

USDA Smart Snacks in School

Effective July 1, 2014

Food Guidelines

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**
- Contain 10% of the Daily Value (DV) of a nutrient of public health concern in the *2010 Dietary Guidelines for Americans* (calcium, potassium, vitamin D, or dietary fiber).*

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

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: ≤ 230 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 fruits or vegetables with no added nutritive sweeteners, dried fruits with nutritive sweeteners for processing and/or palatability, products consisting of only exempt dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats

** Effective July 1, 2016, snack/side items must contain ≤ 200 mg sodium.

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
- 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.)
- Sugar-free chewing gum

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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.