

# USDA Smart Snacks in School Food Guidelines

Effective July 1, 2016

## Nutrition Standards for Foods (per item as packaged or served)

### Any food sold on the school campus, during the school day must:

- Be a whole grain-rich grain product; **or**
- Have as the first ingredient a fruit, vegetable, dairy product, or protein food; **or**
- Be a combination food that contains at least ¼ cup fruit and/or vegetable; **or**

**AND**

### Foods must also meet all of the specific nutrient standards (with accompaniments):

#### Calorie limits

Entrée items: ≤ 350 calories

Snack/side items: ≤ 200 calories

#### Sodium limits

Entrée items: ≤ 480 mg

Snack/side items: ≤ 200 mg

#### Fat limits

Total fat: ≤ 35% of total calories

- Exemptions: Reduced fat cheese (including part-skim mozzarella), nuts and seeds and nut/seed butters, dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats, seafood with no added fat

Saturated fat: < 10% of total calories

- Exemptions: Reduced fat cheese (including part-skim mozzarella), nuts and seeds and nut/seed butters, dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats

Trans fat: zero grams (<0.5g)

#### Sugar limit

Total sugar: ≤ 35% of weight from total sugars

- Exemptions: Dried/dehydrated whole fruits or vegetables with no added nutritive sweeteners, dried whole fruits with nutritive sweeteners required for processing and/or palatability, products consisting of only exempt dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats

#### Exemptions from meeting all nutrient standards:

- Fresh, frozen, and canned fruits and vegetables with no added ingredients except water; or in the case of fruit, packed in 100% juice, extra light or light syrup
- Canned vegetables that contain a small amount of sugar for processing purposes to maintain quality
- Entrée items offered as part of the lunch program or breakfast program on the day of service or the day after service (Entrée item is a combination food of M/MA and G, or combination of M/MA and F or V, or a M/MA served alone.)



This institution is an equal opportunity provider.

# USDA Smart Snacks in School Beverage Guidelines

Category	Elem	Middle	High
Plain or Carbonated Water	Any size	Any size	Any size
Low Fat Milk (1%), Unflavored	≤8oz	≤12oz	≤12oz
Non Fat Milk (Skim), Flavored or Unflavored*	≤8oz	≤12oz	≤12oz
100% Fruit or Vegetable Juice (plain or carbonated) with no added sweeteners	≤8oz	≤12oz	≤12oz
100% Fruit or Vegetable Juice, Diluted with Water (plain or carbonated) with no added sweeteners	≤8oz	≤12oz	≤12oz
Calorie-Free Beverages, Flavored and/or Carbonated ≤5 calories per 8oz, or ≤10 calories per 20oz	Not permitted	Not permitted	≤20oz
Low Calorie Beverages, Flavored and/or Carbonated ≤40 calories per 8oz, or ≤60 calories per 12oz	Not permitted	Not permitted	≤12oz

*\*including nutritionally equivalent milk alternatives as permitted by the school meal requirements.*

*Note: Caffeinated beverages are only permitted at the High School level.*

