

California's Nutrition Standards* – Quick Fact Sheet

ELEMENTARY SCHOOLS

ALLOWABLE FOODS: The only foods that can be sold to elementary students are **full meals, exempt foods** and **dairy** or **whole grain foods** that meet specific calorie, fat, saturated fat and sugar requirements (Applies during the school day and until ½ hour after school.)

EXEMPT FOODS

These foods can be sold and do not have to meet calorie and fat limits; however, **they cannot have added sugars or fat** (check the ingredients list to ensure).

- Nuts
- Nut butters (such as peanut butter)
- Seeds (such as sunflower seeds)
- Eggs
- Cheese packaged for individual sale
- Fruit/vegetables that have not been deep fried
- Legumes

NOTES: Food items for sale containing non-exempt foods or ingredients combined with the exempt items above must comply with the restrictions for non-exempt foods (e.g. trail mix containing chocolate chips).

A la carte entrees cannot be sold in Elementary Schools. Outside entities (e.g. PTA) may sell a “full meal” provided it meets a USDA meal pattern.

To determine if an individual snack meets the standards, check the Nutrition Facts label and ingredient list. Visit our on-line snack calculator at www.CaliforniaProjectLEAN.org/calculator; input information from the Nutrition Facts label to find out if a food meets the standards.

DAIRY & WHOLE GRAIN FOODS

Individually sold dairy or whole grain foods can be sold if they contain:

- Not more than **175 calories**
- Not more than **35%** of total calories from **fat**
- Not more than **10%** of total calories from **saturated fat**
- Not more than **35%** of total weight from **sugar** (natural and added)
- No artificial *trans* fat (see details below)

Dairy: a food made from milk with the exception of cheese packaged for individual sale.

Whole grain:

- For purchased grain or bread products:
 - Label contains the statement: “Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol, may help reduced the risk of heart diseases and certain cancers”, **or**
 - The first listed grain ingredient is a whole grain, **or**
 - If the first listed ingredient is not identified as a whole grain, obtain documentation from the manufacturer within previous 12 months that lists a combination of whole grains that combined represent at least 51% of the weight of the total grains.
- For bread or grain products prepared by schools:
 - The weight of the whole grains is at least 51% of the total grain weight of the product.

ALLOWABLE BEVERAGES (Applies at all times, regardless of the time of day)

The only beverages that can be sold to elementary students are:

- Fruit and vegetable-based drinks that are composed of at least 50% fruit or vegetable juice and have no added sweetener
- 2%, 1%, nonfat milk (cow's or goat's); soy milk, rice milk or other similar nondairy milk that contains Vitamin A, Vitamin D, and at least 25% of the Daily Value for calcium per 8 ounces, contains no added sweeteners exceeding 28 grams of total sugars per 8 ounces. Soy milk, rice milk, and other similar nondairy milk must contain no more than 5 grams of fat per 8 ounces.
- Water with no added sweetener

ARTIFICIAL TRANS FAT IN FOODS (Applies ½ hour before school until ½ hour after school)

Schools and districts may not make available to students enrolled in Kindergarten through grade 12 food containing artificial *trans* fat. This pertains to vending machines and school food service operations. A food is considered to contain artificial *trans* fat if it contains vegetable shortening, margarine, or any kind of partially hydrogenated vegetable oil, unless the manufacturer's documentation on the label lists *trans* fat content at less than 0.5 grams of *trans* fat per serving.