



# California Food and Beverage 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 and non-fried vegetables, 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 hour before school and until ½ hour after school)

The following may be sold:

- Fruit and vegetable-based drinks that are composed of **≥ 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, and contain **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>

# California's Food and Beverage 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
- Fruits and non-fried vegetables
- 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](http://www.CaliforniaProjectLEAN.org/calculator); input information from the Nutrition Facts label to find out if a food meets the standards.

### 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.

### 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.

\* Based upon SB 12 and SB 965 enacted 2005, and SB 490 enacted 2007. For more information on competitive food and beverages, see <http://www.cde.ca.gov/ls/nu/he/compfoods.asp>.