

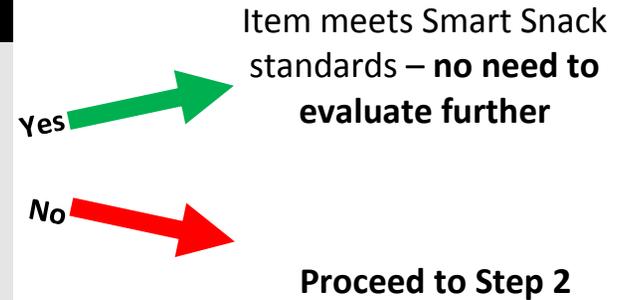
# Smart Snacks Reference Sheet - Foods

The Smart Snacks in School standards require all foods sold on “school campus” during the “school day” to meet standards for fat, saturated fat, trans fat, sugar, and sodium while promoting products that have whole grains, low fat dairy, fruits, vegetables or protein foods as their main ingredient.

Follow the steps to determine if a food item meets the Smart Snacks standards.

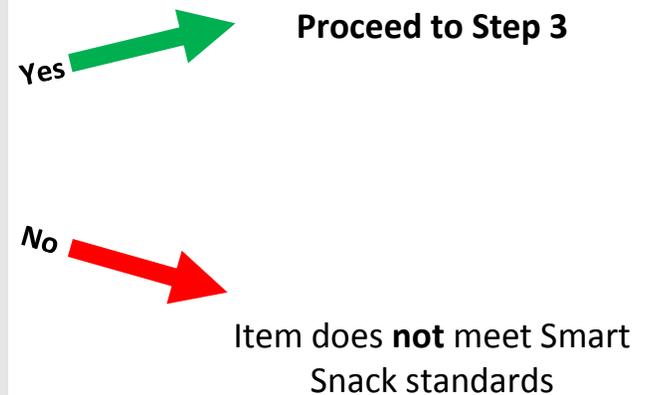
## Step 1: Does the item meet one of the following exemptions?

- **Fresh fruits and vegetables** (with no added ingredients except water)
- **Canned and frozen fruit** (with no added ingredients except water or are packed in 100% juice , extra light or light syrup)
- **Canned vegetables** (with no added ingredients except water)
- **NSLP/SBP entrée items\* sold ala carte on day of OR day after service in NSLP/SBP**  
 \*Entrée item= a combination meat/meat alternate and whole grain-rich food; a combination fruit/vegetable and meat/meat alternate food; a meat/meat alternate food alone (with the exception of yogurt, cheese, seeds and nuts, or meat snacks); a whole grain rich food alone when served as a breakfast entrée.



## Step 2: Does the item meet ONE of the General Standards?

Standard	Notes
• <b>Whole grain rich grain product</b>	Must be 50% or more whole grains by weight or first ingredient must be a whole grain (OK if water is listed first)
• <b>First ingredient is a fruit / vegetable / dairy product or protein food</b>	Dried/dehydrated fruits or vegetables meets the general standards Exception: dehydrated or concentrated juice or puree is considered added sugar and does not meet the general standard
• <b>Combination food that contains at least ¼ cup of fruit and/or vegetable</b>	Combination food: Food that contains two or more components representing two or more of the food groups: fruit, vegetable, dairy, protein or grains Two items packaged together can be considered a combination food
• <b>Contains ≥ 10% of the Daily Value for calcium, potassium, vitamin D, or dietary fiber</b> (either naturally occurring or added)	This criterion becomes obsolete effective July 1, 2016



### Step 3: Does the item meet ALL of the Nutrient Standards?

			Exemptions
	<b>Entree</b>	<b>Snack</b>	<ul style="list-style-type: none"> <li>▪ Entrée= a combination meat/meat alternate and whole grain-rich food; a combination fruit/vegetable and meat/meat alternate food; a meat/meat alternate food alone (with the exception of yogurt, cheese, seeds and nuts, or meat snacks)</li> </ul>
<b>Calories</b>	≤ 350	≤ 200	<ul style="list-style-type: none"> <li>▪ No exemptions</li> </ul>
<b>Sodium</b>	≤ 480	≤ 230	<ul style="list-style-type: none"> <li>▪ Effective 7/1/16 sodium limit lowered to ≤ 200 mg for snack items and side dishes</li> </ul>
<b>Total Fat</b>	≤ 35% of calories		<ul style="list-style-type: none"> <li>▪ <b>Reduced fat cheese</b> (includes part-skim mozzarella)</li> <li>▪ <b>Nuts, seeds and nut/seed butters</b></li> <li>▪ <b>Items consisting of only dried fruit with nuts / seeds</b> (no added nutritive sweeteners or fats)</li> <li>▪ <b>Seafood</b> (no added fat)</li> </ul>
<b>Saturated Fat</b>	< 10% of calories		<ul style="list-style-type: none"> <li>▪ <b>Reduced fat cheese</b> (includes part-skim mozzarella)</li> <li>▪ <b>Nuts, seeds and nut/seed butters</b></li> <li>▪ <b>Items consisting of only dried fruit with nuts / seeds</b> (no added nutritive sweeteners or fats)</li> </ul>
<b>Trans Fat</b>	< 0.5 grams		<ul style="list-style-type: none"> <li>▪ No exemptions</li> </ul>
<b>Sugar</b>	≤ 35% (of weight from total sugars)		<ul style="list-style-type: none"> <li>▪ <b>Dried whole fruits or vegetables and dehydrated fruits or vegetables</b> (with no added nutritive sweeteners)</li> <li>▪ <b>Dried whole fruits or vegetables and dehydrated fruits or vegetables with nutritive sweeteners that are required for processing and/or palatability</b> (ie cranberries, or tart cherries)</li> <li>▪ <b>Items consisting of only dried fruit with nuts / seeds</b> (no added nutritive sweeteners or fats)</li> </ul>

Yes  **Item meets Smart Snack standards**

No  **Item does not meet Smart Snack standards**

#### To calculate the percentage calories from fat

(choose either method – each method may provide slightly different results)

$$\frac{\text{Using the Calories from fat}}{\text{total calories}} \times 100$$

OR

$$\frac{\text{Using the Grams of fat}}{\text{total calories}} \times 9$$

#### To calculate the percentage of calories from Saturated Fat

$$\frac{\text{grams saturated of fat} \times 9}{\text{total calories}} \times 100$$

#### To calculate the percent of sugar by weight

$$\frac{\text{grams of sugar}}{\text{total weight of food in grams}} \times 100$$

Nutrition Facts	
Serving Size 1 oz (28g)	
Serving Per Container 1	
Amount Per Serving	
<b>Calories</b> 140	Calories from Fat 50
% Daily Values*	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Sodium</b> 200mg	<b>8%</b>
<b>Total Carbohydrate</b> 18g	<b>6%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 2g	
<b>Protein</b> 3g	<b>6%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

## Smart Snacks Reference Sheet - Beverages

Beverage Standards			
Beverages	Elementary School*	Middle School*	High School**
<b>Water</b> (plain or plain carbonated)	No size limit	No size limit	No size limit
<b>Low fat Milk</b> (unflavored)	≤ 8 fl oz	≤ 12 fl oz	≤ 12 fl oz
<b>Fat Free Milk</b> (flavored or unflavored)	≤ 8 fl oz	≤ 12 fl oz	≤ 12 fl oz
<b>100% fruit/vegetable juice</b>	≤ 8 fl oz	≤ 12 fl oz	≤ 12 fl oz
<b>100% fruit/vegetable juice diluted with water</b> (with or without carbonation, no added sweeteners)	≤ 8 fl oz	≤ 12 fl oz	≤ 12 fl oz
<b>Other flavored and/or carbonated beverages</b> (containing ≤ 5 kcal / 8 oz or ≤ 10 kcal / 20 oz)	Not allowed	Not allowed	≤ 20 fl oz
<b>Other flavored and/or carbonated beverages</b> (containing ≤ 40 kcal / 8 oz or ≤ 60 kcal / 12 oz)	Not allowed	Not allowed	≤ 12 fl oz
*Must be caffeine free (except trace amount of naturally occurring caffeine substances)			
**May contain caffeine			

## Coffee and Coffee Drinks

- **Plain Coffee or Espresso or Tea is considered an allowable beverage**
- **Coffee / Tea with accompaniments:**
  - allowed but must be sold together and meet calorie standards for “other flavored beverages”  
≤ .5 kcal / oz (20 oz or less) **OR** ≤ 5 kcal / oz (12 oz or less)
- **Coffee “drink”:**
  - 1) Allowed when made from two allowable beverages / in allowed amounts (nothing added)
    - i.e. espresso + steamed nonfat flavored / unflavored milk (total size ≤ 12 fl oz)
    - i.e. espresso + steamed low fat unflavored milk (total size ≤ 12 fl oz)
    - i.e. espresso + steamed nonfat flavored milk + ice (total size ≤ 12 fl oz)
  - 2) When made with anything other than or in addition to allowable beverages must meet “other flavored beverages” calorie standards of ≤ 5 kcal / oz (12 oz or less)  
Calories from allowed beverages are NOT included / Final beverage size may NOT exceed 12 fl oz
    - i.e. 1 oz espresso + 1 oz sugar free syrup + 10 oz of nonfat milk (total size ≤ 12 fl oz)
    - i.e. 1 oz espresso + 1 oz sugar free syrup + 6 oz of nonfat milk + 4 oz crushed ice (total size ≤ 12 fl oz)

## Smoothies

- **Smoothies as a Food**
  - 1) As an Entrée: if it contains a M/MA + fruit or vegetable; the first ingredient is one of the main food group categories and it meets nutrient standards for an entrée
    - i.e. yogurt + fruit + milk
  - 2) As a Snack: if it contains no meat/meat alternate; the first ingredient is one of the main food group categories and it meets nutrient standards for a snack
    - i.e. fruit + milk
- **Smoothies as a Beverage**
  - 1) Allowed when made from two allowable beverages and when limited in portion size
    - i.e. 100% juice + nonfat unflavored or flavored milk (total size ≤ 8 fl oz grade school / 12 fl oz middle/high school)
    - i.e. 100% juice + low fat unflavored milk (total size ≤ 8 fl oz grade school / 12 fl oz middle/high school)
    - i.e. 100% juice + nonfat unflavored milk + ice (total size ≤ 8 fl oz grade school / 12 fl oz middle/high school)
  - 2) When made with anything other than or in addition to allowable juice / milk must meet “other flavored beverage” calorie standards of ≤ 5 kcal / oz (12 oz or less)  
Final beverage size may NOT exceed 12 fl oz