

Smart Snacks & Competitive Foods

Effective July 1, 2014

MUST meet all of the Nutrient Standards for:

1. Calories 200 Snack/side
350 Entree
2. Sodium 230 Snack/side
480 Entree
3. Total Fat ($\leq 35\%$ calories)
4. Saturated Fat ($< 10\%$ calories)
5. Trans fat (0)
6. Total sugar ($\leq 35\%$ by weight)

AND
Snack/Side/Entree
that is

- A**
- 1st Ingredient Grain
 - $\geq 50\%$ 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

OR

- July 1, 2014 - June 30, 2016 ONLY** **D**
- Item with $\geq 10\%$ DV of one:
 - CALCIUM
 - FIBER
 - VITAMIN D
 - POTASSIUM

Smart Snacks guidelines replace and update “foods of minimal nutritional value.” The **Nebraska Competitive Foods Rule** also requires that no food or beverages be sold anywhere on school premises $\frac{1}{2}$ hr before to $\frac{1}{2}$ hr after meal service unless all proceeds go to the school nutrition program. (See *NDE website for further information*) See reverse side for information on **Beverages** and **Exemptions**.



BEVERAGES

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