

Healthy Food and Beverages Standards for Schools

Nutrition standards for other foods and beverages available on campus

Defining “healthy” foods and beverages

Any food sold in schools must:

- Be a “whole grain-rich” grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product or a protein food
- Contain ≤ 200 calories for a snack item and ≤ 350 calories for an entrée item.
- Contain ≤ 200 mg sodium as a snack item and ≤ 480 mg sodium as an entrée item.
- Not more than 30% of the total calories of the food item, excluding reduced-fat cheeses, nuts or seeds and nut butters are from fat.
- Not more than 10% of the total calories of the food item, excluding reduced-fat cheeses, nuts or seeds and nut butters, are from saturated fat.
- Not more than 35% of the total weight of the food item, excluding fruits or vegetables, is composed of sugar.

In addition, “healthy” foods should come from the following categories:

- Milk and dairy products, including cheese, yogurt and frozen yogurt
- Full-strength fruit and vegetable juices and fruit juice containing 100% full strength fruit juice
- Fresh, frozen, canned and dried fruits and vegetables
- Nuts, seeds and nut butters
- Eggs
- Non-confection grain products including crackers, bread items, tortillas, pretzels, bagels, muffins, granola bars, trail-mix bars, cereal and popcorn

Nutrition Standards for Beverages

All schools may sell:

- Plain water (with or without carbonation) with no portion size limit
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice
- 100% fruit or vegetable juice diluted with water (with or without carbonation) and no added sweeteners

Elementary schools may sell up to 8-ounce portions, while middle and high schools may sell up to 12-ounce portions of milk and juice.

The standards allow additional “no calorie” and “lower calorie” beverage options for high school students.

- Up to 20 ounce servings of other flavored and/or carbonated beverages that are labeled to contain fewer than 5 calories per 8 ounces or 10 or fewer calories per 20 ounces
- Up to 12 ounce servings of other flavored and/or carbonated beverages that are labeled to contain 40 or fewer calories per 8 ounces or 60 or fewer calories per 12 ounces

Adopted: June 12, 2017

Weld County School District 6, Greeley, Colorado