

Team Nutrition Healthier US School Challenge

A la Carte Standards

Criteria for Sale/Service of A la Carte and/or Vending Items

These criteria focus on decreasing fat and added sugar, increasing nutrient density, and moderating portion size

FOOD OR BEVERAGE

Fruits and Non-Fried Vegetables

Fruits and vegetables may be fresh, frozen, canned, or dried, and they must be found in the Food Buying Guide for Child Nutrition Programs, located at

<http://schoolmeals.nal.usda.gov/FBG/2003FBG/%20Section%202.pdf>

Examples of products that *cannot* be sold/served as fruit or vegetable include:

- Snack-type foods made from vegetables or fruits, such as potato chips and banana chips;
- Pickle relish, jam and jelly;
- Tomato catsup and chili sauce.

Approved Beverages

- Reduced fat (2%), lowfat (1%), skim/nonfat fluid milk meeting State and local standards for pasteurized fluid milk and/or USDA approved alternative dairy beverages¹⁰;
- 100% full strength fruit and vegetable juices; and
- Water (non-flavored, non-sweetened, *and* non-carbonated)

Any Other Individual Food Sales/Service

Calories from total fat must be at or below 35%, *excluding nuts, seeds, and nut butters*. This is determined by dividing the calories from total fat by the total calories and multiplying by 100. If calories from fat are not available, multiply the grams of fat by 9 to equal calories from fat. **Calories from saturated fat** must be at or below 10%. This is determined by dividing the calories from saturated fat by the total calories and multiplying by 100. If calories from saturated fat are not available, multiply grams of saturated fat by 9 to equal calories from saturated fat. **Total sugar** must be at or below 35% by weight. This is determined by dividing the grams of sugar by the gram weight of the product and multiplying by 100. This includes both naturally occurring and added sugars. This limit does not include fruits and vegetables as defined above. **Portion size** for a la carte sales in the school cafeteria are not to exceed the serving size of the food served in the NSLP/SBP; for vending sales, the item package or container is not to exceed 200 calories.