



# Smarter Snacking Starts Here

We are excited to announce that you can expect to see **NEW, healthier snack items in your cafeteria this year!** As of July 1, 2014, the USDA implemented the *Smart Snacks in School* nutrition guidelines, which address snack foods and beverages sold to students at school during the school day. These guidelines are science-based standards that allow schools to offer healthier snack foods to children, while limiting junk food. *Smart Snacks in School* guidelines will ensure that students are only offered tasty and nutritious foods during the school day.

## Smart Snacks Nutrition Standards

Must meet 1 or more of the following requirements:

- ✓ Be a "Whole Grain- Rich" grain product
- ✓ Have as the first ingredient: a fruit, a vegetable, a dairy product, or a protein food
- ✓ Be a combination food that contains at least ¼ cup of fruit and/or vegetable
- ✓ Contain 10% of the Daily Value of calcium, potassium, vitamin D, or dietary fiber

**Calories**

- Snack items ≤ 200 calories
- Entree items ≤ 350 calories

**Sodium**

- Snack items ≤ 230 mg
- Entree items ≤ 480mg

**Fat**

- Total fat ≤ 35% of calories
- Saturated fat < 10% of calories
- Trans fat: zero grams

**Sugar**

- ≤35% of weight from total sugars in foods

## Nutrition Standards for Beverages

**Elementary – 8 oz max**

**Middle and High – 12 oz max**

- Plain Water (carbonated or non-carbonated)
- Unflavored low-fat milk
- Flavored or unflavored non-fat milk (and milk alternatives)
- 100% fruit & vegetable juices, & full strength juice diluted with water (carbonated and non-carbonated) with no added sweeteners

### High School Only

**20 oz max**

- Calorie-free, flavored water (with and without carbonation)
- Other beverages <5 calories per 8 fluid oz or ≤ 10 calories per 20 fluid oz

**12 oz max**

- Beverages with ≤ 40 calories per 9 fluid oz, or ≤ 60 calories per 12 fluid oz

### Snacks Before the New Standards

Snack Item	Total Calories	Empty Calories
Sandwich	286 Calories	182 Calories
Cookies		
<b>Fruit Flavored Candies</b>	<b>249 Calories</b>	<b>177 Calories</b>
Donut	242 Calories	147 Calories
<b>Chocolate Bar</b>	<b>236 Calories</b>	<b>112 Calories</b>
Regular Cola	136 Calories	126 Calories

### Snacks After the New Standards

Snack Item	Total Calories	Empty Calories
Peanuts	170 Calories	0 Calories
<b>Light Popcorn</b>	<b>161 Calories</b>	<b>17 Calories</b>
Low-Fat Tortilla Chips	118 Calories	0 Calories
<b>Granola Bar</b>	<b>95 Calories</b>	<b>32 Calories</b>
Fruit Cup	68 Calories	0 Calories
<b>Flavored Water</b>	<b>0 Calories</b>	<b>0 Calories</b>