

# SMART SNACKS

Learn about the new, healthier USDA nutrition guidelines for school meals, snacks and drinks – in schools since July 2014.

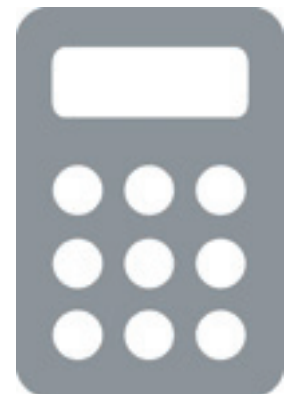


## IS YOUR SNACK SMART?

Check out this easy-to-use tool to find out if your school foods and beverages are SMART SNACKS!

Alliance for a Healthier Generation's Smart Snacks Calculator:

[bit.ly/SmartSnacksCalc](http://bit.ly/SmartSnacksCalc)



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## FOOD NUTRITIONAL REQUIREMENTS

Any food sold in schools must:

- Be a “whole grain-rich” grain product; 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; or
- Contain 10% of the Daily Value (DV) of calcium, potassium, vitamin D, or dietary fiber.\*

Calorie limits

- Snack items: ≤ 200 calories
- Entrée items: ≤ 350 calories

Sodium limits

- Snack items: ≤ 230 mg\*\*
- Entrée items: ≤ 480 mg

Fat limits

- Total fat: ≤35% of calories
- Saturated fat: < 10% of calories
- Trans fat: zero grams
- *Excludes nuts, seeds, nut butters, seafood, and reduced fat cheese*

Sugar limit

- ≤ 35% of weight from total sugars in foods
- *Excludes fresh, frozen, canned & dried fruits/vegetables with no added sugars (except sugar for processing); fruits packed in 100% juice or light syrup; and yogurt with <30 grams of total sugar per 8 oz.*

\*On July 1, 2016, foods may not qualify using the 10% DV criteria.

\*\*On July 1, 2016, snack items must contain ≤ 200 mg sodium per item

## NUTRITION STANDARDS FOR BEVERAGES

All schools may sell:

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by national school lunch & breakfast programs
- 100% fruit or vegetable juice and
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.

Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students.

- No more than 20-ounce portions of
- Calorie-free, flavored water (with or without carbonation); and
- Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
- No more than 12-ounce portions of
- Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

## ADDITIONAL REQUIREMENTS

Fundraisers

- The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards.
- The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
- The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. State agencies may determine the frequency with which fundraising activities take place that allow the sale of food and beverage items that do not meet the nutrition standards.

Accompaniments

- Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold. This helps control the amount of calories, fat, sugar and sodium added to foods by accompaniments, which can be significant.

*REFERENCE: U.S Department of Agriculture Food and Nutrition Service. Interim Final Rule: National School Lunch Program and School Breakfast Program: Nutrition Standards for All Foods Sold in School as Required by the Healthy, Hunger-Free Kids Act of 2010; Federal Register Volume 78, Number 125, Pages 39068-39120 (June 28, 2013).*



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