

  
**A M E R I C A N   B E V E R A G E**  
 A S S O C I A T I O N

Issue	AHG School Beverage Guidelines	USDA “School Snacks” Interim Final Rule	Notes
<i>Plain Bottled Water</i>	Permits plain bottled water in all grade levels. All sizes, carbonation and natural flavors (with no added sweeteners) permitted.	Permits plain bottled water in all grade levels. All sizes and carbonation permitted.	USDA does not permit natural flavors in the plain bottled water category. (It could fit in high schools, in the mid-calorie category, provided it is capped at 12 ounces).
<i>100% Juices</i>	Permits 100% juice (or 100% juice with water, including carbonated) with no added sweeteners with 10% of the DV for three or more micronutrients, up to 120 calories per 8 oz. Juice portions limited to 8 oz in elementary schools, 10 oz in middle schools, 12 oz in high schools.	Permits 100% juice/diluted juice (including carbonated) with no added sweeteners.  Juice portions limited to 8 oz in elementary, 12 ounce in middle and high.	USDA is more generous: removes the onerous micronutrient requirement, increases the middle school portion size to 12 ounces.
<i>Other Caloric Beverages</i>	For high school students, permits other beverages with 66 calories or less per 8 oz, capped at 12 oz. (In other words, a 100 calorie 12 ounce beverage is permitted).	For high school students, permits other beverages with 40 calories or less per 8 ounces, capped at 12 ounces. (In other words, a 60 calorie 12 ounce beverage is permitted).	USDA shrinks the mid-calorie category. <u>As a result, most regular sports drinks and regular enhanced waters are out.</u> Likely affects certain teas and light juices as well, depending on calorie count.
<i>Diet Beverages</i>	Permitted in high schools, no cap on portion sizes.	Permitted in high schools, capped at 20 ounces.	USDA puts a 20 ounce portion cap on, but that’s not a huge issue given that 20 ounces is the standard size.
<i>Milk, Unflavored</i>	Permits low-fat and nonfat milk and milk alternatives, 150 calories or less per 8 oz (capped at 8 oz in elementary school, 10 oz in middle school, 12 oz in high school).	Permits low fat and non-fat (capped at 8 oz for elementary, 12 oz for middle and high school)	USDA is more generous: removes calorie limits and increases middle school portion size.
<i>Milk, Flavored</i>	Permits fat free or low-fat flavored milk and milk alternatives with no more than 150 calories per 8 oz serving (capped at 8	Permits non-fat flavored only.	USDA does not allow low-fat flavored milks. But they do remove the calorie caps for non-fat flavored milks, and

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	oz in elementary, 10 oz in middle school, 12 oz in high school).		increase the middle school portion sizes to 12 ounces.
<i>Caffeine</i>	Permits caffeinated beverages in the high schools.	Permits caffeinated beverages in the high schools.	However, USDA warns that they will be keeping an eye on what FDA is doing with caffeine and they may adjust this in the final rule, if they deem it necessary.
<i>Fortification</i>	Permitted.	Not prohibited, assume permitted.	
<i>Carbonation</i>	Permitted.	Permitted.	