

APPENDIX A: Nutrition Standards for All Foods Sold in School “Smart Snacks in School” (Healthy Hunger Free Kids Act of 2010) - Effective July 1, 2014

Beverages:

Beverage Category	Elementary Maximum	Middle Maximum	High Maximum
Water	No limit	No limit	No limit
Milk <ul style="list-style-type: none"> • Unflavored low fat • Flavored or unflavored fat free • Milk alternatives permitted by National School Lunch Program/School Breakfast Program 	8 ounces	12 ounces	12 ounces
Juice <ul style="list-style-type: none"> • 100% fruit or vegetable • With or without carbonation 	8 ounces	12 ounces	12 ounces
Diluted Juice <ul style="list-style-type: none"> • 100% fruit or vegetable diluted with water • With or without carbonation • With no added sweeteners 	8 ounces	12 ounces	12 ounces
Low Calorie Beverages <ul style="list-style-type: none"> • \leq 5 calories/ounce • Max 40 calories/8 ounces • Max 60 calories/12 ounces • With or without caffeine • With or without carbonation 	Not allowed	Not allowed	12 ounces
No Calorie Beverages <ul style="list-style-type: none"> • Less than 5 calories/8 ounces • Max 10 calories/20 ounces • With or without caffeine • With or without carbonation • Calorie free flavored water 	Not allowed	Not allowed	20 ounces

Food Items:

To qualify as a compliant Smart Snack food item, a snack or a la carte entrée must first meet the **general nutrition standards**:

General Standards	<ul style="list-style-type: none"> • Be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient); or
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	<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 combination food that contains at least ¼ cup of fruit and/or vegetable
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The food must also meet the **nutrient standards** for calories, sodium, sugar, and fats:

Nutrient Standards	Snack	Entree
Calories	200 calories or less	350 calories or less
Sodium	200 mg or less	480 mg or less
Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	Less than 10% of calories	Less than 10% of calories
Trans Fat	0 g	0 g
Sugar	35% by weight or less	35% by weight or less

Note: There are some exemptions to the nutrient standards for nutrient dense items like cheese, nuts, seeds, dried fruit and vegetables, seafood, whole eggs. See “A Guide To Smart Snacks in Schools”, July 2016, page 11
<https://www.fns.usda.gov/sites/default/files/tn/USDASmartSnacks.pdf>