

# Smart Snacks in School

## Nutrition Standards for Foods

*Any food sold in schools must:*

1. \*Be a “whole grain-rich” grain product; or
2. \*Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
3. \*Be a combination food that contains at least 1/4 cup of fruit and/or vegetable or
4. \*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)

Calorie limits - Snack Items: 200 or less, Entree Items: 350 or less

Sodium limits - Snack Items: 230 mg or less, Entree Items 480 or less

Fat limits - Total fat 35% or less of calories, Saturated fat: 10% or less of calories

Sugar limits - 35% or less of weight from total sugars in foods

Accompaniments like cream cheese, salad dressing and butter must be included in nutrient profile as part of food sold.

## 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 water. There is no portion size limit for plain water.

*Beyond this, the standards for High School allow additional:*

1. \*No more than 20-oz 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 or less calories per 20 fluid ounces.
2. \*No more than 12-ounce portions of beverages with 40 or less calories per 8 fluid ounces, or 60 or less calories per 12 fluid ounces.

## Other Requirements

1. \*Food items that meet nutrition requirements are not limited.
2. \*The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
3. \*The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards, but Kentucky does not approve any such exemptions.