Connecticut Nutrition Standards for Food in Schools

Complying with the Healthy Food Certification Under Connecticut General Statutes Section 10-215f
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Acknowledgments

The Connecticut State Department of Education, Bureau of Health and Nutrition Services and Child/Family/School Partnerships, would like to thank the following individuals for serving on the committee to develop the Connecticut Nutrition Standards:

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- American Cancer Society
- American Heart Association, serving Connecticut
- Association of School Nurses of Connecticut
- Connecticut Action for Healthy Kids
- Connecticut Association of Boards of Education
- Connecticut Association of Public School Superintendents
- Connecticut Chapter of the American Academy of Pediatrics
- Connecticut Commission on Children
- Connecticut Dietetic Association
- Connecticut Parent Teacher Association
- Connecticut School Nutrition Association
- Connecticut State Department of Education
- Connecticut State Department of Public Health Cardiovascular Health Program and Nutrition Program
- End Hunger Connecticut! Inc.
- New England Dairy & Food Council
- University of Connecticut Department of Nutritional Sciences

For additional information on the Connecticut Nutrition Standards visit the Connecticut State Department of Education’s website (Nutrition Education page) at http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754, or contact:

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Section 1 Overview

Introduction
The Connecticut State Department of Education (CSDE) developed the Connecticut Nutrition Standards in response to Section 10-215e of the Connecticut General Statutes (see page 4). Section 10-215e requires CSDE to publish a set of nutrition standards for all food items offered for sale to students at school separately from a school lunch or breakfast that is reimbursable under the U.S. Department of Agriculture’s School Breakfast Program or National School Lunch Program.

The Connecticut Nutrition Standards focus on decreasing fat and sugars, increasing nutrient density and moderating portion sizes. The standards are consistent with the U.S. Dietary Guidelines, MyPyramid and recommendations from national organizations, such as the American Cancer Society, American Heart Association, American Dietetic Association and American Academy of Pediatrics. All these organizations recommend limiting fat, saturated fat, trans fat, sugars and sodium, moderating portion sizes, and promoting increased intake of fruits, vegetables and whole grains.

Standards for Food
The Connecticut Nutrition Standards supplement and incorporate the Healthy Snack Standards that CSDE previously developed as part of Connecticut’s Healthy Snack Pilot (see box below). Together, these two sets of standards address all a la carte foods sold in schools, including entree items, cooked grains, soups, fruits and vegetables, and snacks and desserts. A la carte foods include all foods sold separately from reimbursable school meals.

Note: This document contains the complete Connecticut Nutrition Standards, including the rationale for development of each standard and additional recommendations for implementation. CSDE has also developed a two-page handout that summarizes the state requirements for food and beverages, including 1) the beverage requirements of Section 10-221q of Connecticut General Statutes; and 2) the Connecticut Nutrition Standards. The handout, Summary of Requirements for School Food and Beverages, is available at http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/SummaryChart_NS.pdf.

Connecticut’s Healthy Snack Pilot
Connecticut’s Healthy Snack Pilot was funded by a Team Nutrition grant from the U.S. Department of Agriculture (USDA) to CSDE. The Healthy Snack Pilot was conducted in eight schools from September 2003 through June 2005. During the first year of the pilot (2003-2004), no changes in snack offerings were made in any of the eight schools. During the second year (2004-2005), five schools followed Connecticut’s Healthy Snack Standards and offered only healthy snack choices (including a la carte snack sales in the cafeteria and in any vending machines), while three schools made no changes to snack offerings.

The results of the Healthy Snack Pilot are found in CSDE’s Summary Data Report on Connecticut’s Healthy Snack Pilot and CSDE’s Healthy Snack Pilot Case Studies. These documents are available on the Connecticut State Department of Education website at http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Healthy. CSDE’s Guidance for Healthy Snacks in Schools, Healthy Snack Standards and a list of brand-specific snack products that meet the Healthy Snack Standards are also available online.
Overview

Standards for Beverages
Section 10-221q of the Connecticut General Statutes allows only the following beverages to be sold to students in public schools: 1) milk (flavored or plain) with no more than 4 grams of sugar per ounce and no artificial sweeteners; 2) nondairy milks such as soy or rice milk, which may be flavored but contain no artificial sweeteners, no more than 4 grams of sugar per ounce, no more than 35 percent of calories from fat per portion and no more than 10 percent of calories from saturated fat per portion; (3) 100 percent fruit juice, vegetable juice or combination of such juices, containing no added sugars, sweeteners or artificial sweeteners; 4) beverages that contain only water and fruit or vegetable juice and have no added sugars, sweeteners or artificial sweeteners; and 5) water, which may be flavored but contains no added sugars, sweeteners, artificial sweeteners or caffeine. Portion sizes of beverages are limited to 12 ounces, with the exception of water.

Beverages not specified in the preceding list can only be sold to students at school if the board of education or school governing authority takes action to permit them and (1) the sale is in connection with an event occurring after the end of the regular school day or on the weekend; (2) the sale is at the location of the event; and (3) the beverages are not sold from a vending machine or school store. The regular school day is the period that begins with the arrival of the first child at school and ends after the last instructional period. An event is an occurrence that involves more than just a regularly scheduled practice, meeting or extracurricular activity, e.g., soccer games, school plays and school debates are events but soccer practices, play rehearsals and debate team meetings are not.

Development of Connecticut Nutrition Standards
The Connecticut Nutrition Standards were developed by a committee with representation from the American Academy of Pediatrics (Hezekiah Beardsley Connecticut Chapter); American Heart Association; Connecticut Dietetic Association; Connecticut Action for Healthy Kids; Connecticut School Nutrition Association; Connecticut State Department of Education, Bureau of Health and Nutrition Services and Child/Family/School Partnerships; Connecticut State Department of Public Health, Cardiovascular Health Program and Obesity Prevention Program; End Hunger Connecticut! Inc.; New England Dairy & Food Council; and University of Connecticut, Department of Nutritional Sciences.

In developing the nutrition standards for food items, the committee reviewed current nutrition science, national dietary recommendations and existing standards from other states. The committee identified those groups of food items (e.g., entree items, cooked grains and soups) that Connecticut’s previously existing Healthy Snack Standards did not already address. The committee evaluated the potential impact of the Connecticut Nutrition Standards by reviewing the nutrient value of a large variety of food items in these groups. The committee also considered variables related to the operation of Connecticut’s school food service programs, such as the most frequent USDA meal planning option used in schools and most frequent type of milk sold.

Revision of Connecticut Nutrition Standards
State statute requires CSDE to publish nutrition standards by August 1, 2006. Thereafter, CSDE is required to publish the nutrition standards by January 1 of each school year. CSDE will evaluate and revise the Connecticut Nutrition Standards as needed to reflect changes in nutrition science and the availability of new food items. To obtain the most recent version of the Connecticut Nutrition Standards, visit the CSDE website (Nutrition Education page) at http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Standards.
Implementation of Connecticut Nutrition Standards

Under Section 10-215f of the Connecticut General Statutes, effective July 1, 2006, public school districts that participate in the National School Lunch Program (including the Connecticut Technical High School System, charter schools, magnet schools and endowed academies) can receive additional funding if all food items sold to students separately from a reimbursable school breakfast or lunch meet the Connecticut Nutrition Standards. The funding level is 10 cents per lunch based on the total number of lunches (paid, free and reduced) served in the district in the prior school year.

If a district chooses to receive the additional funding, it must certify that all food items sold to students separately from a reimbursable school breakfast or lunch will comply with the Connecticut Nutrition Standards. These food items include food offered for sale to students at all times, in all schools, and from all sources, including, but not limited to school stores, vending machines, school cafeterias and any fundraising activities on school premises, whether sponsored by the school or an outside group.

A board of education or school governing authority may takes action to permit the sale to students of food items that do not meet the Connecticut Nutrition Standards if (1) the sale is in connection with an event occurring after the end of the regular school day or on the weekend; (2) the sale is at the location of the event; and (3) the food is not sold from a vending machine or school store. The regular school day is the period that begins with the arrival of the first child at school and ends after the last instructional period. An event is an occurrence that involves more than just a regularly scheduled practice, meeting or extracurricular activity, e.g., soccer games, school plays and school debates are events but soccer practices, play rehearsals and debate team meetings are not.


CSDE will be providing school districts with ongoing training opportunities and technical assistance regarding the implementation of the Connecticut Nutrition Standards. For additional information on the Connecticut Nutrition Standards and the requirements and application process for implementing the healthy food certification under Section 10-215f of Connecticut General Statutes, contact the Child Nutrition Unit in CSDE’s Bureau of Health and Nutrition Services and Child/Family/School Partnerships at (860) 807-2101.
Connecticut General Statutes on Food and Beverages in Schools*

Section 10-215a. Nonpublic school and nonprofit agency participation in feeding programs. Nonpublic schools and nonprofit agencies may participate in the school breakfast, lunch and other feeding programs provided in sections 10-215 to 10-215b under such regulations as may be promulgated by the State Board of Education in conformance with said sections and under the federal laws governing said programs, except that such schools, other than the endowed academies approved pursuant to section 10-34, and agencies shall not be eligible for the funding described in subdivision (2) of subsection (a) of section 10-215b.

Section 10-215b. Duties of State Board of Education re feeding programs. (a) The State Board of Education is authorized to expend in each fiscal year an amount equal to (1) the money required pursuant to the matching requirements of said federal laws and shall disburse the same in accordance with said laws, and (2) ten cents per lunch served in the prior school year in accordance with said laws by any local or regional board of education, the regional vocational-technical school system or governing authority of a state charter school, interdistrict magnet school or endowed academy approved pursuant to section 10-34 that participates in the National School Lunch Program and certifies pursuant to section 10-215f that the nutrition standards established by the Department of Education pursuant to section 10-215e shall be met.

(b) The State Board of Education shall prescribe the manner and time of application by such board of education, the regional vocational-technical school system, such governing authority or controlling authority of the nonpublic schools for such funds, provided such application shall include the certification that any funds received pursuant to subsection (a) of this section shall be used for the program approved. The State Board of Education shall determine the eligibility of the applicant to receive such grants pursuant to regulations provided in subsection (c) of this section and shall certify to the Comptroller the amount of the grant for which the board of education, the regional vocational-technical school system, the governing authority or the controlling authority of a nonpublic school is eligible. Upon receipt of such certification, the Comptroller shall draw an order on the Treasurer in the amount, at the time and to the payee so certified.

(c) The State Board of Education may adopt such regulations as may be necessary in implementing sections 10-215 to 10-215b, inclusive.

(d) The Commissioner of Education shall establish a procedure for monitoring compliance by boards of education, the regional vocational-technical school system, or governing authorities with certifications submitted in accordance with section 10-215f and may adjust grant amounts pursuant to subdivision (2) of subsection (a) of this section based on failure to comply with said certification.

Section 10-215e. Nutrition standards for food that is not part of lunch or breakfast program. Not later than August 1, 2006, and January first of each year thereafter, the Department of Education shall publish a set of nutrition standards for food items offered for sale to students at schools. Such standards shall not apply to food sold as part of the National School Lunch Program and School Breakfast Program unless such items are purchased separately from a school lunch or breakfast that is reimbursable under such program.

* Note: These statutes were originally enacted or amended by Public Act 06-63, An Act Concerning Healthy Food and Beverages in Schools, which was effective July 1, 2006.
Connecticut General Statutes, continued

**Section 10-215f. Certification that food meets nutrition standards.** (a) Each local and regional board of education, the regional vocational-technical school system, and the governing authority for each state charter school, interdistrict magnet school and endowed academy approved pursuant to section 10-34 that participates in the National School Lunch Program shall certify in its annual application to the Department of Education for school lunch funding whether, during the school year for which such application is submitted, all food items made available for sale to students in schools under its jurisdiction and not exempted from the nutrition standards published by the Department of Education pursuant to section 10-215e will meet said standards. Except as otherwise provided in subsection (b) of this section, such certification shall include food not exempted from said nutrition standards and offered for sale to students at all times, and from all sources, including, but not limited to, school stores, vending machines, school cafeterias, and any fundraising activities on school premises, whether or not school sponsored.

(b) Each board of education, the regional vocational-technical school system and each governing authority that certifies pursuant to this section compliance with the department's nutrition standards for food may exclude from such certification the sale to students of food items that do not meet such standards, provided (1) such sale is in connection with an event occurring after the end of the regular school day or on the weekend, (2) such sale is at the location of such event, and (3) such food is not sold from a vending machine or school store.

**Section 10-221p. Boards to make available for purchase nutritious and low-fat foods.** Each local and regional board of education and governing authority for each state charter school, interdistrict magnet school and endowed academy approved pursuant to section 10-34, shall make available in the schools under its jurisdiction for purchase by students enrolled in such schools nutritious and low-fat foods, which shall include, but shall not be limited to, low-fat dairy products and fresh or dried fruit at all times when food is available for purchase by students in such schools during the regular school day.

**Section 10-221q. Sale of beverages.** (a) Except as otherwise provided in subsection (b) of this section, each local and regional board of education and the governing authority for each state charter school, interdistrict magnet school and endowed academy approved pursuant to section 10-34, shall permit at schools under its jurisdiction the sale of only the following beverages to students from any source, including, but not limited to, school stores, vending machines, school cafeterias, and any fund-raising activities on school premises, whether or not school sponsored: (1) Milk that may be flavored but contain no artificial sweeteners and no more than four grams of sugar per ounce, (2) nondairy milks such as soy or rice milk, which may be flavored but contain no artificial sweeteners, no more than four grams of sugar per ounce, no more than thirty-five per cent of calories from fat per portion and no more than ten per cent of calories from saturated fat per portion, (3) one hundred per cent fruit juice, vegetable juice or combination of such juices, containing no added sugars, sweeteners or artificial sweeteners, (4) beverages that contain only water and fruit or vegetable juice and have no added sugars, sweeteners or artificial sweeteners, and (5) water, which may be flavored but contain no added sugars, sweeteners, artificial sweeteners or caffeine. Portion sizes of beverages, other than water as described in subdivision (5) of this subsection, that are offered for sale pursuant to this subsection shall not exceed twelve ounces.

(b) Each such board of education or governing authority may permit at schools under its jurisdiction, the sale to students of beverages that are not listed in subsection (a) of this section, provided (1) such sale is in connection with an event occurring after the end of the regular school day or on the weekend, (2) such sale is at the location of such event, and (3) such beverages are not sold from a vending machine or school store.

Connecticut General Statutes:
Definitions for Connecticut Nutrition Standards

A La Carte Items: Any food or beverage that students purchase in addition to or in place of the U.S. Department of Agriculture reimbursable school breakfast or lunch. A la carte items include, but are not limited to, foods and beverages sold in the cafeteria serving lines, a la carte lines or kiosks and in vending machines, school stores or snack bars located anywhere on school grounds.

Connecticut Nutrition Standards: State nutrition standards developed by CSDE in response to Section 10-215e of the Connecticut General Statutes. These standards address the nutritional content of all food items sold to students separately from a reimbursable school lunch or breakfast. All schools in any district that chooses to comply with the healthy food certification under Section 10-215f of the Connecticut General Statutes must follow the Connecticut Nutrition Standards for all sources of food sales to students, including, but not limited to, school stores, vending machines, school cafeterias and any fundraising activities on school premises. [http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Standards](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Standards)

Dietary Guidelines for Americans: A federal document that provides science-based advice for Americans two years of age and older to promote health and to reduce risk for chronic diseases through diet and physical activity. The Dietary Guidelines are published jointly every five years by the U.S. Department of Health and Human Services and the U.S. Department of Agriculture, and form the basis of federal food, nutrition education and information programs. [http://www.healthierus.gov/dietaryguidelines/](http://www.healthierus.gov/dietaryguidelines/)

Entree Item: For the purposes of the Connecticut Nutrition Standards, entree items include three categories of main dish food items: 1) a combination food of meat/meat alternate and grain/bread (e.g., turkey sandwich, pizza, hamburger on a bun and cheese burrito); 2) a combination food of vegetable/fruit and meat/meat alternate (e.g., chef’s salad, fruit and cheese platter, baked potato with chili, chicken vegetable stir-fry); and 3) a meat/meat alternate alone (e.g., sausage patty, egg, cheese wedge, chicken nuggets), excluding yogurt and nuts and seeds. Yogurt and nuts and seeds are addressed by the nutrition standard for snacks and desserts (see Section 6 Snacks and Desserts).

National School Lunch Program (NSLP): USDA’s federally assisted meal program operating in public and nonprofit private schools and residential child care institutions (RCCIs). The NSLP provides nutritionally balanced, low-cost or free lunches to children each school day. [http://www.fns.usda.gov/cnd/lunch/](http://www.fns.usda.gov/cnd/lunch/)

Nutrition Standards: Federal, state or local guidelines for the nutritional content of foods and beverages.

Reimbursable School Meal: A meal that meets the requirements of the U.S. Department of Agriculture’s National School Lunch Program or School Breakfast Program.

School Breakfast Program (SBP): USDA’s federally assisted breakfast program operating in public and nonprofit private schools and residential child care institutions (RCCIs). The SBP provides nutritionally balanced, low-cost or free breakfasts to children each school day. [http://www.fns.usda.gov/cnd/breakfast/](http://www.fns.usda.gov/cnd/breakfast/)

USDA Nutrient Standards: The required minimum levels of calories and key nutrients to meet the nutrition goals for specific age or grade groups of children for breakfast and lunch menus. The USDA nutrient standards are based on the nutritional needs of groups of children of different ages. They include school-week averages for calories and five key nutrients (protein, calcium, iron, vitamin A and vitamin C). They also limit total fat to no more than 30 percent of calories over a school week and saturated fat to less than 10 percent of calories over a school week. [http://teamnutrition.usda.gov/Resources/menuplanner.html](http://teamnutrition.usda.gov/Resources/menuplanner.html)
Section 2 Standards for Entree Items

Note: These standards differentiate between 1) entree items that are planned as part of a reimbursable school meal and are sold a la carte; and 2) entree items that are only planned as a la carte items and are not sold as part of a reimbursable school meal.

1) Entree Items Planned as Part of Reimbursable Meals and Sold A La Carte

<table>
<thead>
<tr>
<th>Standard</th>
<th>Rationale</th>
<th>Additional Guidance</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Nutrition Standard</strong></td>
<td>USDA meals are already planned to meet the required USDA nutrient standards. USDA’s nutrient standards address calories and nutrients, and set limits for fat and saturated fat. Entree items planned as part of a reimbursable school meal have been selected to fit into the USDA nutrient standards based on the weekly school menu. The committee did not believe it was necessary to develop a separate set of nutrition standards for entree items that are already addressed as part of a planned reimbursable school meal for the National School Lunch Program or School Breakfast Program. These entree items have already been evaluated to be included as part of the meal and fit into USDA’s nutrient standards. A la carte sales of these items are secondary to the sale of the planned meal.</td>
<td>For additional information on the USDA nutrient standards for school meals, see USDA’s Menu Planner for Healthy School Meals, available at <a href="http://teamnutrition.usda.gov/">http://teamnutrition.usda.gov/</a>. Choose entree items that are lower in fat, saturated fat, added sugars and sodium. Serve entree items containing high-fiber foods and whole grains more often. Use low-fat cooking techniques. If fat is used in cooking, select fats that are trans-fat free, e.g., oils that are not hydrogenated. Serve low-fat and low-sodium condiments in individual portion sizes.</td>
</tr>
</tbody>
</table>

Note: This standard only applies to entree items that are part of the reimbursable meal and are also sold separately on the same day. It does not apply to any of the other meal components that are also sold a la carte. Any other meal components that are also sold separately must meet the Connecticut Nutrition Standards for the appropriate food category (e.g., Snacks and Desserts, Fruits and Vegetables, Soups and Cooked Grains). For example, if french fries are on the menu and are also sold a la carte to students, they must meet the Connecticut Nutrition Standards for Fruits and Vegetables.

* See definition for entree item on page 6.

**Portion Size**

The portion size of the entree item shall not be larger than the serving size planned and served as part of the reimbursable meal for the appropriate age/grade group under the USDA meal pattern.

The habitual consumption of oversized portions is a major contributor to childhood obesity. One of the goals of the Connecticut Nutrition Standards is to encourage appropriate portion sizes. Larger portion sizes can lead to overconsumption of total fat, saturated fat, trans fat, sugars, sodium and calories.

2) *Entree Items Sold Only A La Carte*

Any entree item that is only sold a la carte (i.e., it is not planned and served as part of a reimbursable school meal) must meet the following nutrition standards:

<table>
<thead>
<tr>
<th>Standard</th>
<th>Rationale</th>
<th>Additional Guidance</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Portion Size</strong></td>
<td>The habitual consumption of oversized portions is a major contributor to childhood obesity.(^1) One of the goals of the Connecticut Nutrition Standards is to encourage appropriate portion sizes. Larger portion sizes can lead to overconsumption of total fat, saturated fat, trans fat, sugars, sodium and calories.</td>
<td>Set a la carte prices that encourage students to choose the reimbursable meal instead of a single entree item, i.e., set prices so the cost of purchasing individual a la carte items is greater than the cost of purchasing the complete reimbursable meal.</td>
</tr>
<tr>
<td>The portion size of the a la carte entree item* shall not be larger than the serving size that would normally be planned and served as part of a reimbursable meal for the appropriate age/grade group under the USDA meal pattern.</td>
<td>The Contribution of Expanding Portion Sizes to the US Obesity Epidemic. Lisa R Young and Marion Nestle. American Journal of Public Health, February 2002, Vol 92 No 2. <a href="http://www.nyu.edu/education/nutrition/PDFS/young-nestle.pdf">http://www.nyu.edu/education/nutrition/PDFS/young-nestle.pdf</a></td>
<td></td>
</tr>
<tr>
<td>* See definition for entree item on page 6.</td>
<td>(^1)</td>
<td>(^1)</td>
</tr>
</tbody>
</table>

| **Fat** | The Dietary Guidelines recommend limiting overall fat intake to between 25 percent to 35 percent of calories for children and adolescents 4 to 18 years of age.\(^2\) High fat foods add unnecessary calories to the diet. A diet lower in fat is associated with lower risk of overweight, obesity, cardiovascular disease and some cancers.\(^2,3\) | Choose entree items that are lower in fat, saturated fat, sodium and added sugars. |

**Encouraging Reimbursable Meals**

The committee wanted to encourage schools to plan and sell all entree items as part of a reimbursable meal instead of only as a la carte items. Setting a limit on the entree’s total fat grams means that higher fat entrees cannot be sold in Connecticut schools unless they can be planned as part of a reimbursable meal that meets USDA’s nutrient standards. When entree items are combined with low-fat milk and low-fat foods (e.g., fruits, vegetables and grains without added fats), the overall meal can meet the Dietary Guidelines.

**Determining the Fat Standard**

The committee wanted to set a fat standard that would limit overall fat content while still allowing a variety of entree items. The committee decided not to apply the Dietary Guidelines for fat to individual entree items for two reasons: 1) The Dietary Guidelines are intended to be applied to diets over time, not to individual foods; and 2) the evaluation of entree items for compliance would be too complex, as exemptions would be needed to account for the naturally occurring fat in certain nutrient-dense entrees which would otherwise be eliminated, e.g., entrees containing cheese, nuts and nut butters. (Since it is impossible to differentiate between naturally occurring fats and added fats using the Nutrition Facts label, evaluation of these products would require information.

**Fat**

- No more than 18 grams of fat per entree.
2) Entree Items Sold Only A La Carte, continued

<table>
<thead>
<tr>
<th>Standard</th>
<th>Rationale</th>
<th>Additional Guidance</th>
</tr>
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<tbody>
<tr>
<td><strong>Fat, continued</strong></td>
<td>from the manufacturer. For example, if a beef, cheese and bean burrito is higher than 35 percent of calories from fat, the manufacturer would need to indicate how much is due to the naturally occurring fat in the cheese and beef and how much is added in processing. Based on Connecticut’s experience with trying to obtain information from manufacturers on added versus naturally occurring sugars in snack products, the committee decided that this approach would make the evaluation process too difficult.) The committee decided it was more reasonable to base the determination of a standard for the maximum fat content of entrees on two considerations: 1) the entree’s contribution to the average child’s maximum recommended daily fat grams; and 2) the entree’s contribution to total allowable fat grams in a reimbursable school meal.</td>
<td></td>
</tr>
</tbody>
</table>

1) **Contribution to Children’s Daily Fat Grams:** A growing school-age child needs approximately 2,200 calories per day (younger and less active children need less, teen boys and more active children need more). Applying the Dietary Guidelines recommendation for no more than 35 percent of calories from fat translates into 770 calories from fat or 85.5 grams per day (770 calories divided by 9 calories per gram of fat equals 85.5 grams of fat). Limiting a la carte entree products to no more than 18 grams of fat ensures that an individual entree item provides no more than 21 percent of the average child’s daily fat grams (18 divided by 85.5 equals 21 percent). This leaves the majority of a child’s daily fat grams for other meals and snacks.

2) **Contribution to Fat Grams in a Meal:** The majority of Connecticut’s schools use the USDA’s traditional food-based meal pattern. The USDA nutrient standards for traditional food-based lunches for grades 4-12 specify a target of 785 calories and no more than 26 grams of fat. (The standards specify that no more than 30 percent of total calories should come from fat: 785 calories times 30 percent equals 236 calories; 236 calories divided by 9 calories per gram of fat equals 26 grams of fat.)

While the fat content of entrees can vary greatly, entrees usually provide the majority of fat in any meal. The contribution of fat grams from the other meal components varies, depending on the type of items purchased, the preparation methods used and the type of milk selected. Based on information available for Connecticut’s school meals, the committee determined that on average, the other meal components contribute about 8 grams of fat, leaving up to 18 grams for the entree (26 grams total fat minus 8 grams from other meal components equals 18 grams for the entree). This was based on the following averages for the other meal components: 2.5 grams for low-fat milk, based on an average of flavored and plain low-fat milk (the most common type of milk sold in Connecticut schools); 2 grams for grains/breads; 0.5 grams for fruit and 3 grams for vegetables (prepared with oil, dressing, etc.).
### 2) Entree Items Sold Only A La Carte, continued

<table>
<thead>
<tr>
<th>Standard</th>
<th>Rationale</th>
<th>Additional Guidance</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fat, continued</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Grade Levels</strong></td>
<td>To simplify the application of the nutrition standards, the committee set one fat level for all grade levels. The committee recognizes that the target calorie level and total fat grams are lower for younger children. However, the committee believed this approach was still reasonable because Connecticut schools generally do not sell entrees only as a la carte items at the elementary level. If an elementary school did sell entrees only as a la carte items, limiting the total fat to no more than 18 grams would still ensure that any individual entree item provides no more than 29 percent of the daily fat grams limit for children in grades K-3. Children ages 4-8 need approximately 1,600 calories per day (girls and less active children need less, boys and more active children need more). 1 Applying the Dietary Guidelines recommendation for limiting total calories from fat to no more than 35 percent translates into 560 calories from fat or 62.2 grams per day (560 calories divided by 9 calories per gram of fat equals 62.2 grams of fat). An entree with 18 grams fat would provide 29 percent of the child’s fat allotment (18 divided by 62.2 equals 28.9 percent). Since 18 grams is the maximum fat level for an a la carte entree item, the committee felt that the majority of entree items would supply less than 29 percent of younger children’s daily fat grams limit.</td>
<td></td>
</tr>
</tbody>
</table>

---

2) Entree Items Sold Only A La Carte, continued

<table>
<thead>
<tr>
<th>Standard</th>
<th>Rationale</th>
<th>Additional Guidance</th>
</tr>
</thead>
</table>
| **Saturated Fat and Trans Fat** | The Dietary Guidelines recommend limiting saturated fat intake to less than 10 percent of calories. Foods that are high in saturated fat increase the risk of coronary artery disease by raising blood cholesterol. The Dietary Guidelines recommend that most fats are consumed from sources of polyunsaturated and monounsaturated fats (e.g., fish, nuts and vegetable oils), and that trans fatty acid consumption is kept as low as possible. Trans fatty acids (found in hydrogenated oils) tend to raise blood cholesterol. The committee addressed saturated fat and trans fat together. When the total fat of the diet is limited and the amount of saturated fat is below 10 percent of total calories, intake of trans fatty acids should be within a reasonable level. | **Sources of Saturated Fat:** Major food sources of saturated fat include cheese, meat, poultry, eggs, milk, fats (e.g., butter, oils margarine and dressings) and snack foods. **Major Sources of Saturated Fats**
<table>
<thead>
<tr>
<th>Food Group</th>
<th>Percent of Total Saturated Fat Consumed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese</td>
<td>........................................... 13.1</td>
</tr>
<tr>
<td>Beef</td>
<td>............................................ 11.7</td>
</tr>
<tr>
<td>Milk (includes whole milk, low-fat milk and fat-free milk)</td>
<td>7.8</td>
</tr>
<tr>
<td>Oils</td>
<td>........................................ 4.9</td>
</tr>
<tr>
<td>Ice cream, sherbet, frozen yogurt</td>
<td>4.7</td>
</tr>
<tr>
<td>Cakes, cookies, quick breads, doughnuts</td>
<td>4.7</td>
</tr>
<tr>
<td>Butter</td>
<td>........................................ 4.4</td>
</tr>
<tr>
<td>Other fats (shortening and animal fats)</td>
<td>4.4</td>
</tr>
<tr>
<td>Salad dressings/mayonnaise</td>
<td>3.7</td>
</tr>
<tr>
<td>Poultry</td>
<td>........................................ 3.6</td>
</tr>
<tr>
<td>Margarine</td>
<td>........................................ 3.2</td>
</tr>
<tr>
<td>Sausage</td>
<td>........................................ 3.1</td>
</tr>
<tr>
<td>Potato chips, corn chips, popcorn</td>
<td>2.9</td>
</tr>
<tr>
<td>Yeast bread</td>
<td>........................................ 2.6</td>
</tr>
<tr>
<td>Eggs</td>
<td>........................................ 2.3</td>
</tr>
</tbody>
</table>

1 Dietary Guidelines for Americans. U.S. Department of Agriculture and U.S. Department of Health and Human Services, 2005. http://www.healthierus.gov/dietaryguidelines/ | **Encouraging Reimbursable Meals** The committee wanted to encourage schools to plan and sell all entree items as part of a reimbursable meal instead of only as a a la carte items. Setting a limit on the entree’s total saturated fat grams means that higher saturated fat entrees cannot be sold unless they can be planned as part of a reimbursable meal that meets USDA’s nutrient standards. When entree items are combined with other meal components that are low in saturated fat, like low-fat milk and low-fat foods (e.g., fruits, vegetables and grains without added fats), the overall meal can meet the Dietary Guidelines. | **Determining the Saturated Fat Standard** The committee wanted to set a saturated fat standard that would limit overall saturated fat content while still allowing a variety of entree items. The committee decided not to apply the Dietary Guidelines for saturated fat to individual entree items for two reasons: 1) The Dietary Guidelines are intended to be applied to diets over time, not to individual foods; and 2) the evaluation of individual entree items for compliance would be too complex, as exemptions would be needed to account for the naturally occurring saturated fat in certain nutrient-dense entrees which would otherwise be eliminated, e.g., entrees containing meat and cheese. (See information in previously provided rationale for fat, under Determining the Fat Standard, pages 8-9.) |

Connecticut Nutrition Standards
Connecticut State Department of Education ● July 2006
### Saturated Fat and Trans Fat, continued

The committee decided it was more reasonable to base the determination of a standard for the maximum saturated fat content of entrees on two considerations: 1) the entree’s contribution to the average child’s maximum recommended daily saturated fat grams; and 2) the entree’s contribution to total allowable saturated fat grams in a reimbursable school meal.

#### 1) Contribution to Children’s Daily Saturated Fat Grams:
A growing school-age child needs approximately 2,200 calories per day (younger and less active children need less, teen boys and more active children need more). Applying the Dietary Guidelines recommendation of no more than 10 percent of calories from saturated fat translates into 220 calories from fat or 24 grams per day (220 calories divided by 9 calories per gram of fat equals 24 grams of fat). Limiting a la carte entree products to no more than 5 grams of saturated fat ensures that no individual a la carte entree item provides more than 21 percent of the average child’s daily saturated fat grams (5 divided by 24 equals 21 percent). This leaves the majority of a child’s daily saturated fat grams for other meals and snacks.

#### 2) Contribution to Saturated Fat Grams in a Meal:
The majority of Connecticut’s schools use the USDA’s traditional food-based meal pattern. The nutrient standards for traditional food-based lunches for grades 4-12 specify a target of 785 calories and no more than 8.7 grams of saturated fat. (The standards specify that no more than 10 percent of total calories should come from saturated fat: 785 calories multiplied by 10 percent equals 78.5 calories; 78.5 calories divided by 9 calories per gram of saturated fat equals 8.7 grams of saturated fat.)

While the saturated fat content of entrees can vary greatly, entrees can provide a significant amount of the meal’s total saturated fat content. The contribution of saturated fat grams from the other meal components varies, depending on the type of items purchased, the preparation methods used and the type of milk selected. Based on information available for Connecticut’s school meals, the committee determined that on average, the other meal components contribute about 3.5 grams of saturated fat, leaving up to 5 grams for the entree (8.7 grams total saturated fat minus 3.5 grams from other meal components equals 5.2 grams for the entree, rounded down to 5 grams). This was based on the following average saturated fat grams for the other meal components: 1.5 grams for low-fat milk, based on an average of flavored and plain low-fat milk (the most common type of milk sold in Connecticut schools schools); 1 gram for grains/breads; 0 grams for fruit; and 1 gram for vegetables (prepared with oil, dressing, etc.).

### Sources of Trans Fat: Processed foods and oils provide approximately 80 percent of trans fats in the American diet, compared to 20 percent that occurs naturally in food from animal sources.

### Major Dietary Sources of Trans Fats

<table>
<thead>
<tr>
<th>Percent of Total Trans Fats Consumed</th>
<th>Food Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>40</td>
<td>Cakes, cookies, crackers, pies, bread, etc.</td>
</tr>
<tr>
<td>21</td>
<td>Animal products</td>
</tr>
<tr>
<td>17</td>
<td>Margarine</td>
</tr>
<tr>
<td>8</td>
<td>Fried potatoes</td>
</tr>
<tr>
<td>5</td>
<td>Potato chips, corn chips, popcorn</td>
</tr>
<tr>
<td>4</td>
<td>Household shortening</td>
</tr>
<tr>
<td></td>
<td>Other (breakfast cereal and candy)</td>
</tr>
</tbody>
</table>

The trans fats content of certain processed foods has changed and is likely to continue to change as the food industry reformulates products. Food labels are required to list grams of trans fats. However, it is still possible for a food to contain trans fat even if the label indicates “0 grams.” Food labeling laws do not require trans fat information for products that contain less than 0.5 gram of total fat in a serving if no claims are made about fat, fatty acid or cholesterol. Look for the terms “hydrogenated” or “partially hydrogenated” on the food label. These terms indicate that the food contains trans fats.

Read labels and select entree items that are trans fat free. If fat is used in cooking, select fats that are trans fat free, e.g., oils that are not hydrogenated or partially hydrogenated.

---

2) *Entree Items Sold Only A La Carte*, continued

<table>
<thead>
<tr>
<th>Standard</th>
<th>Rationale</th>
<th>Additional Guidance</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Saturated Fat and Trans Fat, continued</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Grade Levels</strong></td>
<td>To simplify the application of the nutrition standards, the committee set one saturated fat level for all grade levels. The committee recognizes that the target calorie level and total saturated fat grams are lower for younger children. However, the committee believed this approach was still reasonable because Connecticut schools generally do not sell entrees only as a la carte items at the elementary level. If an elementary school did sell entrees only as a la carte items, limiting the total saturated fat to no more than 5 grams would still ensure that any individual entree item provides no more than 28 percent of the daily saturated fat grams limit for children in grades K-3. Children ages 4-8 need approximately 1,600 calories per day (girls and less active children need less, boys and more active children need more). Applying the Dietary Guidelines recommendation for limiting total calories from saturated fat to no more than 10 percent translates into 160 calories from fat or 17.8 grams per day (160 calories divided by 9 calories per gram of fat equals 17.8 grams of fat). An entree with 5 grams of saturated fat would provide 28 percent of the child’s saturated fat allotment (5 divided by 17.8 equals 28.1 percent). Since 5 grams is the maximum saturated fat level for an a la carte entree item, the committee felt that the majority of entree items would supply less than 28 percent of younger children’s daily saturated fat grams limit.</td>
<td></td>
</tr>
</tbody>
</table>

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Added Sugars: No more than 15 grams maximum per entree.

When individuals consume foods or beverages that are high in added sugars, they tend to consume more calories and fewer nutrients. The Dietary Guidelines for Americans recommend choosing foods and beverages with little added sugars or caloric sweeteners. The Dietary Reference Intakes recommend a maximal intake of 25 percent or less of energy from added sugars.

Entree items generally do not have much added sugar. The majority of added sugars in the American diet come from soft drinks and fruit drinks. For food items, the majority of added sugars come from candy, baked goods (e.g., cakes, cookie, pies), ice cream and yogurt. (See Food Categories Contribution to Added Sugars Intake at right.)

A level of no more than 15 grams of added sugars per serving limits sugar content but still allows a wide range of healthy entree choices. This standard eliminates foods that are high in calories from added sugars.

---

**Added sugars** are sugars and syrups added to foods in processing or preparation, not the naturally occurring sugars in foods like fruit or milk. Processed foods are the major source of added sugars in the American diet.

The list of ingredients gives an idea of how much sugar is added. The suffix “-ose” means sugar. The box below indicates names for added sugars. A food is likely to be high in added sugar if one of these names appears first or second in the ingredient list, or if several names are listed.

<table>
<thead>
<tr>
<th>Names for Added Sugars</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brown sugar</td>
</tr>
<tr>
<td>Corn sweetener</td>
</tr>
<tr>
<td>Corn syrup</td>
</tr>
<tr>
<td>Dextrose</td>
</tr>
<tr>
<td>Fructose</td>
</tr>
<tr>
<td>Fruit juice</td>
</tr>
<tr>
<td>Concentrates</td>
</tr>
<tr>
<td>Glucose</td>
</tr>
<tr>
<td>High-fructose corn syrup</td>
</tr>
<tr>
<td>Honey</td>
</tr>
<tr>
<td>Invert sugar</td>
</tr>
<tr>
<td>Lactose</td>
</tr>
<tr>
<td>Maltose</td>
</tr>
<tr>
<td>Malt syrup</td>
</tr>
<tr>
<td>Molasses</td>
</tr>
<tr>
<td>Molasses</td>
</tr>
<tr>
<td>Natural sugar</td>
</tr>
<tr>
<td>Raw sugar</td>
</tr>
<tr>
<td>Sucrose</td>
</tr>
<tr>
<td>Syrup</td>
</tr>
</tbody>
</table>

The amount (grams) of naturally occurring sugar in a food cannot be determined by reading the food label. The amount of “sugars” listed on the food label includes both naturally occurring and added sugars. If a product contains fruit or dairy ingredients, the sugar content will be higher, due to the naturally occurring sugars in fruit and dairy. To determine if a product containing fruit or dairy meets the added sugar standards, information on the naturally occurring sugar content must be obtained from the manufacturer.

**Food Categories Contribution to Added Sugars Intake**

<table>
<thead>
<tr>
<th>Food Categories</th>
<th>Percent of Total Added Sugars Consumed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regular soft drinks</td>
<td>..............................................33.0</td>
</tr>
<tr>
<td>Sugars and candy</td>
<td>................................................16.1</td>
</tr>
<tr>
<td>Cakes, cookies, pies</td>
<td>.............................................12.9</td>
</tr>
<tr>
<td>Fruit drinks (fruitades and fruit punch)</td>
<td>.............................................9.7</td>
</tr>
<tr>
<td>Dairy desserts and milk products (ice cream, sweetened yogurt, and sweetened milk)</td>
<td>......8.6</td>
</tr>
<tr>
<td>Other grains (cinnamon toast and honey-nut waffles)</td>
<td>.............................................5.8</td>
</tr>
</tbody>
</table>

---

Entree Items

2) Entree Items Sold Only A La Carte, continued

<table>
<thead>
<tr>
<th>Standard</th>
<th>Rationale</th>
<th>Additional Guidance</th>
</tr>
</thead>
</table>
| Sodium   | A standard for limiting sodium has not yet been defined. | Due to the current lack of national scientific consensus regarding a standard for the sodium level of entree items, the committee decided to wait on establishing a nutrition standard for sodium. Several initiatives are under way which will assist the committee in making a future determination regarding a sodium standard. USDA is evaluating the school meal requirements based on the latest Dietary Guidelines. (USDA does not currently address sodium in the nutrient standards for school meals). The Institute of Medicine (IOM) of the National Academies of Science recently convened a national committee to make recommendations regarding nutrition standards for foods in schools (http://www.iom.edu/CMS/3788/30181.aspx). The release of the IOM report is expected in 2007.

The majority of sodium in the American diet (77 percent) comes from salt added to foods by manufacturers. The natural salt content of foods accounts for only about 12 percent of total intake. Adding salt at the table or in cooking accounts for another 11 percent.

Foods in every food group contain sodium. The sodium content varies even among very similar foods, due to the way foods are processed and prepared. It is therefore important to read food labels to determine sodium content.

<table>
<thead>
<tr>
<th>Range of Sodium Content for Selected Foods¹</th>
<th>Food</th>
<th>Serving Size</th>
<th>Range (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread, all types</td>
<td>1 oz</td>
<td>95-210</td>
<td></td>
</tr>
<tr>
<td>Fluid milk, all types²</td>
<td>1 cup</td>
<td>98-152</td>
<td></td>
</tr>
<tr>
<td>Frozen pizza, plain, cheese, all types</td>
<td>4 oz</td>
<td>450-1200</td>
<td></td>
</tr>
<tr>
<td>Frozen vegetables, all types</td>
<td>½ cup</td>
<td>2-160</td>
<td></td>
</tr>
<tr>
<td>Salad dressing, regular fat, all types</td>
<td>2 Tbsp</td>
<td>110-505</td>
<td></td>
</tr>
<tr>
<td>Salsa</td>
<td>2 Tbsp</td>
<td>150-240</td>
<td></td>
</tr>
<tr>
<td>Soup (tomato), reconstituted</td>
<td>8 oz</td>
<td>700-1260</td>
<td></td>
</tr>
<tr>
<td>Tomato juice</td>
<td>8 oz</td>
<td>340-1040</td>
<td></td>
</tr>
<tr>
<td>Potato chips (regular flavor, salted)</td>
<td>1 oz</td>
<td>120-180</td>
<td></td>
</tr>
<tr>
<td>Tortilla chips (regular flavor, salted)</td>
<td>1 oz</td>
<td>105-160</td>
<td></td>
</tr>
<tr>
<td>Pretzels (regular flavor, salted)</td>
<td>1 oz</td>
<td>290-560</td>
<td></td>
</tr>
</tbody>
</table>


High Sodium Foods

- Foods prepared in brine, such as pickles, relish olives and sauerkraut
- Salty or smoked meat, such as bologna, corned or chipped beef
- Salty or smoked fish, such as anchovies, salted and dried cod, herring or sardines
- Snack items, such as potato chips, pretzels, salted popcorn, nuts and crackers
- Seasonings, such as bouillon cubes, seasoned salts, meat tenderizer, monosodium glutamate (MSG), soy sauce, Worcestershire sauce, barbecue sauce, condiments, such as catsup, mustard, steak sauce and salad dressings
- Fast foods
- Cheeses, especially processed
- Canned and instant soups, canned vegetables

### Sodium, continued

**Ingredients Containing Sodium**
- Baking soda (sodium bicarbonate)
- Baking powder
- Brine (salt and water)
- Disodium phosphate
- Monosodium glutamate (msg)
- NaCl (sodium chloride)
- Salt (sodium chloride)
- Sodium caseinate
- Sodium citrate
- Sodium nitrate
- Sodium propionate
- Sodium sulfate
- Soy sauce
- Teriyaki sauce

**Tips for Lowering Sodium**
- Provide entree choices that are whole foods and less processed foods (those with minimal/trace amounts of added fat and salt).
- Read the Nutrition Facts label to compare the amount of sodium in processed foods. Different types and brands often vary widely.
- Provide low-sodium alternatives to condiments, dressings and sauces.
- Eliminate saltshakers and salt packets from the serving line.
- Eliminate salt from cooking.
- Use salt-free seasonings, such as herbs and spices.
- Use fresh and frozen vegetables more frequently than canned.
### Fiber and Whole Grains

<table>
<thead>
<tr>
<th>Standard</th>
<th>Rationale</th>
<th>Additional Guidance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Increase choices of entrees with whole grains and foods containing fiber.</td>
<td>Diets rich in dietary fiber have beneficial effects, including decreased risk of coronary heart disease, certain cancers and improved bowel health. Most Americans, including children, do not consume enough fiber. The Dietary Guidelines recommend 14 grams of fiber per 1,000 calories consumed. They encourage frequent consumption of fiber-rich fruits, vegetables and whole grains. The Dietary Guidelines recommend the consumption of a variety of grains daily, especially whole grains, as well as consuming at least half the recommended grain servings as whole grains (at least 3 ounce-equivalents of whole grains per day). Fruits, vegetables and whole grains are an important source of fiber and other nutrients. Schools can provide menu choices to help increase the fiber content of foods served in schools.</td>
<td>Limit entrees with grain-based items made from enriched flour. Enriched flour products offer mainly fat and sugar calories as opposed to protein and complex carbohydrate calories (found in whole grains). Serve whole-grain foods with entrees whenever possible, e.g., sandwiches made with whole-wheat bread/rolls. Choose whole grains and naturally occurring grains with minimal amounts of added fat and no added sugars. Incorporate fruits, vegetables and legumes into entree items whenever possible. Whole Grains: Whole grains will have at least 1 gram of fiber per serving. A moderate fiber food will have 2-4 grams of fiber per serving. A high fiber food will have more than 5 grams of fiber per serving. Read labels to determine the fiber content of processed foods. The food label can state that a product is “a good source” of fiber if it contributes 10 percent of the Daily Value – 2.5 grams of fiber per serving. The package can claim “rich in,” “excellent source of” fiber if the product provides 20 percent of the Daily Value – 5 grams of fiber per serving. The following are examples of terms that indicate a product is whole grain or contains whole grain: whole-wheat flour, whole wheat, whole-grain wheat, whole-grain, brown rice, whole-grain corn, whole-ground corn, buckwheat, bulgur (cracked wheat), whole oats, whole-grain oats, rolled oats, oat bran, oatmeal, wheat bran, wheat germ, millet. If a product says “wheat flour” instead of “whole wheat flour,” it is not whole grain. Some other terms indicating a product is not whole grain include wheat, milled wheat, rice, milled rice, corn, milled corn, degeminated corn, ground corn, oats, barley and rye.</td>
</tr>
</tbody>
</table>

### Section 3 Standards for Cooked Grains (e.g., Rice, Pasta)

<table>
<thead>
<tr>
<th>Standard</th>
<th>Rationale</th>
<th>Additional Guidance</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Portion Size</strong></td>
<td>The habitual consumption of oversized portions is a major contributor to childhood obesity.(^1) One of the goals of the Connecticut Nutrition Standards is to encourage appropriate portion sizes. Larger portion sizes can lead to overconsumption of total fat, saturated fat, trans fat, sugars, sodium and calories.</td>
<td></td>
</tr>
<tr>
<td>Portion Size</td>
<td>The portion size of cooked grains sold a la carte shall not be larger than the serving size that would normally be planned and served as part of a reimbursable meal for the appropriate age/grade group under the USDA meal pattern.</td>
<td>(^1) The Contribution of Expanding Portion Sizes to the US Obesity Epidemic. Lisa R Young and Marion Nestle. American Journal of Public Health, February 2002, Vol 92 No 2. <a href="http://www.nyu.edu/education/nutrition/PDFS/young-nestle.pdf">http://www.nyu.edu/education/nutrition/PDFS/young-nestle.pdf</a></td>
</tr>
<tr>
<td><strong>Fat</strong></td>
<td>The committee used the same standard for fat grams as the Healthy Snack Standards. This level accommodates a large variety of cooked grain products with minimal or no added fat.</td>
<td>Minimize added fat in cooking.</td>
</tr>
<tr>
<td>Fat: No more than 7 grams of fat per serving.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Saturated Fat and Trans Fat</strong></td>
<td>The committee used the same standard for saturated fat and trans fat grams as the Healthy Snack Standards. This level accommodates a large variety of cooked grain products with minimal or no added fat.</td>
<td>If fat is used in cooking, select fats that are trans fat free, e.g., oils that are not hydrogenated.</td>
</tr>
<tr>
<td>Saturated Fat and Trans Fat: No more than 2 grams of saturated fat and/or trans fat per serving.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Added Sugars</strong></td>
<td>See previously indicated rationale for added sugars under Added Sugars in Section 2 Standards for Entree Items (page 14). Cooked grains generally do not have much added sugar. A level of no more than 15 grams added sugar per serving limits sugar content but still allows a wide range of healthy choices. This standard eliminates foods that are high in calories from added sugars.</td>
<td>Eliminate salt from cooking. Read labels for sodium content. See Tips for Lowering Sodium in Section 2 Standards for Entree Items (page 16).</td>
</tr>
<tr>
<td>Added Sugars: No more than 15 grams maximum per serving.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>See previously indicated rationale for sodium under Sodium in Section 2 Standards for Entree Items (page 15).</td>
<td></td>
</tr>
<tr>
<td>A standard for limiting sodium has not yet been defined.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Standards for Cooked Grains (e.g., Rice, Pasta), continued

<table>
<thead>
<tr>
<th>Standard</th>
<th>Rationale</th>
<th>Additional Guidance</th>
</tr>
</thead>
</table>
| **Fiber and Whole Grains** | See previously indicated rationale under *Fiber and Whole Grains* in Section 2 *Standards for Entree Items* (see page 17). | **Whole Grains Available in the United States**<sup>1</sup>  
- Whole wheat  
- Whole oats/oatmeal  
- Whole-grain corn  
- Popcorn  
- Brown rice  
- Whole rye  
- Whole-grain barley  
- Wild rice  
- Buckwheat  
- Triticale  
- Bulgur (cracked wheat)  
- Millet  
- Quinoa  
- Sorghum |

Increase choices of whole grains and naturally occurring grains (those with minimal/trace amounts of added fat and no added sugars).
## Section 4 Standards for Soup

<table>
<thead>
<tr>
<th>Standard</th>
<th>Rationale</th>
<th>Additional Guidance</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Portion Size</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Portion Size:</strong> Not to exceed 1 cup.</td>
<td>The habitual consumption of oversized portions is a major contributor to childhood obesity.¹ One of the goals of the Connecticut Nutrition Standards is to encourage appropriate portion sizes. Larger portion sizes can lead to overconsumption of total fat, saturated fat, trans fat, sugars, sodium and calories.</td>
<td></td>
</tr>
<tr>
<td><strong>Fat</strong></td>
<td>No more than 15 grams maximum per serving.</td>
<td>Cream soups generally contain more than 7 grams of fat per serving. Read labels.</td>
</tr>
<tr>
<td></td>
<td>The committee used the same standard for fat grams as the Healthy Snack Standards.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>This level accommodates most soups while limiting fat content to a reasonable level.</td>
<td></td>
</tr>
<tr>
<td><strong>Saturated Fat and Trans Fat</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Saturated Fat and Trans Fat:</strong> No more than 2 grams of saturated fat and/or trans fat per serving.</td>
<td>The committee used the same standard for saturated fat and trans fat grams as the Healthy Snack Standards.</td>
<td>Cream soups generally contain more than 2 grams of saturated fat per serving. Read labels.</td>
</tr>
<tr>
<td></td>
<td>This level accommodates most soups while limiting saturated fat content to a reasonable level.</td>
<td></td>
</tr>
<tr>
<td><strong>Added Sugars</strong></td>
<td>See previously indicated rationale for added sugars under <strong>Added Sugars</strong> in Section 2 <strong>Standards for Entree Items</strong> (page 14).</td>
<td></td>
</tr>
<tr>
<td><strong>Added Sugars:</strong> No more than 15 grams maximum per serving.</td>
<td>Soups generally do not have much added sugar. This level accommodates most soups while limiting added sugar content to a reasonable level.</td>
<td></td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>A standard for limiting sodium has not yet been defined.</td>
<td>See previously indicated rationale for sodium under <strong>Sodium</strong> in Section 2 <strong>Standards for Entree Items</strong> (page 15).</td>
</tr>
<tr>
<td><strong>Fiber and Whole Grains</strong></td>
<td>See previously indicated rationale under <strong>Fiber and Whole Grains</strong> in Section 2 <strong>Standards for Entree Items</strong> (page 17).</td>
<td>Serve soups made with vegetables, legumes and whole grains (e.g., brown rice, whole-grain barley, whole-grain pasta) more often.</td>
</tr>
</tbody>
</table>
Section 5 Standards for Fruits and Vegetables

This category addresses fresh, frozen, canned and dried fruits and vegetables.

Note: The Connecticut Nutrition Standards incorporate the previously existing Healthy Snack Standards for fruits and vegetables. CSDE developed the Healthy Snack Standards during 2003-2004 as part of Connecticut’s Healthy Snack Pilot.

<table>
<thead>
<tr>
<th>Standard</th>
<th>Rationale</th>
<th>Additional Guidance</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Portion Size</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Serve at least ½ cup of quality fruits and vegetables (fruits and vegetables prepared and packaged without added fat, sugars or sodium). Limit portion sizes of vegetables or fruits with added fat to ½ cup. Limit portion sizes of dried fruit to 1.5 ounces.</td>
<td>Children and adolescents have inadequate dietary fiber intakes, which could be improved by increasing consumption of fruits, vegetables and whole-grain products. Dried fruit is both nutrient dense and calorie dense. The portion size of dried fruit is limited to control the calorie content of a serving.</td>
<td>For a 2,000-calorie diet, the Dietary Guidelines recommend 2 cups of fruit and 2½ cups of vegetables. Higher or lower amounts are recommended for higher or lower calorie levels.1 Offer a variety of fruits and vegetables every day. Include all five vegetable subgroups (dark green, orange, legumes, starchy vegetables and other vegetables).</td>
</tr>
</tbody>
</table>


| **Quality Fruits and Vegetables*** | | |
| Make quality fruits and vegetables* available wherever and whenever snack foods are sold. For example, dried fruit in vending machines, fresh fruit such as pineapple slices or melon cubes or fresh vegetables such as baby carrots in a la carte lines and school stores. | The Dietary Guidelines for Americans encourage consumption of a variety of fruits and vegetables daily.1 Fruits and vegetables provide essential vitamins and minerals, fiber and other substances that may protect against many chronic diseases. Recommendations for school-aged children are four servings of fruits (2 cups) and five servings of vegetables (2½ cups) per day.2 These amounts are based on a 2,000-calorie diet; Amounts will be lower or higher depending on calorie level. | Whole fruits and vegetables are preferred to juice, due to the increased fiber content. Read labels for sodium content of canned vegetables.1, 2 If the “% Daily Value” for sodium is 5 or less, the food is considered low in sodium. |

* “Quality” means fruits and vegetables prepared and packaged without added fat, sugars or sodium.


<table>
<thead>
<tr>
<th>Standard</th>
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<th>Additional Guidance</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fat</strong></td>
<td>Same rationale as previously indicated. For additional information, see rationale for fat under Fat in Section 6 Snacks and Desserts (page 24).</td>
<td>Choose fruits and vegetables without added fat or limit the amount of added fat.</td>
</tr>
</tbody>
</table>

**Saturated Fat and Trans Fat**

| Saturated Fat and Trans Fat | Same rationale as previously indicated. For additional information, see rationale for saturated fat and trans fat under Saturated Fat and Trans Fat in Section 6 Snacks and Desserts (page 25). | |

**Added Sugars**

| Added Sugars: No more than 35 percent by weight and 15 grams maximum per single-serving package or per maximum portion size specified for each snack item. | Same rationale as previously indicated. For additional information, see rationale for added sugars under Added Sugars in Section 6 Snacks and Desserts (page 26). | **Naturally Occurring Sugars:** Fruits and vegetables without added sugars are exempt from the sugar standards. The naturally occurring sugars in fruits and vegetables are not a concern. Watch added sugars. **Fruit Snacks:** Fruit Roll-Ups or fruit snacks that are not 100 percent fruit do not meet the nutrition standards. |
Section 6 Standards for Snacks and Desserts

This category addresses all snack foods such as chips, crackers, popcorn, rice cakes, hard pretzels, pita chips, snack mix, cereal, trail mix, nuts, seeds, peanut butter and other nut butters, jerky, cookies, cereal bars, granola bars, bakery items (e.g., pastries, toaster pastries, muffins, waffles, pancakes, french toast, soft pretzels), frozen desserts, ice cream, cheese, pudding, yogurt and smoothies (made with low-fat yogurt or other low-fat dairy alternatives and/or fruit/ juice).

Note: The Connecticut Nutrition Standards incorporate the previously existing Healthy Snack Standards for snacks and desserts. CSDE developed the Healthy Snack Standards during 2003-2004 as part of Connecticut’s Healthy Snack Pilot.

<table>
<thead>
<tr>
<th>Standard</th>
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</tr>
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<tbody>
<tr>
<td>Serve reasonable portion sizes. To discourage consumption of multiple servings, snack items are packaged in a single-serving package or in a package that does not exceed the maximum portion size specified for each snack item. See Maximum Portion Sizes for Snacks and Desserts below.</td>
<td>The habitual consumption of oversized portions is a major contributor to childhood obesity. One of the goals of the Connecticut Nutrition Standards is to encourage appropriate portion sizes. Larger portion sizes can lead to overconsumption of total fat, saturated fat, sugar and calories. Portion sizes are based on the U.S. Department of Agriculture’s (USDA) and the Food and Drug Administration’s (FDA) recommendations for portion sizes, common sizes for packaged snacks, and the Snack Standards Committee’s personal knowledge and experience working in food service programs. 1 The Contribution of Expanding Portion Sizes to the US Obesity Epidemic. Lisa R Young and Marion Nestle. American Journal of Public Health, February 2002, Vol 92 No 2. <a href="http://www.nyu.edu/education/nutrition/PDFS/young_nestle.pdf">http://www.nyu.edu/education/nutrition/PDFS/young_nestle.pdf</a> 2 MyPyramid Food Intake Patterns. U.S. Department of Agriculture, 2005. <a href="http://www.mypyramid.gov/professionals/index.html">http://www.mypyramid.gov/professionals/index.html</a> 3 Reference Amounts Customarily Consumed Per Eating Occasion. Food and Drug Administration, Department of Health And Human Services. Code of Federal Regulations 21CFR101.12. April 1, 2004. <a href="http://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfr/cfrsearch.cfm?fr=101.12">http://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfr/cfrsearch.cfm?fr=101.12</a></td>
<td>Snacks Meeting Connecticut Nutrition Standards: Consult CSDE’s list of Snacks Meeting Connecticut’s Healthy Snack Standards for brand-specific products that meet the standards for snacks and desserts (<a href="http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&amp;q=320754#Healthy">http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&amp;q=320754#Healthy</a>). If products meet the nutrition standards for snacks and desserts (e.g., fat, saturated fat and added sugars), they may be served in the portion sizes indicated below. Products must be served in single-serving portion sizes or in a package that does not exceed these limits. Smoothies: While they are nutrient dense, smoothies can also be calorie dense. A 10-ounce portion size accommodates a typical serving size of smoothie, while maintaining calories at a reasonable level for a snack item.</td>
</tr>
</tbody>
</table>

### Maximum Portion Sizes for Snacks and Desserts

<table>
<thead>
<tr>
<th>Snack Item</th>
<th>Portion Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baked chips, popcorn, rice cakes, puffed snacks</td>
<td>1.25 oz.</td>
</tr>
<tr>
<td>Crackers, hard pretzels, pita chips, snack mix</td>
<td>1.75 oz.</td>
</tr>
<tr>
<td>Peanut-butter-filled crackers and cheese-filled crackers</td>
<td>1.5 oz.</td>
</tr>
<tr>
<td>Trail mix, nuts, seeds, soy nuts</td>
<td>1.75 oz.</td>
</tr>
<tr>
<td>Jerky</td>
<td>1.25 oz.</td>
</tr>
<tr>
<td>Cereals</td>
<td>2 oz.</td>
</tr>
<tr>
<td>Cookies, animal crackers, graham crackers, cereal bars, granola bars</td>
<td>2 oz.</td>
</tr>
<tr>
<td>Bakery items, e.g., pastries, toaster pastries, muffins, bagels, waffles, pancakes, french toast, soft pretzels</td>
<td>3 oz.</td>
</tr>
<tr>
<td>Frozen desserts, ice cream</td>
<td>4 oz.</td>
</tr>
<tr>
<td>Pudding and parfaits</td>
<td>4 oz.</td>
</tr>
<tr>
<td>Yogurt</td>
<td>8 oz.</td>
</tr>
<tr>
<td>Smoothies made with low-fat yogurt or other low-fat dairy alternatives and/or fruit juice</td>
<td>10 fl. oz.</td>
</tr>
<tr>
<td>Cheese (low-fat recommended)</td>
<td>4 oz.</td>
</tr>
<tr>
<td>Nut butters, e.g., peanut butter, almond butter, soy butter</td>
<td>4 Tbsp.</td>
</tr>
</tbody>
</table>
## Standards for Snacks and Desserts, continued

<table>
<thead>
<tr>
<th>Standard</th>
<th>Rationale</th>
<th>Additional Guidance</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fat</strong></td>
<td>The Dietary Guidelines recommend limiting overall fat intake to between 25 percent to 35 percent of calories for children and adolescents 4 to 18 years of age. High fat foods add unnecessary calories to the diet. A diet lower in fat is associated with lower risk of overweight, obesity, cardiovascular disease and some cancers. The Dietary Guidelines are intended to be applied to diets over time, not to individual foods. However, the committee developing Connecticut’s Healthy Snack Standards felt that this guideline could be used for individual foods if (1) the upper limit of 35 percent was used; (2) exemptions were made for certain nutrient-dense items (e.g., nuts, seeds, peanut and other nut butters and cheese); and (3) portion sizes were moderated. Since children have many opportunities to choose higher fat snack foods outside the school environment, the Snack Standards Committee did not feel this approach was too restrictive. The Snack Standards Committee estimated an upper limit of calories for a snack at 200 calories. The limit of 7 grams of fat per serving was determined based on a 200-calorie snack. Limiting fat to 35 percent of calories means no more than 70 calories (35 percent of 200) should come from fat, or a total of 7 grams (70 calories divided by 9 calories per gram of fat equals 7.8 grams of fat); this number was rounded down (not up) to the nearest whole number of 7 grams, to ensure that fat grams were limited. A growing school-age child needs approximately 2,200 calories per day (younger and less active children need less, teen boys and more active children need more). A child consuming three meals a day with an average of 600 calories will have about 400 calories left for two snacks.</td>
<td>* Nut Butters: Whenever possible, choose nut butters without hydrogenated oils. Non-hydrogenated nut butters like all natural peanut butter or almond butter will have no trans fats and minimal saturated fat and will provide healthy unsaturated fat. ** Yogurt and Cheese: Serve low-fat yogurt and low-fat 100 percent real cheese. Ice cream: Serve low-fat ice cream and frozen yogurt products, frozen 100 percent fruit juice bars, sherbet, etc. Check CSDE’s list of Snacks Meeting Connecticut’s Healthy Snack Standards for brand-specific ice cream products that meet the nutrition standards for Snacks and Desserts. Fat Substitutes: Foods with chemically altered fat substitutes (e.g., olestra) should not be served. The safety of moderate use has been addressed for adults, but not for children. Focus on whole foods that are naturally nutrient dense. Additives: Choose foods with fewer additives. Typically, the more additives, the more processed the item and the more fats and sugars that are used in processing.</td>
</tr>
<tr>
<td><strong>Exception</strong></td>
<td>Nuts, seeds, peanut and other nut butters*, and cheese** served in the portion sizes specified (see Maximum Portion Sizes for Snacks and Desserts on page 23).</td>
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</tbody>
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Connecticut Nutrition Standards

### Saturated Fat and Trans Fat

<table>
<thead>
<tr>
<th>Standard</th>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>Saturated Fat and Trans Fat</strong>: No more than 10 percent of calories from saturated fat and/or trans fat and 2 grams maximum per single-serving package or per maximum portion size specified for each snack item.</td>
<td>The Dietary Guidelines recommend limiting saturated fat intake to less than 10 percent of calories. Foods that are high in saturated fat increase the risk of coronary artery disease by raising blood cholesterol. The Dietary Guidelines recommend that most fats are consumed from sources of polyunsaturated and monounsaturated fats (e.g., fish, nuts and vegetable oils), and that trans fatty acid consumption is kept as low as possible. Trans fatty acids (found in hydrogenated oils) tend to raise blood cholesterol. When the total fat of the diet is limited and the amount of saturated fat is below 10 percent of total calories, intake of trans fatty acids should be within a reasonable level. Note: The Healthy Snack Standards were developed and piloted before the Food and Drug Administration (FDA) regulation requiring trans fats information on food labels (effective January 2006). Due to the unavailability of trans fat information for all food products at the time, the standards focused on limiting trans fat through total fat and saturated fat. The Dietary Guidelines are intended to be applied to diets over time, not to individual foods. However, the committee developing Connecticut’s Healthy Snack Standards felt that this guideline could be used for individual foods if (1) a limit of 10 percent was used to allow some flexibility; (2) exemptions were made for certain nutrient-dense items (e.g., nuts, seeds, peanut and other nut butters and cheese); and (3) portion sizes were moderated. Since children have many opportunities to choose higher fat snack foods outside of the school environment, the Snack Standards Committee did not feel this approach was too restrictive. The limit of 2 grams of saturated fat per serving was determined based on an estimated upper limit of a 200-calorie snack. Limiting saturated fat to 10 percent of calories means no more than 20 calories (10 percent of 200) should come from saturated fat, or a total of 2 grams (20 calories divided by 9 calories per gram of fat equals 2.2 grams of saturated fat); this number was rounded down to the nearest whole number of 2 grams.</td>
<td><strong>Snack Food Sources of Saturated Fat</strong>: Major snack food sources of saturated fat include ice cream, sherbet and frozen yogurt; cakes, cookies, quick breads and doughnuts; potato chips, corn chips and popcorn. (See Major Sources of Saturated Fats in Section 2 Standards for Entree Items on page 11.) <strong>Trans Fats</strong>: See Additional Guidance for Saturated Fat and Trans Fat in Section 2 Standards for Entree Items (page 12).</td>
</tr>
</tbody>
</table>

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### Standards for Snacks and Desserts, continued

<table>
<thead>
<tr>
<th>Standard</th>
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</thead>
</table>
| **Added Sugars** | No more than 35 percent by weight and 15 grams maximum per single-serving package or maximum portion size specified for each snack item (excludes naturally occurring sugars in fruits, vegetables and dairy products). | The Dietary Guidelines for Americans recommend choosing foods and beverages with little added sugars or caloric sweeteners.\(^1\) The Dietary Reference Intakes recommend a maximal intake of 25 percent or less of energy (calories) from added sugars.\(^2\) A level of no more than 35 percent of sugar by weight and 15 grams maximum per serving limits sugar content but still provides a relatively wide range of healthy snack choices. This standard eliminates foods that (1) are high in calories and low in nutrients, and (2) promote the development of dental cavities. **Yogurt:** The Snack Standards Committee set a standard of no more than 5 grams total sugars (including naturally occurring and added) per ounce to avoid unecessarily restricting the availability of nutrient-dense products like low-fat yogurt. While many yogurt products contain added sugars, they are an excellent source of calcium and other nutrients. The Dietary Guidelines recognize that the consumption of sweetened dairy foods and beverages is positively associated with children's and adolescents' nutrient intake.\(^1\) With many children not meeting calcium recommendations, and national recommendations to increase calcium consumption,\(^3,4\) the Snack Standards Committee wanted to encourage a wide availability of high calcium choices. **Pudding:** Same rationale as yogurt. | **Added Sugars:** For additional information, see *Additional Guidance* under the nutrition standard for Added Sugars in Section 2 Standards for Entree Items (page 14). Products that meet the nutrition standards for added sugars are listed in CSDE’s Snacks Meeting Connecticut’s Healthy Snack Standards, available at [http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Healthy](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Healthy). **Fruits and Vegetables:** The naturally occurring sugars in fresh, dried or canned fruits and vegetables are exempt from the sugar standard. For additional information, see Section 5 Fruits and Vegetables. **Yogurt:** An 8-ounce serving of plain low-fat yogurt naturally contains 17.25 grams lactose (milk sugar), or 2.2 grams per ounce.\(^1\) Flavored yogurt should not contain more than 5 grams of total sugars (naturally occurring and added) per ounce:  - 40 grams total sugars in 8 ounces  - 30 grams total sugars in 6 ounces  - 20 grams total sugars in 4 ounces  - 11.25 grams total sugars in 2.25 ounces | \(^1\) Dietary Guidelines for Americans. U.S. Department of Agriculture and U.S. Department of Health and Human Services, 2005. [http://www.healthierus.gov/dietaryguidelines/](http://www.healthierus.gov/dietaryguidelines/)  
\(^4\) Calcium Requirements of Infants, Children, and Adolescents (American Academy of Pediatrics Policy Statement). Pediatrics Vol. 104 No. 5 November 1999. [http://aappolicy.aappublications.org/cgi/content/full/pediatrics%3b104/5/1152](http://aappolicy.aappublications.org/cgi/content/full/pediatrics%3b104/5/1152) |
## Added Sugars, continued

**Smoothies:** Smoothies made with low-fat yogurt or other low-fat dairy alternatives (such as rice or soy milk) and/or fruit/ juice are nutrient-dense beverages. The committee developing Connecticut’s Healthy Snack Standards set a standard of no more than 5 grams total sugars (including naturally occurring and added) per ounce to avoid unnecessarily restricting the availability of nutrient-dense products like low-fat yogurt smoothies or calcium-fortified soy milk smoothies.

While smoothies made with low-fat yogurt can contain added sugars, they are an excellent source of calcium and other nutrients. With many children not meeting calcium recommendations, and national recommendations to increase calcium consumption, the Snack Standards Committee wanted to encourage a wide availability of high calcium choices. The Dietary Guidelines also recognize that the consumption of sweetened dairy foods and beverages is positively associated with children’s and adolescents’ nutrient intake.\(^1\)

**Artificial Sweeteners and Sugar Alcohols:** Do not serve products with artificial sweeteners or sugar alcohols. Focus on whole foods that are naturally nutrient dense.

### Common Artificial Sweeteners
- Acesulfame Potassium (Acesulfame-K, Sunett, Sweet & Safe, Sweet One)
- Aspartame (Nutrasweet, Equal)
- Neotame
- Saccharin (Sweet and Low, Sweet Twin, Sweet ‘N Low Brown, Necta Sweet)
- Sucralose (Splenda)
- Tagatose

### Sugar Alcohols
- Erythritol
- Hydrogenated starch hydrolysates (e.g., hydrogenated glucose syrups, maltitol syrups and sorbitol syrups)
- Isomalt
- Lactitol
- Maltitol
- Mannitol
- Sorbitol
- Xylitol

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\(^2\) Calcium Requirements of Infants, Children, and Adolescents (American Academy of Pediatrics Policy Statement). Pediatrics Vol. 104 No. 5 November 1999. [http://aappolicy.aappublications.org/cgi/content/full/pediatrics%3b104/5/1152](http://aappolicy.aappublications.org/cgi/content/full/pediatrics%3b104/5/1152)

### Standards for Snacks and Desserts, continued

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<tr>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>Fiber and Whole Grains</strong></td>
<td>Most Americans, including children, do not consume enough fiber. The Dietary Guidelines recommend 14 grams of fiber per 1,000 calories consumed.(^1) They encourage consumption of a variety of grains daily, especially whole grains, and recommend consuming at least half the recommended grain servings as whole grains (at least 3 ounce-equivalents of whole grains per day).</td>
<td><strong>Whole Grains:</strong> For additional information, see Additional Guidance under the nutrition standard for Fiber and Whole Grains in Section 2 Standards for Entree Items (page 17).</td>
</tr>
</tbody>
</table>


| Limit grain-based snack items made from enriched flour. | Enriched flour products offer mainly fat and sugar calories as opposed to protein and complex carbohydrate calories (found in whole grains). The Dietary Guidelines recommend consuming at least half the recommended grain servings as whole grains.\(^1\) | Choose whole grains and naturally occurring grains with minimal amounts of added fat and no added sugars. |