

GUIDELINES FOR COMPETITIVE FOODS FOR K-12 SCHOOLS



introduction

The following table summarizes the criteria a competitive snack food or side item must meet in order to qualify under the Alliance for a Healthier Generation Guidelines for Competitive Foods. Guidelines utilize information included in the Nutrition Facts panel. The rows of the table provide examples of snack foods and side dishes. The columns are the criteria these foods must meet. Entries of “n/a” indicate that a criterion is not applicable to that type of food. *(For additional information, please see the notes on the next page.)*

	examples	35-10-35	0g trans fat	sodium	minimum # of required nutrients	elementary school	middle school	high school	
FRUITS & VEGETABLES	fresh fruits & vegetables	n/a	n/a	n/a	n/a	no limit	no limit	no limit	
	dried fruits	n/a	n/a	n/a	n/a	150 calories	180 cal.	200 cal.	
	fruit in own juice	n/a	n/a	n/a	n/a	150 calories	180 cal.	200 cal.	
	fruit in light syrup	✓	✓	230 mg	1	150 calories	180 cal.	200 cal.	
	fruit in heavy syrup	✓	✓	230 mg	1	150 calories	180 cal.	200 cal.	
	vegetables with sauce	or	✓	✓	480 mg	1	100 calories	100 cal.	100 cal.
			✓	✓	480 mg	2	150 calories	150 cal.	150 cal.
	fried vegetables	✓	✓	230 mg	1	150 calories	180 cal.	200 cal.	
100% frozen fruit bar	✓	✓	230 mg	1	150 calories	180 cal.	200 cal.		
DAIRY & EGGS ¹	yogurt, drinkable yogurt, yogurt smoothie, cottage cheese, etc.	✓	✓	480 mg	1	150 calories	180 cal.	200 cal.	
	cheese	n/a	n/a	n/a	n/a	1.5 oz	1.5 oz	1.5 oz	
	frozen yogurt ice cream	✓	✓	480 mg	1	150 calories	180 cal.	200 cal.	
	egg	n/a	n/a	n/a	n/a	1 egg	1 egg	1 egg	
SNACKS ²	baked goods, bars, candy, chips, crackers	✓	✓	230 mg	1	150 calories	180 cal.	200 cal.	
	nuts & seeds	see notes	✓	230 mg	1	150 calories	180 cal.	200 cal.	
SOUPS ³	all soups	or	✓	see notes	1	100 calories	100 cal.	100 cal.	
			✓	see notes	2	150 calories	150 cal.	150 cal.	

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notes

DAIRY¹

- Cheese must be reduced fat or part skim. All other dairy products must be non-fat or low fat.

SNACKS²

- **Nuts & Seeds** - No total fat limit, but 10% saturated fat & 35% sugar by weight limits required.

SOUP³

- Sodium limit for soups is 750 mg through the end of 2007-8 school year. Beginning with the 2008-9 school year, the sodium limit for soups is 480 mg sodium.

Column Details

- **35-10-35** - Foods with a "✓" in the "35-10-35" column must provide no more than 35% of calories from total fat, no more than 10% of calories from saturated fat, and be no more than 35% sugar by weight. Foods can have up to 1 gram of saturated fat even if calories from saturated fat exceed the limit of 10% of total calories. An alternative set of limits are 40-7-35 through the end of the 2007-8 school year.
- **0g trans fat** - Foods with a "✓" in the "0g trans fat" column must have 0 grams trans fat.
- **Sodium** - Entries in the "sodium" column are the maximum amount of sodium permitted.
- **Minimum # of required nutrients** - The "1" or "2" in the "minimum # of required nutrients" column refers to how many nutrients from the following list are required:
 - ≥ 2g fiber; or ≥ 5g protein; or ≥ 10% DV of Vitamin A, C, E, folate, calcium, magnesium, potassium or iron; or 1/2 serving (1/4 cup) of fruit or vegetables.
- **Schools** - Foods other than vegetables with sauce and soups that meet the 35-10-35, 0g trans fat, and sodium criteria but fail to meet the minimum number of required nutrients criteria are limited to 100 calorie portions.