

SNACKS SOLD IN SCHOOL

Not sure if your snack meets the standards? Use the Alliance for a Healthier Generation calculator to find out if your snack meets the mark.

<https://foodplanner.healthiergeneration.org/calculator/>

Nutrition standards for foods and drinks sold at school became effective in July 2014. These standards apply to all foods and drinks sold in schools including at the cafeteria, school store, vending machine, or through a fundraiser.

NUTRITION STANDARDS FOR FOODS

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 one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).*

Foods must also meet these nutrient requirements:

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

Sugar limit:

- ≤ 35% of weight from total sugars in foods



NUTRITION STANDARDS FOR DRINKS

All schools may sell:

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk
- 100% fruit or vegetable juice
- 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” drink 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 drinks 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 drinks with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

