

# Clinton County Health Department Nutrition Services/School T.A.B.L.E/Eat Well Play Hard Partnership School Snack & Beverage Standards for Clinton Country Schools



## Snack & A la Carte Standards:

Items should follow these guidelines:

- |                         |                  |
|-------------------------|------------------|
| ▪ Total Fat             | 7 grams or less  |
| ▪ Saturated & Trans-Fat | 2 grams or less  |
| ▪ Sugar                 | 15 grams or less |
| ▪ Sodium                | 360 mg or less   |

Foods excluded include those with naturally occurring fat and sugars, such as dried fruit, nuts and seeds that do not have added sugar or salt in them.

### Allowed:

- \* Baked chips, pretzels, some popcorn
- \* Some granola bars & trail mixes
- \* Graham crackers
- \* And many other items

### Not Allowed:

- \* Regular chips and candy
- \* Some cookies and sweets
- \* Other confections
- \* Other high-fat salty snacks

## Beverage Standards:

Items should follow these guidelines:

- Only allows 1% or less milk, regular and flavored
- Other beverages with no more than 15 grams per 8 oz. serving
- Juice beverages must contain 25% or more real fruit juice
- Electrolyte replacement drinks that do not contain more than 20 grams of added sweetener per 8 oz. serving. Sodium should not exceed 110 milligrams per 8 oz.; potassium should not exceed 60 milligrams per 8oz. Electrolytes and minerals added might include: sodium, potassium, chlorine and phosphorus.
- Allowable sweeteners in beverages include but are not limited to the following: sugar (raw, refined, unrefined, cane, brown, turbinado, white); invert sugar, dextrin, sucrose, honey, corn syrup, and high fructose corn syrup, can juice, molasses, xylitol, sorbitol, mannitol, galactose, lactose, fructose and Splenda®.
- Other beverages should contain no more than 15 grams of sugar per 8 oz. serving

### Allowed:

- \* Non-fat & low-fat milk/flavored milk
- \* Water
- \* Flavored waters without sugar
- \* Fruit juices
- \* Spritzers
- \* Beverages meeting standards as above

### Eliminate:

- \* Soft drinks
- \* Some sports drinks
- \* Sweetened iced tea drinks
- \* Other drinks that contain less than 25% fruit juice