Smart Snacks & Competitive Foods
Effective July 1, 2016*

MUST meet all of the Nutrient Standards for:

1. Calories 200 Snack/side
   350 Entree
2. Sodium (mg) 200 Snack/side
   480 Entree
3. Total Fat (≤ 35% calories)
4. Saturated Fat (< 10% calories)
5. Trans fat (0)
6. Total sugar (≤ 35% by weight)

AND

Snack/Side/Entree that is

A

1st Ingredient Grain
- ≥ 50% WHOLE GRAIN

OR

B

1st Ingredient (one of the following)
- FRUIT
- VEGETABLE
- DAIRY (pudding, ice cream, cheese, yogurt)
- MEAT (poultry, eggs, nuts, fish)

OR

C

A Combination Food
- With 1/4 cup fruit/vegetable

* Two Changes are effective 7/1/2016: ①The sodium content for a snack/side decreases from 230 mg to 200 mg and ②The category qualifying products with 10% daily value of calcium, vitamin D, fiber, or potassium (*"D" on the previous chart*) is eliminated.

The **Smart Snack Guidelines** replace the "Foods of Minimal Nutritional Value" list and define what can be sold during the school day.
The **Nebraska Competitive Foods Rule** requires that no other program or school group sell food or beverages anywhere on school premises ½ hour before to ½ hour after breakfast and lunch. This rule defines when items can be sold during the school day. *(See NDE website for further information)* See reverse side for information on **Beverages** and **Exemptions**.

This institution is an equal opportunity provider.

Smart snacks Competitive foods

BEVERAGES

Maximum Size For each grade	ELEM	MIDDLE	HIGH
WATER *Non-carbonated or carbonated*	ANY SIZE	ANY SIZE	ANY SIZE
MILK *Skim, skim flavored, plain 1%*	8 oz	12 oz	12 oz
100% JUICE *Plain or carbonated*	8 oz	12 oz	12 oz
ZERO CALORIE BEVERAGE *Flavored and/or Carbonated <5 cal/8 oz Or ≤10 cal/20 oz*	NOT PERMITTED	NOT PERMITTED	20 oz
LOW CALORIE BEVERAGE *Flavored and/or Carbonated ≤40 cal/8 oz Or ≤60 cal/12 oz*	NOT PERMITTED	NOT PERMITTED	12 oz

Caffeinated beverages are only permitted at the High School Level

EXEMPTIONS

ENTRÉE SECOND - Exempt from Nutrient Standards, on same day served and next day.

FRUITS/VEGETABLES - Exempt from Nutrient Standards if NO added ingredients.

DRIED FRUITS/VEGETABLES - Exempt from sugar standard if NO added nutritive sweeteners or if added ingredient is necessary for processing and/or palatability.

SEAFOOD - Exempt from total fat standard.

CHEESE - Exempt from fat and saturated fat standard. Does not apply to combination foods.

NUTS/NUT BUTTER/SEEDS - Exempt from total fat and saturated fat standards. Exemption does not apply to combination foods such as peanut butter crackers.

DRIED FRUIT WITH NUTS - Exempt from total fat, saturated fat and sugar, if no added sugar or fat.