



# California Nutrition Standards\* – Quick Fact Sheet

## MIDDLE, JUNIOR, AND HIGH SCHOOLS

### ALLOWABLE SNACKS AND ENTREES (Applies during the school day and until ½ hour after school.)

#### **SNACKS** (Generally regarded as supplementing a meal)

Individually sold food items must meet the following:

- Not more than **250** 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)

**EXEMPT SNACKS:** Nuts, nut butters (such as peanut butter), seeds (such as sunflower seeds), eggs, cheese packaged for individual sale, fruits/vegetables that have not been deep fried, and legumes **that do not contain added sugars or fat**. All are exempt from the total fat limit; eggs and cheese are exempt from the saturated fat limit; fruit and non-fried vegetables are exempt from the sugar limit. All must meet the limit of 250 calories or less.

**NOTE:** Food items for sale containing non-exempt foods or ingredients combined with exempt items shall comply with the restrictions for non-exempted foods (e.g. trail mix containing chocolate chips).

#### **ENTREES** (Generally regarded as the primary food in a meal)

Entrees shall:

- Contain no more than **400 calories** per item
- Contain no more than **4 grams of fat per 100 calories** (36% fat)

#### **Entrees must contain:**

- 2 or more of the following groups: meat/meat alternative, grain/bread, vegetable/fruit (e.g. turkey sandwich, baked potato with chili, fruit and cheese platter) **or**
- A meat/meat alternative alone (e.g. sausage patty, egg, chicken nuggets) excluding nuts, nut butters, seeds, cheese, and yogurt.

To determine if an individual snack or entrée meets California's nutrition standards, check the Nutrition Facts label. Visit our on-line snack calculator at: [www.CaliforniaProjectLEAN.org/calculator](http://www.CaliforniaProjectLEAN.org/calculator), which allows you to input information from the Nutrition Facts label to determine if the food meets the standards.

### ALLOWABLE BEVERAGES (Applies ½ before school and until ½ hour after school)

The following may be sold:

- Fruit and vegetable-based drinks that are composed of  $\geq 50\%$  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 alternative 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
- Electrolyte replacement beverages that contain **no more than 2.1 grams of added sweetener** per fluid ounce, list water as the first ingredient, contain between **10-150 milligrams of sodium** and **10-90 milligrams of potassium** per 8 ounces, and contain **no added caffeine**.

### TRANS FAT IN FOODS (Applies to ½ hour before school and until ½ hour after school)

Schools and districts may not make available to student 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.

\* Based upon SB 12 and SB 965 enacted 2005. . For more information on competitive food and beverages, see <http://www.cde.ca.gov/ls/nu/he/compfoods.asp>