



Smarter Snacking Starts Here

We are excited to announce that you can expect to see **NEW, healthier snack items in your cafeteria this year!** As of July 1, 2014, the USDA implemented the *Smart Snacks in School* nutrition guidelines, which address snack foods and beverages sold to students at school during the school day. These guidelines are science-based standards that allow schools to offer healthier snack foods to children, while limiting junk food. *Smart Snacks in School* guidelines will ensure that students are only offered tasty and nutritious foods during the school day.

Smart Snacks Nutrition Standards

Must meet 1 or more of the following requirements:

- ✓ Be a "Whole Grain- Rich" grain product
- ✓ Have as the first ingredient: a fruit, a vegetable, a dairy product, or a protein food
- ✓ Be a combination food that contains at least ¼ cup of fruit and/or vegetable
- ✓ Contain 10% of the Daily Value of calcium, potassium, vitamin D, or dietary fiber

Calories

- Snack items ≤ 200 calories
- Entree items ≤ 350 calories

Sodium

- Snack items ≤ 230 mg
- Entree items ≤ 480mg

Fat

- Total fat ≤ 35% of calories
- Saturated fat < 10% of calories
- Trans fat: zero grams

Sugar

- ≤35% of weight from total sugars in foods

Nutrition Standards for Beverages

Elementary – 8 oz max

Middle and High – 12 oz max

- Plain Water (carbonated or non-carbonated)
- Unflavored low-fat milk
- Flavored or unflavored non-fat milk (and milk alternatives)
- 100% fruit & vegetable juices, & full strength juice diluted with water (carbonated and non-carbonated) with no added sweeteners

High School Only

20 oz max

- Calorie-free, flavored water (with and without carbonation)
- Other beverages <5 calories per 8 fluid oz or ≤ 10 calories per 20 fluid oz*

12 oz max

- Beverages with ≤ 40 calories per 8 fluid oz, or ≤ 60 calories per 12 fluid oz

*Some state agencies have banned the sale of diet sodas as of 8/8/14, including: CA, TX

Snacks Before the New Standards

| Snack Item | Total Calories | Empty Calories |
|------------------------|----------------|----------------|
| Sandwich | 286 Calories | 182 Calories |
| Cookies | | |
| Fruit Flavored Candies | 249 Calories | 177 Calories |
| Donut | 242 Calories | 147 Calories |
| Chocolate Bar | 236 Calories | 112 Calories |
| Regular Cola | 136 Calories | 126 Calories |

Snacks After the New Standards

| Snack Item | Total Calories | Empty Calories |
|------------------------|----------------|----------------|
| Peanuts | 170 Calories | 0 Calories |
| Light Popcorn | 161 Calories | 17 Calories |
| Low-Fat Tortilla Chips | 118 Calories | 0 Calories |
| Granola Bar | 95 Calories | 32 Calories |
| Fruit Cup | 68 Calories | 0 Calories |
| Flavored Water | 0 Calories | 0 Calories |