

Food & Nutrition Standards



PREPARED FOODS

Category	Standards	Implementaion Level ^a
Fruits and Vegetables	Offer a variety ^b of at least 3 fruit ^c options daily, with no added sugars. Fruit can be fresh, canned, ^d frozen, or dried. ^e	Standard
	Offer a variety ^b of at least 3 non-fried vegetable options daily. Vegetables can be fresh, frozen, or canned, and served cooked or raw.	Standard
	Offer seasonal fruit and vegetables.	Standard
Grains	Offer half of total grains as "whole grain-rich" products, ^b daily.	Standard
	Offer a whole grain-rich product ^b as the first (i.e., default ^b) choice.	Innovative
Dairy	Offer a variety of low-fat dairy products ^b (or dairy alternatives) daily, such as milk, yogurt, cheese, and fortified soy beverages.	Standard
	When yogurt is available, offer at least one low-fat plain yogurt.	Innovative
Protein Foods	Offer a variety ^b of non-fried protein foods, such as seafood, ^b lean meats and poultry, ^b eggs, legumes (beans and peas), nuts, seeds, and soy products, daily.	Standard
	Offer protein foods from plants, such as legumes (beans and peas), nuts, seeds, and soy products, at least three times per week.	Standard
	Offer protein foods from plants such as legumes (beans and peas), nuts, seeds, and soy products, daily.	Innovative
	Offer seafood ^b at least two times a week.	Standard
Desserts	When desserts are available, offer 25% of desserts containing ≤200 calories as served.	Standard
Sodium	All meals ^b offered contain ≤800 mg sodium.	Standard
	All entrees ^b offered contain ≤600 mg sodium.	Standard
	All side items ^b contain ≤230 mg sodium.	Standard
Trans Fats	All foods do not include partially hydrogenated oils.	Standard

PREPARED FOODS (CONTINUED)

Category	Standards	Implementaion Level ^a
Calorie and Nutrition Labeling	Provide calorie and nutrition information of standard menu items as required by the Food and Drug Administration (FDA) in Menu Labeling Final Rule: Food Labeling; Nutrition Labeling of Standard Menu Items in Restaurants and Similar Retail Food Establishments. ^f	Standard
Other Considerations	Limit deep-fried entrée options to no more than one choice per day.	Standard

- a Standard implementation criteria are considered to be widely achievable within food service; implementation at this level is expected. Innovative implementation criteria promote exceptional performance in various areas of food service; implementation at this level is encouraged.
- b See glossary for definition.
- c Fruits mixed with foods from other food groups such as grain and dairy do not count towards meeting this standard.
- d Canned fruit may be packed in 100% juice with no added sugars.
- e Dried fruits are exempted from the sugar criterion for this standard. Dried fruits may contain nutritive sweeteners required for processing and / or palatability.
- f The rule "applies to restaurants and similar retail food establishments if they are part of a chain of 20 or more locations, doing business under the same name, offering for sale substantially the same menu items and offering for sale restaurant-type foods." Restaurants or similar retail food establishments (including food service operations) with fewer than 20 locations may voluntarily register to be covered by the rule.

PACKAGED^a SNACKS

Category	Standards	Implementaion Level ^b
Food and Nutrient Profile ^c	All packaged snacks contain ≤200 mg sodium per package.	Standard
	All packaged snacks have 0 grams of trans fat.	Standard
	At least 75% of packaged snacks meet the following food and nutrient standards.	Standard
	<p>FOOD STANDARDS:</p> <ul style="list-style-type: none"> • Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or • Be a whole grain-rich grain product;^d or • Be a combination food that contains at least ¼ cup of fruit and/or vegetable. <p>AND</p> <p>NUTRIENT STANDARDS:</p> <ul style="list-style-type: none"> • Calorie limit: ≤200 calories • Saturated fat limit: <10% of calories <ul style="list-style-type: none"> - EXEMPTIONS: Reduced-fat cheese and part skim mozzarella; nuts, seeds and nut/seed butters; and dried fruit with nuts/ seeds with no added nutritive sweeteners or fats. • Sugar limit: ≤35% of weight from total sugars in foods. <ul style="list-style-type: none"> - EXEMPTIONS: Dried/dehydrated whole fruits or vegetables with no added nutritive sweeteners; dried whole fruits or pieces with nutritive sweeteners required for processing and/or palatability; products consisting of only exempt dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats. 	
Calorie Labeling	All snack foods ^e sold in vending machines are consistent with FDA's <i>Vending Machine Final Rule: Food Labeling; Calorie Labeling of Articles of Food in Vending Machines</i> . ^f	Standard

a Standards are written to apply per package, irrespective of size or number of servings.

b Standard implementation criteria are considered to be widely achievable within food service; implementation at this level is expected. Innovative implementation criteria promote exceptional performance in various areas of food service; implementation at this level is encouraged.

c The food and nutrient profile standards were adapted from USDA's Smart Snacks in School nutritional criteria.

d See glossary for definition.

e This standard applies to both packaged and unpackaged snack foods sold in vending machines.

f This rule "requires operators who own or operate 20 or more vending machines to disclose calorie information for food sold from vending machines, subject to certain exemptions." Vending machine operators with fewer than 20 vending machines may voluntarily register to be covered by the rule.

BEVERAGES

Category	Standards	Implementaion Level ^a
Beverages	Provide free access to chilled, potable water.	Standard
	When milk and fortified soy beverages are available, offer low-fat beverages with no added sugars.	Standard
	When juice is available, offer 100% juice with no added sugars. ^b	Standard
	At least 50% of available beverage choices contain ≤40 calories per 8 fluid ounces ^c (excluding 100% juice and unsweetened fat-free or low-fat [1%] milk).	Standard
	At least 75% of available beverage choices contain ≤40 calories per 8 fluid ounces ^c (excluding 100% juice and unsweetened fat-free or low-fat [1%] milk).	Innovative

a Standard implementation criteria are considered to be widely achievable within food service; implementation at this level is expected. Innovative implementation criteria promote exceptional performance in various areas of food service; implementation at this level is encouraged.

b Vegetable juice contains <230 mg sodium per serving.

c Equivalent measures include ≤60 calories per 12 fluid ounces or ≤100 calories per 20 fluid ounces.