

# Guide to USDA Standards For Competitive Foods in Schools Effective July 1, 2014

*The rules apply to foods sold through vending machines, student stores, snack bars and a la carte during the school day - defined as the period from the midnight before, to 30 minutes after the end of the official school day*

## Nutrition Standards for Foods

### ■ Any food sold in schools must:

- Be a “whole grain-rich” grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).\*

### ■ Foods must also meet the following nutrient requirements:

- Calorie limits:
  - Snack items: ≤ 200 calories
  - Entrée items: ≤ 350 calories
- Sodium limits:
  - Snack items: ≤ 230 mg\*\*
  - Entrée items: ≤ 480 mg
- Fat limits:
  - Total fat: ≤35% of calories
  - Saturated fat: ≤ 10% of calories
  - Trans fat: zero grams
- Sugar limit:
  - ≤ 35% of weight from total sugars in foods

\* On July 1, 2016, foods may not qualify using the 10% DV criteria

\*\*On July 1, 2016, snack items must contain ≤ 200 mg sodium per item

## Nutrition Standards for Beverages

### ■ All schools may sell:

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners

### ■ Elementary schools - up to 8-ounce portions, middle schools and high schools - up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.

### ■ High Schools - the standards allow additional “no calorie” and “lower calorie” beverages

- No more than 20-ounce portions of calorie-free, flavored water (with or without carbonation)
- Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤10 calories per 20 fluid ounces.
- No more than 12-ounce portions of beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

## Fundraisers

- The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards.
- The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
- The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards