

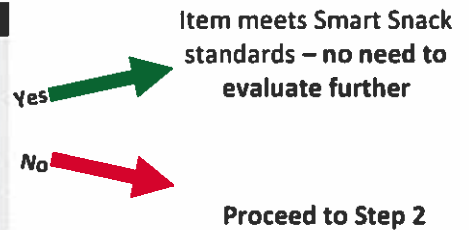
Smart Snacks Reference Sheet

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.

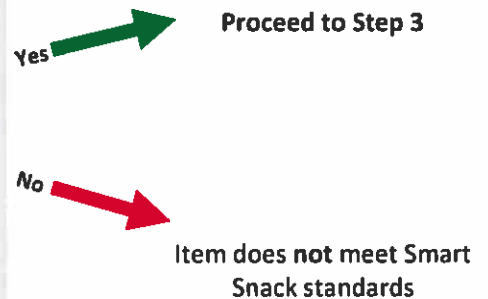
Step 1: Does the item meet one of the following exemptions?

- **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
<ul style="list-style-type: none"> • Whole grain Rich grain product 	First Ingredient must be a whole grain. Popcorn is considered a whole grain OK if water is listed first
<ul style="list-style-type: none"> • First ingredient is a fruit / vegetable / dairy product or protein food 	Dried/dehydrated fruits or vegetables meets the general stands Exception: dehydrated or concentrated juice or puree is considered added sugar and does not meet the general standard
<ul style="list-style-type: none"> • Combination food that contains at least ¼ cup of fruit and/or vegetable 	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
<ul style="list-style-type: none"> • Contains ≥ 10% of the Daily Value for calcium, potassium, vitamin D, or dietary fiber (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	
	Entree	Snack	<ul style="list-style-type: none"> • 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)
Calories	≤ 350	≤ 200	• No exemptions
Sodium	≤ 480	≤ 230	• Effective 7/1/16 sodium limit lowered to ≤ 200 mg for snack items and side dishes
Total Fat	≤ 35% of calories		<ul style="list-style-type: none"> • Reduced fat cheese (includes part-skim mozzarella) • Nuts, seeds and nut/seed butters • Items consisting of only dried fruit with nuts / seeds (no added nutritive sweeteners or fats) • Seafood (no added fat)
Saturated Fat	< 10% of calories		<ul style="list-style-type: none"> • Reduced fat cheese (includes part-skim mozzarella) • Nuts, seeds and nut/seed butters • Items consisting of only dried fruit with nuts / seeds (no added nutritive sweeteners or fats)
Trans Fat	0 grams		• No exemptions
Sugar	≤ 35% (of weight from total sugars)		<ul style="list-style-type: none"> • Dried whole fruits or vegetables and dehydrated fruits or vegetables (with no added nutritive sweeteners) • Dried whole fruits or vegetables and dehydrated fruits or vegetables with nutritive sweeteners that are required for processing and/or palatability (ie cranberries, or tart cherries) • Items consisting of only dried fruit with nuts / seeds (no added nutritive sweeteners or fats)

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)

$$\frac{\text{Using the Calories from fat}}{\text{total calories}} \times 100 \quad \text{OR} \quad \frac{\text{Using the Grams of fat}}{\text{total calories}} \times 9 \times 100$$

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)	
Servings Per Container 1	
Amount Per Serving	
Calories 140	Calories from Fat 50
% Daily Values*	
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Sodium 200mg	8%
Total Carbohydrate 18g	6%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 3g	6%

*Percent Daily Values are based on a diet of 2,000 calories daily

Beverage Standards			
Beverages	Elementary School*	Middle School*	High School**
Water (plain or plain carbonated)	No size limit	No size limit	No size limit
Low fat Milk (unflavored)	≤ 8 fl oz	≤ 12 fl oz	≤ 12 fl oz
Fat Free Milk (flavored or unflavored)	≤ 8 fl oz	≤ 12 fl oz	≤ 12 fl oz
100% fruit/vegetable juice	≤ 8 fl oz	≤ 12 fl oz	≤ 12 fl oz
100% fruit/vegetable juice diluted with water (with or without carbonation, no added sweeteners)	≤ 8 fl oz	≤ 12 fl oz	≤ 12 fl oz
Other flavored and/or carbonated beverages (containing ≤ 5 kcal / 8 oz or ≤ 10 kcal / 20 oz)	Not allowed	Not allowed	≤ 20 fl oz
Other flavored and/or carbonated beverages (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			