prevent food waste, the District will make every effort to produce the precise number of meals needed on any given day by using production records and resources such as the USDA's Food Buying Guide. However, in the event excess food remains, the District will continue to provide food to students in need beyond the meals provided through the USDA School Nutrition Programs. Therefore, the District shall follow the established food-sharing plan, in accordance with Public Act 102-0359, and federal and local regulations and sanitation codes:

- Non-disposable serving trays will be used to serve meals to students and staff and provide recycling bins for student participation.

Marketing

B. The Local Education Agency will prohibit the marketing and advertising of all foods and beverages on the school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day). The marketing standards described above apply but are not limited to, oral, written, and graphic statements made for promotional purposes. Items subject to marketing requirements include but are not limited to, posters, menu boards, vending machines, coolers, trash cans, scoreboards, and other equipment. This policy does not require schools to immediately replace equipment that does not meet this requirement, however, the District shall implement these standards as equipment needs replaced in the future.

Physical Activity

Physical activity is a key component of the health and well-being of all students. Physical activity lowers the risk for certain diseases, including obesity, heart disease, and diabetes. Physical activity also helps improve brain function, allowing students to perform better in school.

The Centers for Disease Control and Prevention recommends adolescents get at least 60 minutes of physical activity five days per week. Nearly 79 percent of school-age children fall short of meeting this requirement. The Local Education Agency recognizes this connection and commits to promoting and providing opportunities for physical activity during and outside the school day.

Physical Education

In accordance with the Illinois Learning Standards, the Local Education Agency shall meet all Illinois requirements and standards for Physical Education. The LEA shall offer Physical Education classes as follows:

- All 9th graders will take Freshmen P.E.
- All 10th, 11th, and 12th grade students will be allowed to choose from the following P.E class options.
    - Adventure P.E
    - Personal Fitness
    - Team Sports
    - Strength Training
    - Early Bird Strength training

Goals for Physical Activity

Students attending Carbondale Community High School will:

1. Participate in physical education taught by a credentialed physical education teacher who meets the Illinois State Learning Standards for Physical Education and Health, which promotes activities that build skills for lifelong wellness activities and integrates technology where age-appropriate. Accommodations shall be made for students with disabilities, 504 plans, and other limitations.
2. Participate in physical education that encourages lifelong wellness through a curriculum that integrates technology and provides numerous interactive opportunities to try a variety of activities in a safe environment.
3. Participates in fitness assessments that measure their success in achieving milestones for cardiovascular fitness, muscular endurance, and flexibility. This will help to increase the use of individualized fitness plans on an ongoing basis.
4. Participate in daily physical education that enables them to achieve and maintain a high level of personal fitness.
5. Physical education classes will have a student-to-teacher ratio that is comparable to those in other curricular areas.
6. Engage in daily activity that is moderate to vigorous during 50% of P.E. class time. This will be periodically evaluated using Plat4m.
7. Find physical education class enjoyable, while learning a variety of activities to use at home and options for activities in the community.
8. Be required to participate in physical education classes each year unless otherwise qualifying for a P.E. waiver. Waivers shall be discouraged by school counselors unless special circumstances are deemed necessary.

Certified Physical Education teacher will:

1. Offered opportunities for annual professional development focused on physical education/physical activity topics specifically for Physical Education Teachers.
2. Continuously evaluate the physical education curriculum to assess needed changes for teachers and students.

3. Continuously evaluate indoor and outdoor facilities where physical education activities are held and provide recommendations for improvements or repairs.

Other Opportunities for Physical Activity

The District shall include additional physical activity opportunities, outside of Physical Education class, during the school day through the following:

- The Physical Education program will be closely coordinated with the other components of the overall school health program. Physical education topics will be integrated into other curricular areas. The importance of physical activity and other information provided in physical education class will be reinforced in the classroom and school environment.
- School staff and teachers will not withhold opportunities for physical education/activity as punishment or use physical activity as a punishment
- Students shall be provided opportunities for physical activity through a range of before-and after-school programs including intramurals, interscholastic athletics, and physical activity clubs.
- Information on classroom activities that integrate physical activity throughout the school day will be provided to teachers and updated regularly.
- Athletics will work with local fitness gyms to offer discounts to student-athletes
- Staff reimbursement is offered for any staff who has a gym membership for up to $10 a month.

The following opportunities for participation in school-based sports shall be offered to students in 9th -12th grades each year:

- Girls Volleyball
- Football
- Cross Country
- Swimming
- Golf
- Soccer
- Tennis
- Cheerleading
- Dance
- Gymnastics
- Basketball
- Wrestling
- Track & Field
- Baseball
- Softball

Physical Activity Promotion

The District shall promote physical activity through the participation in the following initiative(s):

- Pep rally that encourages physical activity and team relay events
- School-wide celebrations that encourage students to participate in physical activity
- Because Students should engage in a minimum of 60 minutes of physical activity a day, Carbondale Community High School shall actively engage families as partners in providing physical activity beyond the school day.
- Parents will be provided information to help them incorporate healthy eating and physical activity into their child's life. This information may be provided in the form of handouts, posting on the school district's website, information provided in the school newsletter, school events, and family events.

Other School-Based Activities

Just as it takes a comprehensive curriculum to provide education to support students' futures, the Local Education Agency's wellness approach must also be comprehensive in its intent to provide students with the tools they need to live a healthy lifestyle. In order to further establish positive behaviors related to nutrition, physical activity, and health, the LEA commits to making additional wellness-based activities available to all students beyond the cafeteria and gymnasium.

Carbondale Community High School shall offer other school-based activities to support student health and wellness, including coordinated events and clubs. The following events shall be organized and promoted each year:

- Staff Wellness Day – provide opportunities for teachers and staff to participate in physical activity, and stress reduction activities, and receive health snacks
- Terrier Care – School school-based health clinic will work with the wellness committee to provide education to staff on the risk reduction of disease through the means of healthy eating and physical activity. Terrier Care provides access to Licensed counselors available to all students and staff.
- Reach Team – provide teacher surveys on overall staff wellness and encourage participation in self-care activities.
- Love Your Heart promotion – Every February Faculty will have the opportunity to be entered into a drawing for a free personal day if they get their blood pressure checked with the school nurse.

The following health, wellness, and/or nutrition clubs shall be offered to students each year:

- LifeSavers – a student organization that focuses on overall wellness for the student body by hosting events to improve mental health and reduce stress and suicide rates
- Foods classes will participate in opportunities to prepare healthy snacks for outside events such as National Honor Society and Teacher of the Year ceremonies.

Refer to the building's School Health Action Plan for more information on programming and planning in these other areas:

- School Health Services
- Health Promotion of Staff Wellness
- Health Education
- Family and Community Involvement
- Healthy School Environment
- Counseling, Psychological, and Social Services.

Food or Beverage	***Healthier US School Challenge Nutrition Standards**** These criteria focus on decreasing fat and added sugar, increasing nutrient density, and moderating portion size.
Fruits and Non-fried Vegetables	Fruits and vegetables may be fresh, frozen, canned or dried, and they must be found in the Food Buying Guide for Child Nutrition Programs. http://schoolmeals.nal.usda.gov/FBG/2003FBG/%20Section%202.pdf Examples of products that *cannot* be sold/served as a fruit or vegetable include: Snack-type foods made from vegetables or fruits, such as potato chips, and banana chips; Pickle-relish, jam, jelly; and Tomato catsup and chili sauce
Approved Beverages	Flavored or plain reduced fat (2%), low-fat (1%), skim/nonfat fluid milk meeting State and local standards for pasteurized fluid milk and/or USDA approved alternative dairy beverages; 100% full-strength fruit and vegetable juices; and Water (non-flavored, non-sweetened, *and* non-carbonated)
Any Other Individual Food Sales/Service	**Calories from total fat** must be at or below 35%**, *excluding nuts, seeds, and nut butters*. This is determined by dividing the calories from total fat by the total calories and multiplying by 100. If calories from fat are not available, multiply the grams of fat by 9 to equal calories from fat. **Calories from saturated fat** must be at or below 10%. This is determined by dividing the calories from saturated fat by the total calories and multiplying by 100. If calories from saturated fat are not available, multiply grams of saturated fat by 9 to equal

Attachment A

There are no USDA approved alternative dairy beverages at this time. Public Law 108-265 (Child Nutrition Program Reauthorization) authorizes the Secretary of Agriculture to establish nutritionally equivalent non-dairy beverages by July 1, 2005. Please check with the Illinois State Board of Education for clarification.

*The above *Nutrition Standards* are criteria for sales/services of a la carte and/or vended items from the United States Department of Agriculture's *HealthierUS School Challenge*. Please be aware that the se criteria are only meant to apply to individually sold foods and that foods sold as part of a reimbursable school meal may not necessarily meet these criteria although menus meet the nutrition standards set by the U.S. Department of Agriculture for school meals. Local policy makers may wish to modify the standards but should be aware that this may make schools ineligible to meet the criteria for the *HealthierUS School Challenge*.

** The *Dietary Guidelines for Americans 2005* recommend a total fat intake of 20 to 35% for school-age children.

Attachment B

Healthful Food and Beverage Options for School Functions*

At any school function (parties, celebrations, meetings, etc.) healthful food options should be made available to promote student, staff and community wellness. Examples of nutrition food and beverages that are consistent with the Dietary Guidelines for Americans are listed below.

Raw vegetable sticks/slices with low-fat dressing or yogurt dip
Fresh fruit wedges- cantaloupe, honey dew, watermelon, pineapple, oranges, tangelos, etc.
Sliced fruit- nectarines, peaches, kiwi, star fruit, plums, pears, mangos, apples, etc.
Fruit salad
Cereal and low-fat milk
100% fruit or vegetable juice
Frozen fruit pops with fruit juice or fruit as the first ingredient
Dried fruits- raisins, cranberries, apples, apricots
Single serving applesauce or canned fruit in juice
Peanut butter with apple wedges or celery sticks
Fruit smoothies made with fat-free or low-fat milk
Trail mix (dried fruits and nuts)
Dry roasted peanuts, tree nuts and soy nuts (not coconut or palm nuts)
Lean meats and reduced fat cheese sandwiches (use light or reduced fat mayonnaise in chicken/tuna salads)
Party mix (variety of cereals, nuts, pretzels, etc.)
Pretzels or reduced fat crackers
Baked chips with salsa or low-fat dip (Ranch, onion, bean, etc.)
Low-fat muffins (small or mini), granola bars and cookies (graham crackers, fig bars)
Mini bagels with whipped light or fat-free cream cheese
Pasta salad
Bread sticks with marinara
Fat-free or low-fat flavored yogurt & fruit parfaits
Fat-free or low-fat pudding cups
Fat-free or low-fat milk and milk products (string cheese, single-serving cottage cheese, cheese cubes)
Flavored soy milk fortified with calcium
Pure ice cold water

**This list is not all inclusive and is meant only to provide parents and school staff with guidance for healthier food and beverage choices. Not all food and beverage items on this list will necessarily meet district nutrient standards (Attachment A) as items vary in sugar, fat and calorie content from brand to brand. However, all of the items in the list are believed to be consistent with the intent of the wellness policy to promote student health and reduce childhood obesity.*

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 product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; and
- The food must meet the nutrient standards for calories, sodium, sugar, and fats:

Nutrient	Snack	Entrée
Calories	200 calories or less	350 calories or less
Sodium	200 mg or less	480 mg or less
Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	Less than 10% of calories	Less than 10% of calories
***Trans* Fat**	0 g	0 g
Sugar	35% by weight or less	35% by weight or less

7