

## **Nutritional Standards for Food**

## **ADDENDUM F**

USDA recently published practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. The standards, required by the Healthy, Hunger-Free Kids Act of 2010, requires Lancaster City Schools to offer healthier snack foods (not including the national school breakfast and lunch program) to children, while limiting junk food.

### **Nutrition Standards for Foods:**

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

### **Foods:**

- A food item sold individually:
- will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated fat and 0 trans fats;
- will have no more than 35% of its weight from added sugars;
- will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items;
- will contain no more than 480 mg of sodium per serving for pastas, meats, and soups;
- A choice of at least two fruits and/or non-fried vegetables is encouraged to be offered for sale at any location on the school site where foods are sold.

### **Foods must also meet several 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

### **Portion Sizes:**

- Limit portion sizes of foods and beverages sold individually to those listed below:
- One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;

- Three ounces for bakery items that meet the nutritional guidelines listed in this document;
- Four fluid ounces for frozen desserts, including, but not limited to, low- fat or fat-free ice cream;
- Eight ounces for non-frozen yogurt;
- Twelve fluid ounces for beverages, excluding water.
- The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals.
- Fruits and non-fried vegetables are exempt from portion-size limits.

### **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 NSLP/SBP
- 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  $\leq 10$  calories per 20 fluid ounces.
- No more than 12-ounce portions of
- Beverages with  $\leq 40$  calories per 8 fluid ounces, or  $\leq 60$  calories per 12 fluid ounces.

Not allowed: soft drinks containing caloric sweeteners; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk.