



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 9 fluid oz, or ≤ 60 calories per 12 fluid oz

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