Connecticut Nutrition Standards for Food in Schools

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

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Contents

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Supporting Organizations

- American Association of Family and Consumer Sciences, Connecticut Affiliate
- American Cancer Society, New England Division
- American Heart Association, serving Connecticut
- Association of School Nurses of Connecticut
- Center for Public Health and Health Policy, University of Connecticut
- Connecticut Action for Healthy Kids
- Connecticut Association of Boards of Education
- Connecticut Association of Directors of Health
- Connecticut Association of Health, Physical Education, Recreation and Dance
- Connecticut Association of Public School Superintendents
- Connecticut Association of Student Councils
- Connecticut Association of Schools
- Connecticut Cancer Partnership
- Connecticut Chapter of the American Academy of Pediatrics
- Connecticut Commission on Children
- Connecticut Food Policy Council
- Connecticut Dietetic Association
- Connecticut Parent Teacher Association
- Connecticut Public Health Association
- Connecticut State Department of Agriculture
- Connecticut State Department of Education
- Connecticut State Department of Public Health
- End Hunger Connecticut! Inc.
- New England Dairy & Food Council
- Saint Joseph College Department of Nutrition
- Rudd Center for Food Policy and Obesity at Yale University
- School Nutrition Association of Connecticut
- University of Connecticut Department of Allied Health 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: Susan S. Fiore, MS, RD, Nutrition Education Coordinator, Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457 Phone: 860-807-2075 • E-mail: susan.fiore@ct.gov

Section 1 Overview

Introduction

Section 10-215e of the Connecticut General Statutes (CGS) required the Connecticut State Department of Education (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. (For additional information on state statutes, see pages 8-9.) The CSDE developed the Connecticut Nutrition Standards in July 2006, with input from a committee. They are supported by 28 health and education organizations in Connecticut (see page iv.)

The Connecticut Nutrition Standards focus on decreasing fat, saturated fats, trans fats, sodium and sugars, moderating portion sizes and increasing consumption of nutrient-rich foods, such as fruits, vegetables, whole grains, low-fat dairy, lean meats and legumes. The nutrients addressed in the Connecticut Nutrition Standards are based on current nutrition science and national health recommendations from the Dietary Guidelines for Americans, MyPyramid and national organizations, such as the National Academy of Sciences Institute of Medicine, American Cancer Society, American Heart Association, American Dietetic Association and American Academy of Pediatrics. All these organizations recommend limiting fat, saturated fats, trans fats, sugars and sodium, moderating portion sizes, and promoting increased intake of nutrient-rich foods.

The Connecticut Nutrition Standards do not address nutrients or food ingredients that currently lack scientific consensus regarding negative health effects, and therefore are not currently addressed by national health recommendations. Some examples include high fructose corn syrup, food additives and artificial colors. However, schools are strongly encouraged to read product labels and choose foods that limit or eliminate these types of ingredients. In general, products with fewer ingredients listed on the food label are healthier choices.

To ensure an optimal selection of healthy food choices for students, schools are strongly encouraged to focus on providing students with **minimally processed whole foods** that are nutrient rich. Processed convenience food items may meet the Connecticut Nutrition Standards, but these foods often lack the naturally occurring variety of nutrients (e.g., vitamins, minerals, fiber and other important nutrients) found in minimally processed whole foods such as fresh fruits and vegetables, and whole grains. (See *Providing Nutrient-Rich Foods and Beverages* on page 7.)

Nutrition science is continually evolving. The committee convenes annually to evaluate the Connecticut Nutrition Standards and make revisions, as needed, based on current nutrition science and national health recommendations. (See *Requirements for Revision* on page 6.)

Standards for Food

The Connecticut Nutrition Standards incorporate the Healthy Snack Standards that CSDE previously developed as part of Connecticut's Healthy Snack Pilot (see box below). The Connecticut Nutrition Standards address all food sold to students separately from reimbursable school meals. Food items are grouped into the following five categories: (1) Entree Items; (2) Cooked Grains; (3) Soups; (4) Fruits and Vegetables; and (5) Snacks and Desserts.

Note: This document contains the complete Connecticut Nutrition Standards, including the rationale for development of each standard and additional recommendations for implementation. A two-page summary of the Connecticut Nutrition Standards is available at http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/SummaryCTnutritionStandards.pdf. CSDE has also developed *Summary of Requirements for School Food and Beverages*, a chart summarizing 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. It 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 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* is also available online.

Standards for Beverages

The requirements for allowable beverages in Connecticut schools are defined by state statute and are separate from the Connecticut Nutrition Standards, which address food. All public schools must comply with the state beverage statute, regardless of whether the district is implementing the Connecticut Nutrition Standards under Section 10-215f of the Connecticut General Statutes (see *Healthy Food Certification* on page 6).

Section 10-221q of the Connecticut General Statutes (http://www.cga.ct.gov/2007/pub/Chap170.htm#Sec10-221q.htm) allows only five categories of beverages to be sold to students in public schools at all times and from all sources, including, but not limited to, school cafeterias, vending machines, school stores, and any fundraising activities on school premises, regardless of whether they are sponsored by the school or an outside group. The five categories are:

1. *Milk (flavored or plain)* with no more than 4 grams of sugar per fluid 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 fluid 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 fluid ounces, with the exception of water, which is unlimited. For additional information on added sugars, sweeteners and artificial sweeteners, see "Added Sugars" (page 21) and "Artificial Sweeteners and Sugar Alcohols" (page 19.)

Beverages that do not belong to one of the five categories listed above can only be sold to students at school if the board of education or school governing authority takes action (i.e., votes) to permit them and the following conditions are met: (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. For example, soccer games, school plays and school debates are events but soccer practices, play rehearsals and debate team meetings are not.

Additional information on allowable beverages is contained in the handout, *Allowable Beverages in Connecticut Schools*, at http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Allowable_Beverages.pdf, and the PowerPoint Presentation, *Requirements for Beverages in Connecticut Public Schools,* at http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Standards. CSDE's *List of Acceptable Food and Beverages* contains brand-specific lists of beverages that meet the requirements of state statute (see page 7).

* No water and juice beverages actually meet the criteria specified in the statute because all of the currently available products contain *additional ingredients* besides water and juice, such as natural flavors, vegetable color, vitamin C and other nutrients. Additional information on the specific requirements for the category of water and juice beverages is available in *Requirements for Beverages Containing Water and Juice* (see Section 7 *Resources).*

Carbonated and Aerated Beverages

All carbonated beverages (beverages containing carbon dioxide) and aerated beverages (beverages labeled as "aerated" or that bubble and fizz for several minutes after opening) are categorized as "soda waters," which is one of the four categories of foods of minimal nutritional value (FMNV) defined by the U.S. Department of Agriculture (USDA) under the federal competitive food services regulation (7 CFR 210, Section 210.11). Under federal law, all "soda waters" are prohibited for sale during the meal service periods unless they have been exempted by USDA from the federal FMNV definition (see *Definitions* on page 11).

Carbonated/aerated waters (e.g., seltzers, sparkling waters), carbonated/aerated juices or carbonated/aerated water and juice beverages can only be sold to students at school if they:

1. meet the state requirements for the appropriate beverage category, as specified by CGS Section 10-221q; and
2. have been exempted by USDA from the federal FMNV definition.

A list of USDA-exempted beverages is contained in *Exemptions Under the U.S. Department of Agriculture's Competitive Foods Regulation for School Nutrition Programs*, available at http://www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/nslp/ExemptionsList.pdf.

If a carbonated/aerated water or juice meets the state requirements for the appropriate beverage category but has not been exempted by USDA from the federal FMNV definition, it can only be sold to students *outside of the meal service periods*. Schools must be careful to verify that any carbonated or aerated waters and juices sold to students meet both state and federal laws. There are beverages that USDA has exempted as FMNV but still cannot be sold in Connecticut schools because they do not meet the beverage requirements of state statute. Any carbonated or aerated waters and juices that meet both state and federal requirements are listed on CSDE's *List of Acceptable Food and Beverages* (see page 7).

Fortification and Supplementation of Food and Beverages

The Connecticut Nutrition Standards promote the consumption of needed nutrients through naturally nutrient-rich healthy food choices, not through fortified products that would otherwise have little nutritional value. CSDE does not approve any significantly fortified products for use in schools unless they are already nutrient-rich products that are fortified with nutrients at levels based on scientifically documented health needs, such as milk fortified with vitamins A and D, breakfast cereals fortified with iron, orange juice fortified with calcium, soy beverages fortified with calcium or grain products fortified with folic acid.

The Dietary Guidelines indicate that fortified foods and beverages are only advantageous if they 1) provide additional sources of certain nutrients that might otherwise be present only in low amounts in some food sources; 2) provide nutrients in highly bioavailable forms; or 3) address a documented public health need. Manufacturers often fortify nutrient-poor foods and beverages with a variety of vitamins and minerals that do not meet any of these criteria.

> Naturally nutrient-rich foods provide substantial amounts of naturally occurring vitamins, minerals and other nutrients with relatively few calories. Foods and beverages that are not nutrient rich supply calories but relatively small amounts of nutrients (and sometimes none at all), unless fortified. Examples of products that are not naturally nutrient rich include fortified vitamin waters and "energy" bars made from processed flour fortified with multiple vitamins, minerals and other nutrition supplements.

Foods and beverages that are not nutrient rich but are significantly fortified could possibly lead to a nutrient excess with toxic effects if students are consuming too much of a product or consuming multiple sources of different fortified products. Currently, there are no scientifically documented health needs or recommendations for children to have the additional fortification of nutrients through these types of products.

CSDE does not approve beverage or food products containing nutrition supplements such as amino acids (e.g., taurine, glutamine, lysine, arginine), extracts (e.g., green tea extract, gotu kola extract) and herbs or other botanicals (e.g., ginseng, gingko biloba). Currently, there are no scientifically documented health needs or recommendations for children to have these dietary supplements. Their efficacy and safety for consumption by children is not well known and some nutrition supplements may have harmful side effects.

Without scientific proof of established health benefit and certification of safety for use with children by the Food and Drug Administration (FDA) and national health organizations, products that are significantly fortified or contain nutrition supplements do not merit inclusion on CSDE's *List of Acceptable Food and Beverages*, regardless of whether their nutrient content meets the Connecticut Nutrition Standards for food or the requirements of state statutes for beverages.

Buy American Provision

All foods sold in USDA's school nutrition programs must comply with the Buy American Provision under the federal regulations for the National School Lunch Program (7 CFR 210.21 (d)) and the School Breakfast Program (7CFR 220.16 (d)). This provision requires that schools purchase domestically grown and processed foods to the maximum extent possible. Schools must ensure that all food purchased using funds from the nonprofit school food service account comply with the Buy American provision, including a la carte items. For additional information, see USDA Memo SP 20-2006 at http://www.fns.usda.gov/cnd/governance/Policy-Memos/2006/SP_20-2006.pdf and USDA Memo SP 2-2006 at http://www.fns.usda.gov/cnd/governance/Policy-Memos/2006/SP_29-2006.pdf.

Connecticut Nutrition Standards

Development Process

The Connecticut Nutrition Standards were developed in July 2006 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; School Nutrition Association of Connecticut; Connecticut State Department of Education; Connecticut State Department of Public Health; End Hunger Connecticut! Inc.; New England Dairy & Food Council; and University of Connecticut, Department of Nutritional Sciences (see page iii). They are supported by 28 health and education organizations in Connecticut (see page iv.)

In developing the nutrition standards for food items, the committee reviewed current nutrition science, national dietary recommendations and existing standards from other states. Connecticut's previously existing Healthy Snack Standards already addressed snacks, desserts, fruits and vegetables. The committee identified those categories of food items (e.g., entree items, cooked grains and soups) that the Healthy Snack Standards did not 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 categories. 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.

Requirements for Revision

CGS 10-215e required CSDE to publish nutrition standards by August 1, 2006. Thereafter, CSDE is required to publish the nutrition standards by January 1 of each year, to be effective for the next school year (July 1 through June 30). CSDE reconvenes the state nutrition standards committee to evaluate and revise the Connecticut Nutrition Standards as needed, based on changes in nutrition science, national recommendations 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.

The standards in this document are effective July 1, 2009.

Healthy Food Certification

Effective July 1, 2006, Section 10-215f of the Connecticut General Statutes requires that each board of education or governing authority for all public schools participating in the National School Lunch Program must certify annually to CSDE whether they will follow the Connecticut Nutrition Standards for all food items sold to students separately from a reimbursable school breakfast or lunch. 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 cafeterias, vending machines, school stores, and any fundraising activities on school premises, regardless of whether they are sponsored by the school or an outside group.

Healthy food certification applies to all schools under the district's jurisdiction, including elementary, middle and high. It also applies to any charter and magnet schools under the district's jurisdiction, and depending on the circumstances, may include nondistrict schools for which the district claims meals under an interdistrict agreement. Healthy food certification applies to any food sales under the control of adult education programs under the local education agency's jurisdiction. Districts that opt to implement healthy food certification receive an additional 10 cents per lunch, based on the total number of reimbursable lunches (paid, free and reduced) served in the district in the prior school year.

If a district implements healthy food certification, foods that do not meet the Connecticut Nutrition Standards can only be sold to students on school premises if the local board of education or school governing authority takes action (i.e., votes) to permit them and the following conditions are met: (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.

Information and resources on implementing the Connecticut Nutrition Standards and healthy food certification are available on CSDE's website (Nutrition Education page) under "Connecticut Nutrition Standards" at http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Standards and "Healthy Food and Beverages in School" at http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Healthy. The answers to many commonly asked questions regarding the Connecticut Nutrition Standards, beverage requirements and healthy food certification, are found in *Questions and Answers on Connecticut Statutes for School Food and Beverages* at http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/HF_Q&A.pdf. A list of resources is available in Section 7 *Resources* (see page 43). For additional information, contact CSDE's Bureau of Health/Nutrition, Family Services and Adult Education (see page iv).

CSDE's List of Acceptable Food and Beverages

CSDE's *List of Acceptable Food and Beverages* is a brand-specific list of food products that meet the Connecticut Nutrition Standards and beverages that meet the requirements of state statute, available at http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Healthy. It can assist school districts with identifying foods and beverages that comply with state requirements. CSDE updates the list regularly to include new products and remove discontinued products. Updates are e-mailed to all school food service directors and school contacts for healthy food certification.

Providing Nutrient-Rich Foods and Beverages

As a point of clarification, CSDE's *List of Acceptable Food and Beverages* includes only packaged convenience food and beverage items. Minimally processed naturally nutrient-rich foods such as fresh fruits, vegetables and legumes meet the Connecticut Nutrition Standards, but are not included in this list, unless they are individually packaged.

It is important to note that the nutritional value of items meeting the Connecticut Nutrition Standards can vary. While the snack food items on CSDE's list are healthier alternatives to traditional snack foods, not all are the best choices nutritionally. For example, baked chips are better than regular chips because they are lower in fat, but they still do not provide any significant nutritional value. Processed products can meet the Connecticut Nutrition Standards for fat and sugar, but still lack the naturally occurring variety of nutrients found in whole foods, such as fresh fruits and vegetables and whole grains. For example, granola bars made with enriched flour are lower in fiber and nutrients than granola bars made with only whole grains. Frozen fruit juice bars do not contain the fiber, vitamins and minerals found in whole fruit.

Schools can use CSDE's list to identify packaged convenience products that are healthier choices, such as whole-grain snacks that are high in fiber. However, CSDE strongly encourages schools to ensure that a la carte food choices also include a variety of minimally processed and whole foods that are naturally nutrient rich, such as fruits, vegetables, whole grains, low-fat dairy, lean meats and legumes. This will provide an optimal selection of healthy food choices for students.

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. Public Act 06-63 is now codified as the state statutes specified in this section.*

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:
http://www.cga.ct.gov/2007/pub/Chap169.htm#TOC
http://www.cga.ct.gov/2007/pub/Chap170.htm#TOC

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, food and beverages sold in the cafeteria serving lines, a la carte lines, kiosks vending machines, school stores and snack bars located anywhere on school grounds.

Added Sugars: Sugars and syrups added to foods in processing or preparation, as opposed to the naturally occurring sugars found in foods like fruits, vegetables, grains and dairy products. Names for added sugars include brown sugar, corn sweetener, corn syrup, dextrose, fructose, fruit juice concentrates, glucose, high-fructose corn syrup, honey, invert sugar, lactose, malt syrup, maltose, molasses, raw sugar, sucrose, sugar and syrup.

Artificial Sweeteners: Ingredients used as sugar substitutes to sweeten foods and beverages with little or no calories. Common artificial sweeteners include acesulfame-potassium, aspartame, neotame, saccharin and sucralose. These non-nutritive sweeteners are calorie-free, except for aspartame, which is very low in calories. (For a list of artificial sweeteners, see page 19.)

Chemically Altered Fat Substitutes: Compounds made by chemically manipulating food products to mimic the texture and flavor of fat while providing fewer calories and less metabolizable fat. Fat substitutes can have negative side effects.

Competitive Food Services Regulation: USDA regulations (7 CFR 210, Section 210.11) that prohibit the sale of the four categories of federally defined foods of minimal nutrition value (FMNV) during meal periods**.** (See definition for *Foods of Minimal Nutritional Value* on page 11.) *Note: State statutes and regulations supersede the federal competitive food services regulation by extending this timeframe and imposing additional restrictions regarding what can be sold to students in schools* (see "Connecticut General Statutes on Food and Beverages in Schools" on pages 8-9). http://www.fns.usda.gov/cnd/Governance/regulations/7CFR210.pdf

Competitive Foods: All foods and beverages sold in schools except for meals provided through the National School Lunch Program and School Breakfast Program. Competitive foods include a la carte sales in the cafeteria, vending machines, school stores, snack bars and any other sources of food and beverages sold to students

Connecticut Nutrition Standards: State nutrition standards developed by the Connecticut State Department of Education 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 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 cafeterias, vending machines, school stores and any fundraising activities on school premises. http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Standards

Dietary Fiber: Nondigestible carbohydrates and lignin (a non-carbohydrate substance bound to fiber) that are naturally occurring in plants, e.g., gums, cellulose, fiber in oats, and wheat bran. Fiber improves gastrointestinal health and reduces risk of some diseases, such as heart disease.

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/

Enrichment: Adding back nutrients (usually vitamins or minerals) originally present in a food that were lost during processing. For example, white flour is enriched with thiamin, riboflavin, niacin, and iron, which are lost when wheat is refined. (Note: Enriched refined grain products that conform

to standards of identity are required by law to be *fortified* with folic acid, as well). Enrichment nutrients are added back in approximately the same levels as were originally present in the food.

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, nuts and seeds. Yogurt, nuts and seeds are addressed by the nutrition standard for the *Snacks and Desserts* category (see Section 2 *Snacks and Desserts*).

Food-Based Meal Patterns: Two menu planning options (Traditional and Enhanced) for planning reimbursable meals under the U.S. Department of Agriculture's regulations for school meals. The food-based meal patterns require specific food components (Meat/Meat Alternate, Grains/Breads, Vegetables/Fruits and Milk) be served in certain amounts for specific age/grade groups. Enhanced Food-Based Menu Planning is similar to the Traditional approach but has different established age/grade groups and increased servings of Vegetables/Fruits and Grains/Bread. http://teamnutrition.usda.gov/Resources/menuplanner.html

Foods of Minimal Nutritional Value (FMNV): USDA regulations (Appendix B of 7 CFR Part 210) define four specific categories of FMNV, including (1) soda water (any carbonated beverages); (2) water ices (any frozen, sweetened water such as "...sicles" and flavored ice with the exception of products that contain fruit, fruit juice, milk, milk ingredients or egg ingredients other than egg whites); (3) chewing gum; and (4) certain candies (hard candy, jellies and gums, marshmallow candies, fondant, licorice, spun candy, and candy-coated popcorn). The regulations do not restrict the sale of any other low-nutrient foods, e.g., chips and noncarbonated sweetened drinks. For *artificially sweetened foods*, USDA defines a food of minimal nutritional value as one that provides less than five percent of the Dietary Reference Intakes (DRIs) for each of eight specified nutrients (protein, vitamin A, vitamin C, niacin, riboflavin, thiamin, calcium and iron) per serving. For *all other foods*, FMNV are those that provide less than five percent of the DRI for each of the eight nutrients per serving and per 100 calories. http://www.fns.usda.gov/cnd/menu/fmnv.htm

Fortification: Adding nutrients (usually vitamins or minerals) that were not originally present in a food or beverage or adding nutrients at levels that are higher than originally present. Fortification is used both for naturally nutrient-rich products based on scientifically documented health needs (e.g., fortifying milk with vitamin D to increase the body's absorption of calcium) and to enhance the perceived nutritional value of products with little or no natural nutritional value (e.g., fortifying "energy" bars made from processed flour with multiple vitamins and minerals). Fortification nutrients are added to products in varying amounts, from small percentages up to amounts greater than recommended intakes.

MyPyramid: USDA's food guidance system to translate the Dietary Guidelines into a healthy eating plan. Focuses on recommendations for daily servings of the food groups, as well as daily physical activity. http://www.mypyramid.gov/

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/

Nutrient-Rich (Nutrient-Dense) Foods: Foods that provide substantial amounts of naturally occurring vitamins, minerals and other nutrients with relatively few calories. Nutrient-rich foods include lean sources of protein and/or complex carbohydrates that are low in total fat and saturated fats. Examples include fruits, vegetables, whole grains, low-fat dairy products, lean meat, skinless poultry, fish, eggs and beans. Foods and beverages that are not nutrient rich supply

calories (from fat, added sugars and processed carbohydrates) but relatively small amounts of nutrients (and sometimes none at all), unless fortified. http://nutrientrichfoods.org/

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

Nutrition Supplementation of Products: Addition of vitamins, minerals, amino acids (e.g., taurine, glutamine, lysine, arginine), extracts (e.g., green tea extract, gotu kola extract) and herbs or other botanicals (e.g., ginseng, gingko biloba) to a food or beverage. For many of these supplements, the efficacy and safety for consumption by children is not well known. Some nutrition supplements may have harmful side effects.

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/

Saturated Fats: A type of fat that raises blood cholesterol, which is a risk factor for cardiovascular disease. Major sources of saturated fats include animal products (e.g., cheese, beef, milk, oils, snack foods, butter and lard) and tropical vegetable oils (palm, palm kernel and coconut).

Sugar Alcohols (Polyols): A type of carbohydrates used as sugar substitutes to sweeten foods and beverages. Sugar alcohols are incompletely absorbed and metabolized by the body, and contribute fewer calories than most sugars. They also perform other functions such as adding bulk and texture to foods. Common sugar alcohols include sorbitol, mannitol, xylitol, maltitol, maltitol syrup, lactitol, erythritol, isomalt and hydrogenated starch hydrolysates (HSH). Products with sugar alcohols are often labeled "sugar free." Large amounts of sugar alcohols may cause bloating, gas or diarrhea.

Trans Fats: Trans fats include naturally occurring and artificial sources. Artificial trans fats are the result of "hydrogenation," a process where vegetable oils are made into a more solid (saturated) fat. Trans fats are used in food products to increase shelf life and enhance texture. Like saturated fats, trans fats raises blood cholesterol, which is a risk factor for cardiovascular disease. The majority of trans fats in the American diet (80 percent) come from processed foods made with hydrogenated or partially hydrogenated oils, such as cakes, cookies, crackers, snack chips, fried foods and margarine. Trans fats also occur naturally in low amounts in some foods of animal origin (e.g., dairy products, beef and lamb).

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, as specified by federal regulations. 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 total calories over a school week and saturated fats to less than 10 percent of total calories over a school week. The USDA Nutrient Standards only apply to reimbursable meals, not a la carte foods or beverages. http://teamnutrition.usda.gov/Resources/menuplanner.html

Whole Grains: Grains that consist of the entire kernel, including the starchy endosperm, the fiber-rich bran, and the germ. All grains start out as whole grains, but many are processed to remove the bran and germ, which also removes many of the nutrients. Whole grains are nutrient rich, containing vitamins, minerals, fiber and antioxidants. Examples include whole wheat, whole oats/oatmeal, whole grain cornmeal, popcorn, brown rice, whole rye, whole-grain barley, wild rice, buckwheat, triticale, bulgur (cracked wheat), millet, quinoa, and sorghum. http://www.wholegrainscouncil.org

Abbreviations

CGS	Connecticut General Statutes
CNP	Child Nutrition Programs
CSDE	Connecticut State Department of Education
DRIs	Dietary Reference Intakes
FDA	Food and Drug Administration
FMNV	Foods of Minimal Nutritional Value
HDL	High-density Lipoprotein
HFC	Healthy Food Certification
IOM	Institute of Medicine
LDL	Low-density Lipoprotein
NSLP	National School Lunch Program
SBP	School Breakfast Program
SMP	Special Milk Program
USDA	United States Department of Agriculture

Portion Size Measurements

The portion sizes listed in the Connecticut Nutrition Standards are indicated as either volume or weight, based on the commonly used portion sizes defined by the Food and Drug Administration (FDA) and the U.S. Department of Agriculture. The following measurements are used to express the portion size limits for the food categories of the Connecticut Nutrition Standards: ounce (oz.); fluid ounce (fl. oz.); tablespoon (tbsp.); and cup (c.).

It is important to note that **ounce** is a measure of **weight** and **fluid ounce** is a measure of **volume**. While these terms are often used interchangeably, a measure of volume (fluid ounces) does not equate to the same measure of weight. For example, 1 cup equals 8 fluid ounces (volume) but it does not necessarily weigh 8 ounces. The equivalent weight of a volume measure of any food varies depending on the density of the item being measured. For example, 1 cup of pudding weighs more than 1 cup of puffed wheat cereal.

In the Connecticut Nutrition Standards, ½ cup volume (4 fluid ounces) is used as the maximum portion size for the following food items* in the *Snacks and Desserts* category:

- Frozen desserts, e.g., ice cream (including novelties), frozen yogurt, Italian ice, sorbets, frozen juice and/or fruit bars, frozen fruit-based desserts
- Pudding, parfaits and cottage cheese

For the food items listed above, if the product's label or nutrition specifications only indicate the serving size by weight, additional information must be obtained from the manufacturer to determine the equivalent volume of the serving size. Volume is needed to ensure that these products do not exceed the maximum allowable portion size. Weight is needed to determine the percent of sugars by weight.

* Note: Volume (10 fluid ounces) is also used to express the portion size for "Smoothies," but a weight equivalent is not needed. "Smoothies" are made with low-fat yogurt or other low-fat dairy alternatives and/or fruit juice. Since they are a liquid consistency, the standard for this food item addresses only total sugars, not percent of sugars by weight (see "Smoothies" on page 20).

Section 2 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, rolls), frozen desserts, ice cream (including ice cream novelties), cheese, pudding, yogurt and smoothies (made with low-fat yogurt or other low-fat dairy alternatives and/or fruit/juice).

Standard	Rationale	Additional Guidance
Portion Size		
Serve reasonable portion sizes. To discourage consumption of multiple servings, snack items are served 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.	The habitual consumption of oversized portions is a major contributor to childhood obesity.[1] Larger portion sizes can lead to overconsumption of total fat, saturated fats, trans fats, sugars, sodium and calories. One of the goals of the Connecticut Nutrition Standards is to encourage appropriate portion sizes. Portion sizes in the Connecticut Nutrition Standards are based on the U.S. Department of Agriculture (USDA)[2] and the Food and Drug Administration (FDA)[3] recommendations for portion sizes, common sizes for packaged snacks, and the state nutrition 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. http://www.nyu.edu/education/nutrition/PDFS/young-nestle.pdf [2] *MyPyramid Food Intake Patterns.* U.S. Department of Agriculture, 2005. http://www.mypyramid.gov/professionals/index.html [3] *Reference Amounts Customarily Consumed Per Eating Occasion.* Food and Drug Administration, Department of Health And Human Services. Code of Federal Regulations 21CFR101.12. Revised April 1, 2008. http://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcfr/CFRSearch.cfm?fr=101.12	**Snacks Meeting Connecticut Nutrition Standards:** Consult CSDE's *List of Acceptable Food and Beverages* for brand-specific products that meet the standards for the *Snacks and Desserts* category (http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Healthy). If products meet all of the requirements of the Connecticut Nutrition Standards, they may be served in the portion sizes indicated below. Products must be served in a package that does not exceed these limits. **Smoothies:** While they are nutrient rich, smoothies can also be calorie dense. A 10-fluid ounce portion size accommodates a typical serving size of smoothie, while maintaining calories at a reasonable level for a snack item.

Maximum Portion Sizes for Snacks and Desserts

Snack Item	Portion Size
Baked chips, popcorn, rice cakes, puffed snacks	1.25 oz.
Crackers, hard pretzels, pita chips, snack mix	1.75 oz.
Peanut-butter-filled crackers (including graham crackers) and cheese-filled crackers	1.5 oz.
Trail mix, nuts, seeds, soy nuts	1.75 oz.
Jerky	1.25 oz.
Cereals	2 oz.
Cookies, animal crackers, graham crackers, cereal bars, granola bars	2 oz.
Bakery items, e.g., pastries, toaster pastries, muffins, bagels, waffles, pancakes, french toast, soft pretzels, rolls	3 oz.
Frozen desserts, e.g., ice cream (including novelties), frozen yogurt, Italian ice, sorbets, frozen juice and/or fruit bars, frozen fruit-based desserts	4 fl. oz. (½ cup)
Pudding, parfaits and cottage cheese	4 fl. oz. (½ cup)
Yogurt and cultured soy	8 oz.
Smoothies made with low-fat yogurt or other low-fat dairy alternatives and/or fruit juice	10 fl. oz.
Cheese (low-fat recommended), including natural cheese, pasteurized blended cheese, pasteurized process cheese, e.g., American	2 oz.
Nut butters, e.g., peanut butter, almond butter, soy butter	2 Tbsp.

Standards for Snacks and Desserts, *continued*

Standard	Rationale	Additional Guidance
Fat		
Fat: No more than 35 percent of total calories **and** 7 grams per package **Exemption:** 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 14). No chemically altered fat substitutes.	The Dietary Guidelines recommend limiting overall fat intake to between 25 percent to 35 percent of total calories for children and adolescents 4 to 18 years of age.[1] 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] The Dietary Guidelines are intended to be applied to diets over time, not to individual foods. However, the state nutrition standards committee believed 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 that are naturally high in fat (e.g., nuts, seeds, peanut and other nut butters and cheese); and (3) portion sizes were moderated. The 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 total 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).[4] A child consuming three meals a day with an average of 600 calories will have about 400 calories left for two snacks. [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/ [2] *Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein and Amino Acids.* National Academy of Sciences, 2003. http://www.iom.edu/file.asp?id=4154 [3] *Recommended Dietary Allowances, 10th Edition.* National Research Council, 1989. http://www.nal.usda.gov/fnic/dga/rda.pdf [4] *MyPyramid Food Intake Patterns.* U.S. Department of Agriculture, 2005. http://www.mypyramid.gov/professionals/index.html	The fat standard exempts the **naturally occurring** fats in nutrient-rich foods including nuts, seeds, peanut and other nut butters, and cheese. However, added fats in these foods are not exempt. **Nuts, Seeds and Nut Butters:** Nuts, seeds and nut butters often have added fat, e.g., peanuts roasted in oil or peanut butter made with partially hydrogenated soybean oil. The exemption for the naturally occurring fat in nuts, seeds and nut butters does *not* apply to any *added fats* in these foods. If nuts, seeds and nut butters contain added fats, additional information must be obtained from the manufacturer regarding the amount of *naturally occurring* versus *added fat*. Nuts, seeds and nut butters with added fats must be evaluated for compliance with the fat standard based on the amount of **added fat** contained. The exemption for naturally occurring fat applies *only to the appropriate serving size of the actual nuts, seeds and nut butters*. It does *not* apply to packaged snacks containing these foods as an ingredient, e.g., peanut butter cookie, pecan cookie or peanut butter crackers. These foods must meet the specific fat standards for the *Snacks and Desserts* category. Choose nut butters without hydrogenated oils. Non-hydrogenated nut butters, such as all natural peanut butter or almond butter, will have no trans fats and minimal saturated fats and will provide healthy unsaturated fats. **Cheese:** Serve low-fat cheese. The exemption for naturally occurring fat applies only to natural cheese, pasteurized blended cheese, pasteurized process cheese (e.g., American) and cottage cheese, as defined by the FDA's standards of identity. It does not apply to foods that contain cheese as an ingredient, such as pasteurized process cheese food, pasteurized process cheese spread, pasteurized process cheese product, cheese sauces or cheese crackers. These foods must meet the specific fat standards for the *Snacks and Desserts* category.

Standards for Snacks and Desserts, *continued*

Standard	Rationale	Additional Guidance
Fat		
		Ice Cream and Frozen Desserts: Serve products such as low-fat ice cream and frozen yogurt and frozen 100 percent fruit juice bars. Check CSDE's *List of Acceptable Food and Beverages* (see page 7) for brand-specific frozen products that meet the nutrition standards for the *Snacks and Desserts* category. Note: To be allowed for sale during meal periods, frozen water ices (e.g., water-based Italian ices, frozen water-based dessert bars such as popsicle-type products) must be exempted by USDA from the federal definition of foods of minimal nutrition value (see *Definitions* on page 11). For additional information, see *Operational Memorandum #10-06: Foods of Minimal Nutrition Value: Water Ices and Soda Water* (March 28, 2006) at http://www.sde.ct.gov/sde/LIB/sde/pdf/DEPS/Nutrition/OPmemos0506/OM_10_06.pdf **Fat Substitutes:** The Connecticut Nutrition Standards encourage schools to focus on whole foods that are nutrient rich and low in fat. Foods with chemically altered fat substitutes (e.g., Olestra, Simplesse) are not allowed. The safety of moderate use of fat replacers has been addressed for adults, but not for children.[1] Fat substitutes can have negative side effects. For example, Olestra can cause abdominal cramping and diarrhea and inhibits the absorption of some vitamins and other nutrients. Simplesse can cause allergic reactions in people with allergies to milk or eggs. [1] *Position of The American Dietetic Association: Fat Replacers.* Journal of the American Dietetic Association, 2005. http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/advocacy_adap0498_ENU_HTML.htm

Standards for Snacks and Desserts, *continued*

Standard	Rationale	Additional Guidance
Saturated Fats		
Saturated Fats: No more than 10 percent of total calories **and** 2 grams per package. **Exemption:** 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 14*). No chemically altered fat substitutes. (See "Fat Substitutes" under *Additional Guidance* on page 16.)	The Dietary Guidelines recommend limiting saturated fat intake to less than 10 percent of total calories. Foods that are high in saturated fats increase the risk of coronary artery disease by raising blood cholesterol. The Dietary Guidelines also recommend that most fats are consumed from sources of polyunsaturated and monounsaturated fats (e.g., fish, nuts and vegetable oils).[1] The Dietary Guidelines are intended to be applied to diets over time, not to individual foods. However, the state nutrition standards committee believed 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 naturally nutrient-rich 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 committee did not feel this approach was too restrictive. The committee determined the limit of 2 grams of saturated fats per serving based on an estimated upper limit of a 200-calorie snack. Limiting saturated fats to 10 percent of total calories means no more than 20 calories (10 percent of 200) should come from saturated fats, 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. [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/	The fat standard exempts the **naturally occurring** saturated fats in nutrient-rich foods including nuts, seeds, peanut and other nut butters, and cheese. However, added saturated fats in these foods are *not* exempt. Snack products with added saturated fats (e.g., peanuts roasted in oil, peanut butter or cheese sauce with added oil) must be evaluated for compliance with the saturated fat standard based on the amount of **added** saturated fat contained (see "Nuts, Seeds and Nut Butters" and "Cheese" under *Additional Guidance* on page 15). **Sources of Saturated Fats:** Meat and dairy products account for about 60 percent of the saturated fats in the American diet.[1] Major food sources of saturated fats in the *Snacks and Desserts* category include ice cream, sherbet, frozen yogurt, cakes, cookies, quick breads, doughnuts, potato chips, corn chips and popcorn. **Major Sources of Saturated Fats[2]** **Food Group** — **Percent of Total Saturated Fat Consumed** Cheese ..... 13.1 Beef ..... 11.7 Milk (includes whole milk, low-fat milk and fat-free milk) ..... 7.8 Oils ..... 4.9 Ice cream, sherbet, frozen yogurt ..... 4.7 Cakes, cookies, quick breads, doughnuts ..... 4.7 Butter ..... 4.6 Other fats (shortening and animal fats) ..... 4.4 Salad dressings/mayonnaise ..... 3.7 Poultry ..... 3.6 Margarine ..... 3.2 Sausage ..... 3.1 Potato chips, corn chips, popcorn ..... 2.9 Yeast bread ..... 2.6 Eggs ..... 2.3 [1] *Position of the American Dietetic Association and Dietitians of Canada: Dietary Fatty Acids.* Journal of the American Dietetic Association, September 2007. http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/advocacy_7907_ENU_HTML.htm [2] *Dietary Guidelines for Americans.* U.S. Department of Agriculture and U.S. Department of Health and Human Services, 2005. http://www.healthierus.gov/dietaryguidelines/

Standards for Snacks and Desserts, *continued*

Standard	Rationale	Additional Guidance
Trans Fats		
Trans Fats: Zero trans fats (Less than 0.5 gram).	The Dietary Guidelines for Americans recommend that trans fats consumption be kept as low as possible.[1] Trans fats increase the risk of coronary artery disease by raising low-density lipoprotein (LDL) cholesterol and lowering high-density lipoprotein (HDL) cholesterol. Effective January 2006, food labels are required to list grams of trans fats. However, trans fats do not have to be listed if the product contains less than 0.5 gram of **total** fat in a serving and no claims are made about fat, fatty acid or cholesterol.[3] If trans fats are not listed, the label will state "not a significant source of trans fat." The Food and Drug Administration (FDA) labeling regulations allow food labels to state "0 grams" trans fats if the serving contains less than 0.5 gram of trans fats. The Institute of Medicine's (IOM) *Nutrition Standards for Foods in Schools* recommend that school foods contain zero trans fats (less than 0.5 gram) per serving.[2] A review of nutrition standards from other states indicates that three other states (California, Hawaii and Oregon) have adopted the standard of less than 0.5 gram trans fats. Since the partial hydrogenation of vegetable oils accounts for more than 80 percent of the total intake of trans fats in the diet, restricting processed foods to the FDA definition and IOM recommendation of "zero trans fats" will significantly lower children's trans fat intake. This standard only addresses **artificial** trans fats, not the naturally occurring trans fats in foods such as dairy products and meats. The state nutrition standards committee recognizes that eliminating naturally occurring trans fats from the diet is unnecessarily restrictive because it would require the elimination of nutrient-rich foods from children's diets, such as dairy products and meats. [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/ [2] *Nutrition Standards for Foods in Schools: Leading the Way Toward Healthier Youth,* Institute of Medicine of the National Academies, The National Academies Press, 2007. http://www.iom.edu/CMS/3788/30181/42502.aspx [3] *Food Labeling: Trans Fatty Acids in Nutrition Labeling, Nutrient Content Claims, and Health Claims.* 21 CFR Part 101, July 11, 2003. http://www.cfsan.fda.gov/~lrd/fr03711a.html	**Sources of Trans Fats:** Some trans fats occur naturally in the diet, but most trans fats are artificially made when oils undergo a chemical process known as hydrogenation. Hydrogenation increases the shelf life and flavor stability of foods containing these fats. 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. Artificial trans fats can be found in vegetable shortenings, some margarines, crackers, candies, cookies, snack foods, fried foods, baked goods and other processed foods made with partially hydrogenated vegetable oil. Small amounts of naturally occurring trans fats are found in animal products, such as butter, milk products, cheese, beef and lamb. **Major Dietary Sources of Trans Fats[1]** **Food Group** — **Percent of Total Trans Fats Consumed** Cakes, cookies, crackers, pies, bread, etc. — 40 Animal products* — 21 Margarine — 17 Fried potatoes — 8 Potato chips, corn chips, popcorn — 5 Household shortening — 4 Other (breakfast cereal and candy) — 5 * Animal products contain only naturally occurring trans fat, unless they are processed with hydrogenated oils. FDA labeling regulations allow food labels to indicate "0 grams" trans fats even if the food contains sources of artificial trans fats, such as hydrogenated oils. Read labels and select products that are trans fat free. The terms "hydrogenated," "partially hydrogenated" or "shortening" on the food label indicate that the food contains artificial trans fats. If fats are used in cooking, select fats that are artificial trans fat free, e.g., oils that are not hydrogenated or partially hydrogenated. [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/

Standards for Snacks and Desserts, *continued*

Standard	Rationale	Additional Guidance
Added Sugars		
Added Sugars: No more than 35 percent by weight **and** 15 grams per package (excludes naturally occurring sugars in fruits, vegetables and dairy products). **Yogurt:** No more than 5 grams **total** sugars (naturally occurring and added) per ounce. **Pudding:** No more than 5 grams **total** sugars (naturally occurring and added) per ounce. **Artificial Sweeteners and Sugar Alcohols**: No artificial sweeteners or sugar alcohols. (See "Common Artificial Sweeteners" and "Sugar Alcohols" at right.)	Added sugars provide calories without any nutrients (see "Added Sugars" under *Additional Guidance* on page 21). 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 sugars 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 state nutrition standards committee 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-rich 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] Recent research has shown that children who drink flavored or plain milk consume more nutrients and have a lower or comparable body mass index (BMI – a measure of body fatness) than children who don't drink milk.[3] With many children not meeting calcium recommendations, and national recommendations to increase calcium consumption,[4,5] the committee wanted to encourage a wide availability of high calcium choices. **Pudding:** Same rationale as yogurt. [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/ [2] *Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein and Amino Acids.* National Academy of Sciences, 2003. http://www.iom.edu/file.asp?id=4154 [3] Drinking flavored or plain milk is positively associated with nutrient intake and is not associated with adverse effects on BMI status in U.S. children and adolescents. Murphy MM, Douglass JS, Johnson RK, Spence LA. *Journal of the American Dietetic Association* 2008;108:631-639. [4] *Healthy People 2010 (Volume II) Second Edition.* U.S. Department of Health and Human Services, 2000. http://www.healthypeople.gov/Publications/ [5] *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	**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 6 *Standards for 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 shall 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 **Artificial Sweeteners and Sugar Alcohols:** The Connecticut Nutrition Standards encourage schools to focus on whole foods that are naturally nutrient rich and low in added sugars. Foods with artificial sweeteners or sugar alcohols are not allowed. There is little evidence on the long-term health effects of nonnutritive sweeteners, particularly from exposure initiated in childhood.[2] Evidence of the effectiveness of nonnutritive sweeteners in promoting weight loss is inconclusive. **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 • Isomalt • Lactitol • Mannitol • Maltitol • Sorbitol • Xylitol • Hydrogenated starch hydrolysates (e.g., hydrogenated glucose syrups, maltitol syrups and sorbitol syrups) [1] USDA National Nutrient Database. http://www.nal.usda.gov/fnic/foodcomp/search/ [2] *Nutrition Standards for Foods in Schools: Leading the Way Toward Healthier Youth,* Institute of Medicine of the National Academies, The National Academies Press, 2007. http://www.iom.edu/CMS/3788/30181/42502.aspx

Standards for Snacks and Desserts, *continued*

Standard	Rationale	Additional Guidance
Added Sugars, continued		
Smoothies: No more than 5 grams of **total** sugars (naturally occurring and added) per fluid ounce:	**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-rich beverages. The state nutrition standards committee 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-rich 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,[1, 2] the 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.[3] Recent research has shown that children who drink flavored or plain milk consume more nutrients and have a lower or comparable body mass index (BMI – a measure of body fatness) than children who don't drink milk.[4] [1] *Healthy People 2010 (Volume II) Second Edition.* U.S. Department of Health and Human Services, 2000. http://www.healthypeople.gov/Publications/ [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 [3] *Dietary Guidelines for Americans.* U.S. Department of Agriculture and U.S. Department of Health and Human Services, 2005. http://www.healthierus.gov/dietaryguidelines/ [4] Drinking flavored or plain milk is positively associated with nutrient intake and is not associated with adverse effects on BMI status in U.S. children and adolescents. Murphy MM, Douglass JS, Johnson RK, Spence LA. *Journal of the American Dietetic Association* 2008;108:631-639.	**Smoothies:** No more than 5 grams of **total** sugars (naturally occurring and added) per fluid ounce: • 50 grams total sugars in 10 fluid ounces • 30 grams total sugars in 8 fluid ounces • 20 grams total sugars in 4 fluid ounces

Standards for Snacks and Desserts, *continued*

Standard	Rationale	Additional Guidance

Added Sugars, continued

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 on the product label 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 sugars if one of these names appears first or second in the ingredient list, or if several names are listed.

Names for Added Sugars

Brown sugar	Glucose	Malt syrup
Corn sweetener	High-fructose corn syrup	Molasses
Corn syrup	Honey	Raw sugar
Dextrose	Invert sugar	Sucrose
Fructose	Lactose	Molasses
Fruit juice concentrates	Maltose	Sugar
		Syrup

Determining Added Sugar Content: The Connecticut Nutrition Standards address *added sugars*, but the amount of "sugars" listed on the Nutrition Facts label indicates *total sugars* (both naturally occurring and added). The amount (grams) of naturally occurring sugars in a food cannot be determined by reading the food label. If total sugars exceed 15 grams and the product contains sources of naturally occurring sugars (e.g., fruit puree in a cookie or muffin, dates in a granola bar, raisins in cereal or trail mix), additional information must be obtained from the manufacturer regarding the amount of *added* versus *naturally occurring* sugars. CSDE encourages districts to use the *List of Healthy Foods and Beverages* (see page 7) to identify snack products that meet the sugar standard.

Food Categories Contribution to Added Sugars Intake[1]

Food Categories	Percent of Total Added Sugars Consumed
Regular soft drinks (soda)	33.0
Sweetened grains (cookies, cakes, cinnamon toast, honey-nut waffles)	18.7
Sugars, candy, gelatin	16.1
Fruit drinks (fruitades and fruit punch)	9.7
Dairy desserts and milk products (ice cream, sweetened yogurt, sweetened milk)	8.6
Breakfast cereals (presweetened)	4.4
Other beverages (sweetened tea and coffee, wine cooler, frozen daiquiri)	3.6
Meat, poultry, fish, dried beans, eggs, nuts (barbecued spareribs, baked beans with sweet sauce)	2.1
Sweetened fruit/juices (heavy syrup, juice with added sugar)	1.3
Sweetened vegetables (candied sweet potatoes, glazed carrots)	1.3
Fats/Oils (honey butter, honey mustard dressing)	0.9

[1] *Food Sources of Added Sweeteners in the Diets of Americans.* Guthrie J.F., and Morton J.F. Journal of the American Dietetic Association 2000, Jan;100(1):43-51.

Standards for Snacks and Desserts, *continued*

Standard	Rationale	Additional Guidance
Sodium		
Sodium: No more than 500 milligrams per package.	The Dietary Guidelines for Americans recommend a limit of no more than 2,300 milligrams of sodium (approximately 1 teaspoon salt) per day. They also recommend choosing and preparing foods with little salt and consuming potassium-rich foods, such as fruits and vegetables.[1] On average, Americans consume between 2,900 to 4,300 milligrams of sodium per day.[2] A high sodium intake increases the risk of high blood pressure in individuals who are sodium sensitive. One-third of adults have high blood pressure.[3] High blood pressure increases the risk of coronary heart disease, stroke, congestive heart failure and kidney disease. In establishing the sodium standard for the *Snacks and Desserts* category, the state nutrition standards committee considered the Dietary Guidelines for Americans and the IOM's *Nutrition Standards for Foods in School*.[4] The IOM sodium standard for snack foods is no more than 200 milligrams. The 2008-2009 Connecticut Nutrition Standards recommend lowering sodium but do not quantify a maximum sodium level. The committee reviewed CSDE's list of currently approved snack items to determine the impact of using the IOM limit of 200 milligrams sodium. For each group within the *Snacks and Desserts* category, the percentage of foods that would be eliminated follows: • Crackers, Pretzels, Snack Mix: 61% • Cheese: 55% • Baked Items (e.g., bagels, rolls, soft pretzels, muffins, waffles, breads): 49% • Chips, Puffed Snacks: 42% • Nuts, Seeds, Trail Mix, Jerky: 28% • Cereals: 19% • Fruits and Vegetables: 10% • Cookies and Bars: 4% • Yogurt and Cultured Soy: 2% • Ice Cream, Frozen Desserts and Pudding: 1% • Smoothies: 0% The committee believed that going from the current Connecticut Nutrition Standards to the IOM sodium standard of 200 milligrams would be too drastic. The committee was concerned that a limit of 200 milligrams of sodium eliminates a large variety of items, including many nutrient-rich foods such as cheese, nuts and commonly used bread items, such as bagels, rolls and soft pretzels. The committee's intent was to bring the Connecticut Nutrition Standards closer to the IOM Standards, but avoid applying a stringent sodium level that would eliminate a significant percentage of nutrient-rich foods.	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 sodium 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. **Range of Sodium Content for Selected Foods[1]** **Food Group** / **Serving Size** / **Range (mg)** Breads, all types — 1 oz — 95-210 Fluid milk, all types[2] — 1 cup — 98-152 Frozen pizza, plain, cheese — 4 oz — 450-1200 Frozen vegetables, all types — ½ cup — 2-160 Salad dressing, regular fat, all types — 2 Tbsp — 110-505 Salsa — 2 Tbsp — 150-240 Soup (tomato), reconstituted — 8 fl oz — 700-1260 Tomato juice — 8 fl oz — 340-1040 Potato chips (regular flavor, salted) — 1 oz — 120-180 Tortilla chips (regular flavor, salted) — 1 oz — 105-160 Pretzels (regular flavor, salted) — 1 oz — 290-560 [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/ [2] *National Nutrient Database.* U.S. Department of Agriculture. http://www.ars.usda.gov/main/site_main.htm?modecode=12354500 **High Sodium Foods** • Foods prepared in brine, such as pickles, relish olives and sauerkraut • Cured or smoked meat, such as bologna, corned or chipped beef • Cured, canned or smoked fish, such as anchovies, salted and dried cod, herring, sardines, tuna fish • Snack items, such as potato chips, pretzels, salted popcorn, nuts and crackers • Seasonings, such as bouillon cubes, seasoned salts, meat tenderizer, monosodium glutamate (MSG), autolysed yeast, soy sauce, Worcestershire sauce, Teriyaki sauce, barbecue sauce, condiments, such as catsup, mustard, steak sauce and salad dressings • Fast foods • Cheeses, especially processed • Canned and instant soups, canned vegetables

Standards for Snacks and Desserts, *continued*

Standard	Rationale	Additional Guidance
Sodium, continued		
	Limiting foods to 500 milligrams eliminates foods that are very high in sodium. It also ensures that any individual food item does not provide more than 22 percent of the Dietary Guidelines' recommended daily sodium limit of 2,300 milligrams. Because the use of sodium in the food industry is so widespread, the committee recognizes that it will take time for more availability of good tasting low-sodium products that are acceptable to students. [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/ [2] *Why Should I Limit Sodium?* American Heart Association, 2007: http://www.americanheart.org/downloadable/heart/1196183810458 22%20WhyShldILmtSodium%209_07.pdf [3] *Statistical Fact Sheet — Disease/Risk Factors 2008 Update,* American Heart Association, 2008. http://www.americanheart.org/downloadable/heart/1199892787721FS14HBP08.pdf [4] *Nutrition Standards for Foods in Schools: Leading the Way Toward Healthier Youth,* Institute of Medicine of the National Academies, The National Academies Press, 2007. http://www.iom.edu/CMS/3788/30181/42502.aspx	
Caffeine		
No caffeine, with the exception of trace amounts of naturally occurring caffeine-related substances.	The IOM's *Nutrition Standards for Foods in School* specifies that foods and beverages are caffeine free, with the exception of trace amounts of naturally occurring caffeine-related substances.[1] The state nutrition standards committee agreed with the IOM recommendations and rationale for caffeine. The committee does not support offering products with significant amounts of caffeine for school-age children because of the potential for adverse effects, including physical dependency and withdrawal. [1] *Nutrition Standards for Foods in Schools: Leading the Way Toward Healthier Youth,* Institute of Medicine of the National Academies, The National Academies Press, 2007. http://www.iom.edu/CMS/3788/30181/42502.aspx	Some foods and beverages contain trace amounts of naturally occurring caffeine and related substances. Examples include chocolate chip cookies, chocolate milk, coffee-flavored milk and coffee yogurt. These foods are allowed if the product otherwise complies with the Connecticut Nutrition Standards or the beverage requirements of state statute.
Condiments		
Limit condiment use and provide low-fat, low-sugar and low-sodium varieties.	Condiments (e.g., cream cheese, margarine, butter, mustard, ketchup, mayonnaise, salad dressings, sauces) are generally high in fats, sugars and sodium. They contain calories, but few, if any, nutrients. However, the state nutrition standards committee recognizes that condiments increase the variety, palatability and acceptance of many nutrient-rich foods, and severe restrictions are unrealistic. CSDE encourages schools to use portion control measures (e.g., portion control (PC) packets) and provide low-fat, low-sugar and low-sodium varieties. Schools are encouraged to let students decide whether to add condiments, instead of serving food with condiments already added. Schools are also encouraged to educate students regarding the benefits of limiting condiments and using varieties that are lower in fats, sugars and sodium.	If a condiment is packaged with or is part of the snack item being sold (e.g., bagel and cream cheese, muffin with butter, crackers with jam, chips and dip), the evaluation of the snack item for compliance with the Connecticut Nutrition Standards *must* include the condiment. If the condiment is *not* packaged with the item (e.g., the student has a choice whether to take it), then the snack item is evaluated separately and the condiment is not included. CSDE does not review condiments because they are not one of the food categories of the Connecticut Nutrition Standards.

Standards for Snacks and Desserts, *continued*

Standard	Rationale	Additional Guidance
Fiber and Whole Grains		
Encourage the availability of whole grains and foods containing fiber. Provide choices of whole grains and naturally occurring grains (those with minimal/trace amounts of added fats and no added sugars).	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). [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/	**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.[1] 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).[2] The package can claim "high in," "rich in" or "excellent source of" fiber if the product provides 20 percent of the Daily Value (5 grams of fiber per serving).[2] If the first ingredient listed contains the word "whole" (such as whole wheat, whole corn, whole oats), it is likely that the product is predominately whole grain. 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 states "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, degerminated corn, ground corn, oats, barley and rye. If a product states "contains whole grain" or "contains whole wheat" it is not 100 percent whole grain. It may contain only a very small percentage of whole grain. If only the second ingredient specifies "whole," the product may not contain much whole grain. [1] *How to Understand and Use the Nutrition Facts labels.* Food and Drug Administration, Revised November 2004. http://www.cfsan.fda.gov/~acrobat/foodlab.pdf [2] *Part 101 Food Labeling, Subpart D Specific Requirements for Nutrient Content Claims.* Code of Federal Regulations Title 21, Volume 2, Revised April 1, 2002. http://www.cfsan.fda.gov/~lrd/CF101-54.HTML
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] [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/	Choose whole grains and naturally occurring grains with minimal amounts of added fats and no added sugars.

Section 3 Standards for Entrees

Note: These standards differentiate between 1) entree items that are planned as part of a reimbursable school meal and are also 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

Standard	Rationale	Additional Guidance
Nutrition Standard		
If an entree item* that is planned and served as part of a USDA reimbursable school meal for the day is also sold a la carte on the **same day**, it does not need to meet any additional nutrition standards. * See definition for entree item on page 11. *Note: This standard **only** applies to entree items that are planned and served as 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 from the meal **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, french fries that are part of a reimbursable meal can only be sold a la carte if they meet the nutrition standards for the "Fruits and Vegetables" category. Muffins that are part of a reimbursable meal can only be sold a la carte if they meet the nutrition standards for the "Snacks and Desserts" category.*	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 fats. 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 state nutrition standards 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.	For additional information on the USDA nutrient standards for school meals, see USDA's *Menu Planner for Healthy School Meals*, available at http://teamnutrition.usda.gov/Resources/menuplanner.html. Choose entree items that are lower in fat, saturated fats, added sugars and sodium. Serve entree items containing fruits, vegetables, legumes and whole grains (e.g., whole grain breads and pasta) more often. Use low-fat cooking techniques for entrees. If fats are used select fats that are trans fat free, e.g., no hydrogenated oils or shortening. Serve low-fat and low-sodium condiments in individual portion sizes. (See *Condiments* on page 34.)
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.[1] Larger portion sizes can lead to overconsumption of total fat, saturated fats, trans fats, sugars, sodium and calories. One of the goals of the Connecticut Nutrition Standards is to encourage appropriate portion sizes. [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. http://www.nyu.edu/education/nutrition/PDFS/young-nestle.pdf	The portion size of an entree item sold separately from the meal must be the **same size** as the entree sold as part of the meal. For example, if the meal includes a 2-ounce hamburger, a 3-ounce hamburger cannot be sold a la carte.

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:

Standard	Rationale	Additional Guidance
Portion Size		
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. * See definition for entree item on page 11.	The habitual consumption of oversized portions is a major contributor to childhood obesity.[1] Larger portion sizes can lead to overconsumption of total fat, saturated fats, trans fats, sugars, sodium and calories. One of the goals of the Connecticut Nutrition Standards is to encourage appropriate portion sizes. [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. http://www.nyu.edu/education/nutrition/PDFS/young-nestle.pdf	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.
Fat		
Fat: No more than 18 grams of fat per entree. No chemically altered fat substitutes. (See "Fat Substitutes" under Additional Guidance on page 16.)	The Dietary Guidelines recommend limiting overall fat intake to between 25 percent to 35 percent of total calories for children and adolescents 4 to 18 years of age.[1] 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] **Encouraging Reimbursable Meals** The state nutrition standards 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-rich 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 from the manufacturer. For example, if a beef, cheese and bean burrito is higher than 35 percent of total calories from fat, the manufacturer	Choose entree items that are lower in fat, saturated fats, sodium and added sugars. Serve entree items containing high-fiber foods and whole grains (e.g., whole-grain breads and whole-grain pasta) more often. Use low-fat cooking techniques for entrees. If fats are used in cooking, select fats that are trans fat free, e.g., oils that are not hydrogenated or partially hydrogenated. Serve low-fat , low-sugar and low-sodium condiments in individual portion sizes. (See *Condiments* on page 34.)

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

Standard	Rationale	Additional Guidance
Fat, continued		
	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. **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).[4] Applying the Dietary Guidelines' recommendation for no more than 35 percent of total 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 (see *Definitions* on page 11). 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 gram for fruit and 3 grams for vegetables (prepared with oil, dressing, etc.).	

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

Standard	Rationale	Additional Guidance
	Fat, continued	
	Grade Levels 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).[4] 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. [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/ [2] *Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein and Amino Acids.* National Academy of Sciences, 2003. http://www.iom.edu/file.asp?id=4154 [3] *Recommended Dietary Allowances, 10th Edition.* National Research Council, 1989. http://www.nap.edu/catalog/1349.html [4] *MyPyramid Food Intake Patterns.* U.S. Department of Agriculture, 2005. http://www.mypyramid.gov/professionals/index.html	

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

Standard	Rationale	Additional Guidance
Saturated Fats		
Saturated Fats: No more than 5 grams per entree. No chemically altered fat substitutes. (See "Fat Substitutes" under *Additional Guidance* on page 16.)	The Dietary Guidelines recommend limiting saturated fats intake to less than 10 percent of total calories.[1] Foods that are high in saturated fats increase the risk of coronary artery disease by raising blood cholesterol. The Dietary Guidelines also recommend that most fats are consumed from sources of polyunsaturated and monounsaturated fats (e.g., fish, nuts and vegetable oils). **Encouraging Reimbursable Meals** The state nutrition standards 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 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 contain little or no saturated fats, 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 state nutrition standards 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 fats 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 fats in certain nutrient-rich 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 26-28.)	**Sources of Saturated Fats:** Meat and dairy products account for about 60 percent of the saturated fats in the American diet.[1] Major food sources of saturated fats in this category include cheese, meat, poultry, eggs and entrees with added fats (e.g., butter, oils margarine and dressings). For additional information, see "Major Dietary Sources of Saturated Fats" under *Additional Guidance* in Section 2 *Standards for Snacks and Desserts* (page 18). [1] *Position of the American Dietetic Association and Dietitians of Canada: Dietary Fatty Acids.* Journal of the American Dietetic Association, September 2007. http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/advocacy_7907_ENU_HTML.htm

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

Standard	Rationale	Additional Guidance
	Saturated Fats, 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).[4] Applying the Dietary Guidelines' recommendation of no more than 10 percent of total calories from saturated fats 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 fats 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 fats. (The standards specify that no more than 10 percent of total calories should come from saturated fats: 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); 1 gram for grains/breads; 0 grams for fruit; and 1 gram for vegetables (prepared with oil, dressing, etc.)	

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

Standard	Rationale	Additional Guidance
Saturated Fats, continued		
	Grade Levels 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 fats 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).[4] Applying the Dietary Guidelines recommendation for limiting total calories from saturated fats 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 fats 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. [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/ [2] *Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein and Amino Acids.* National Academy of Sciences, 2003. http://www.iom.edu/file.asp?id=4154 [3] *Recommended Dietary Allowances, 10th Edition.* National Research Council, 1989. http://www.nap.edu/catalog/1349.html [4] *MyPyramid Food Intake Patterns.* U.S. Department of Agriculture, 2005. http://www.mypyramid.gov/professionals/index.html	

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

Standard	Rationale	Additional Guidance
Trans Fats		
Trans Fats: Zero trans fats (Less than 0.5 gram).	See previously indicated rationale for trans fats under *Trans Fats* in Section 2 *Standards for Snacks and Desserts* (page 18).	Small amounts of naturally occurring trans fats are found in animal products, such as butter, milk products, cheese, beef and lamb. Processed convenience entree items will contain artificial trans fats if they are made with shortening, hydrogenated or partially hydrogenated oils and margarine. For additional information, see *Additional Guidance* under the nutrition standard for *Trans Fats* in Section 2 *Standards for Snacks and Desserts* (page 18).
Added Sugars		
Added Sugars: No more than 15 grams per entree. **Artificial Sweeteners and Sugar Alcohols**: No artificial sweeteners or sugar alcohols. (See "Common Artificial Sweeteners" and "Sugar Alcohols" on page 19 of Section 2 *Standards for Snacks and Desserts*.)	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.[1] The Dietary Reference Intakes recommend a maximal intake of 25 percent or less of energy from added sugars.[2] Entree items generally do not contain much added sugars. The majority of added sugars in the American diet come from soft drinks and fruit drinks.[1] For food items, the majority of added sugars come from candy, baked goods (e.g., cakes, cookie, pies), ice cream and yogurt.[1] (See "Food Categories Contribution to Added Sugars Intake" on page 21.) A level of no more than 15 grams of added sugars per entree 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. [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/ [2] *Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein and Amino Acids.* National Academy of Sciences, 2003. http://www.iom.edu/file.asp?id=4154	Entree items are generally low in added sugars. For additional information, see *Additional Guidance* under the nutrition standard for *Added Sugars* in Section 2 *Standards for Snacks and Desserts* (page 19).

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

Standard	Rationale	Additional Guidance
Sodium		
Sodium: No more than 500 milligrams per entree.	The Dietary Guidelines for Americans recommend a limit of no more than 2,300 milligrams of sodium (approximately 1 teaspoon salt) per day. They also recommend choosing and preparing foods with little salt and consuming potassium-rich foods, such as fruits and vegetables.[1] On average, Americans consume between 2,900 to 4,300 milligrams of sodium per day.[2] A high sodium intake increases the risk of high blood pressure in individuals who are sodium sensitive. One-third of adults have high blood pressure.[3] High blood pressure increases the risk of coronary heart disease, stroke, congestive heart failure and kidney disease. In establishing the sodium standard for the Entree category, the state nutrition standards committee considered the Dietary Guidelines for Americans[1] and the IOM's *Nutrition Standards for Foods in School*.[4] The IOM sodium standard for entree items is no more than 480 milligrams. The 2008-2009 Connecticut Nutrition Standards recommend lowering sodium but do not quantify a maximum sodium level. The committee reviewed CSDE's list of currently approved entree items and determined that using the IOM standard of 480 milligrams sodium would eliminate 36 percent of the entree items that meet the Connecticut Nutrition Standards. Limiting foods to 500 milligrams eliminates foods that are very high in sodium and brings the Connecticut Nutrition Standards closer to the IOM Standards for entrees. It provides consistency with the 500 milligram limit established for the *Snacks and Desserts* category. It also ensures that any individual entree item does not provide more than 22 percent of the Dietary Guidelines' recommended daily sodium limit of 2,300 milligrams. Because the use of sodium in the food industry is so widespread, the committee recognizes that it will take time for more availability of good tasting low-sodium entrees that are acceptable to students. [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/ [2] *Why Should I Limit Sodium?* American Heart Association, 2007: http://www.americanheart.org/downloadable/heart/1196183810458222%20WhyShldILmtSodium%209_07.pdf [3] *Statistical Fact Sheet — Disease/Risk Factors 2008 Update,* American Heart Association, 2008. http://www.americanheart.org/downloadable/heart/1199892787721FS14HBP08.pdf [4] *Nutrition Standards for Foods in Schools: Leading the Way Toward Healthier Youth,* Institute of Medicine of the National Academies, The National Academies Press, 2007. http://www.iom.edu/CMS/3788/30181/42502.aspx	**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 **Tips for Lowering Sodium** • Provide entree choices that are whole foods and less processed foods (those with minimal/trace amounts of added fats 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. (See *Condiments* on page 34.) • 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. For additional information, *see Additional Guidance* under the nutrition standard for *Sodium* in Section 2 *Standards for Snacks and Desserts* (page 22).

2) Entree Items Sold Only A La Carte, continued

Standard	Rationale	Additional Guidance
Caffeine		
No caffeine, with the exception of trace amounts of naturally occurring caffeine-related substances.	The IOM's *Nutrition Standards for Foods in School* recommend that foods and beverages are caffeine free, with the exception of trace amounts of naturally occurring caffeine-related substances.[1] The committee agreed with the IOM recommendations and rationale for caffeine. The committee does not support offering products with significant amounts of caffeine for school-age children because of the potential for adverse effects, including physical dependency and withdrawal. [1] *Nutrition Standards for Foods in Schools: Leading the Way Toward Healthier Youth,* Institute of Medicine of the National Academies, The National Academies Press, 2007. http://www.iom.edu/CMS/3788/30181/42502.aspx	To date, CSDE has not received information indicating the availability of any entree products containing added caffeine. CSDE does not anticipate that this will become an issue. However, since the "no caffeine" standard applies to all food items, it is included in the Entree category.
Fiber and Whole Grains		
Increase choices of entrees with whole grains and foods containing fiber.	Diets rich in dietary fiber have beneficial effects, including decreased risk of coronary heart disease and 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.[1] 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. [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/	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 fats and no added sugars. Incorporate fruits, vegetables and legumes into entree items whenever possible. For additional information, see "Whole Grains" under *Additional Guidance* for Section 2 *Standards for Snacks and Desserts* (page 24).
Condiments		
Limit condiment use and provide low-fat, low-sugar and low-sodium varieties.	Condiments (e.g., cream cheese, margarine, butter, mustard, ketchup, mayonnaise, salad dressings, sauces) are generally high in fats, sugars and sodium. They contain calories, but few, if any, nutrients. However, the committee recognizes that condiments increase the variety, palatability and acceptance of many nutrient-rich foods, and severe restrictions are unrealistic. CSDE encourages schools to use portion control measures (e.g., portion control (PC) packets) and provide low-fat, low-sugar and low-sodium varieties. Schools are encouraged to let students decide whether to add condiments, instead of serving food with condiments already added. Schools are also encouraged to educate students regarding the benefits of limiting condiments and using varieties that are lower in fats, sugars and sodium.	If a condiment is packaged with or is part of the entree being sold (e.g., hamburger with ketchup, chicken nuggets with dipping sauce), the evaluation of the entree for compliance with the Connecticut Nutrition Standards *must* include the condiment. If the condiment is *not* packaged with the item (e.g., the student has a choice whether to take it), then the entree is evaluated separately and the condiment is not included. CSDE does not review condiments because they are not one of the food categories of the Connecticut Nutrition Standards.

Section 4 Standards for Cooked Grains (e.g., Rice, Pasta)

Standard	Rationale	Additional Guidance
Portion Size		
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.	The habitual consumption of oversized portions is a major contributor to childhood obesity.[1] Larger portion sizes can lead to overconsumption of total fat, saturated fats, trans fats, sugars, sodium and calories. One of the goals of the Connecticut Nutrition Standards is to encourage appropriate portion sizes. [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. http://www.nyu.edu/education/nutrition/PDFS/young-nestle.pdf	
Fat: No more than 7 grams per serving. No chemically altered fat substitutes. (See "Fat Substitutes" under *Additional Guidance* on page 16.)	The committee used the same standard for fat grams as the *Snacks and Desserts* category. This level accommodates a large variety of cooked grain products with minimal or no added fat.	Minimize added fats in cooking.
Saturated Fats: No more than 2 grams per serving. No chemically altered fat substitutes. (See "Fat Substitutes" under *Additional Guidance* on page 16.)	The committee used the same standard for saturated fat grams as the *Snacks and Desserts* category. This level accommodates a large variety of cooked grain products with minimal or no added fats.	
Trans Fats: Zero trans fats (Less than 0.5 gram).	See previously indicated rationale for trans fats under *Trans Fats* in Section 2 *Standards for Snacks and Desserts* (page 18).	If fats are used in cooking, select fats that are trans fat free, e.g., oils that are not hydrogenated.
Added Sugars: No more than 15 grams per serving. **Artificial Sweeteners and Sugar Alcohols**: No artificial sweeteners or sugar alcohols. (See "Common Artificial Sweeteners" and "Sugar Alcohols" on page 19.)	See previously indicated rationale for added sugars under *Added Sugars* in Section 2 *Standards for Snacks and Desserts* (page 19). Cooked grains generally do not have much added sugars. A level of no more than 15 grams added sugars 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.	

Standards for Cooked Grains (e.g., Rice, Pasta), continued

Standard	Rationale	Additional Guidance
Sodium		
Sodium: No more than 500 milligrams per serving.	See previously indicated rationale for sodium under *Sodium* in Section 2 *Standards for Snacks and Desserts* (page 22).	Eliminate salt from cooking. Read labels for sodium content. See "Tips for Lowering Sodium" in Section 3 *Standards for Entrees* (page 33).
No caffeine, with the exception of trace amounts of naturally occurring caffeine-related substances.	See previously indicated rationale for caffeine under *Caffeine* in Section 2 *Standards for Snacks and Desserts* (page 23).	To date, CSDE has not received information indicating the availability of any cooked grain products containing added caffeine. CSDE does not anticipate that this will become an issue. However, since the "no caffeine" standard applies to all food items, it is included in the Cooked Grains category.
Increase choices of whole grains and naturally occurring grains (those with minimal/trace amounts of added fats and no added sugars).	See previously indicated rationale under *Fiber and Whole Grains* in Section 2 *Standards for Snacks and Desserts* (see page 24).	**Whole Grains Available in the United States[1]** • 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 [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/
Limit condiment use and provide low-fat, low-sugar and low-sodium varieties.	See previously indicated rationale for condiments under *Condiments* in Section 2 *Standards for Snacks and Desserts* (page 23).	If a condiment is packaged with or is part of the cooked grain being sold (e.g., rice with duck sauce, pasta with butter), the evaluation of the item for compliance with the Connecticut Nutrition Standards *must* include the condiment. If the condiment is *not* packaged with the item (e.g., the student has a choice whether to take it), then the cooked grain is evaluated separately and the condiment is not included.

Section 5 Standards for Soup

Standard	Rationale	Additional Guidance
Portion Size		
Portion Size: Not to exceed 1 cup.	The habitual consumption of oversized portions is a major contributor to childhood obesity.[1] Larger portion sizes can lead to overconsumption of total fat, saturated fats, trans fats, sugars, sodium and calories. One of the goals of the Connecticut Nutrition Standards is to encourage appropriate portion sizes. [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. http://www.nyu.edu/education/nutrition/PDFS/young-nestle.pdf	CSDE's *List of Acceptable Food and Beverages* contains a brand-specific list of soups that meet the Connecticut Nutrition Standards (see List 17 at http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Healthy).
Fat		
Fat: No more than 7 grams per serving. No chemically altered fat substitutes. (See "Fat Substitutes" under *Additional Guidance* on page 16.)	The committee used the same standard for fat grams as the *Snacks and Desserts* category. This level limits fat content to a reasonable level while accommodating a variety of nutrient-rich soups.	Cream soups generally contain more than 7 grams of fat per serving. Read labels.
Saturated Fats		
Saturated Fats: No more than 2 grams per serving. No chemically altered fat substitutes. (See "Fat Substitutes" under *Additional Guidance* on page 16.)	The committee used the same standard for saturated fat grams as the *Snacks and Desserts* category. This level limits saturated fat content to a reasonable level while accommodating a variety of nutrient-rich soups.	Cream soups generally contain more than 2 grams of saturated fat per serving. Read labels.
Trans Fats		
Trans Fats: Zero trans fats (Less than 0.5 gram).	See previously indicated rationale for trans fats under *Trans Fats* in Section 2 *Standards for Snacks and Desserts* (page 18).	Soups made with meats or dairy may contain naturally occurring trans fats, but most soups generally do not contain artificial trans fats.
Added Sugars		
Added Sugars: No more than 15 grams per serving. **Artificial Sweeteners and Sugar Alcohols**: No artificial sweeteners or sugar alcohols. (See "Common Artificial Sweeteners" and "Sugar Alcohols" on page 16.)	See previously indicated rationale for added sugars under *Added Sugars* in Section 2 *Standards for Snacks and Desserts* (page 19). This level limits added sugars to a reasonable level while accommodating a variety of nutrient-rich soups.	Soups generally do not contain much added sugars.

Standards for Soup, continued

Standard	Rationale	Additional Guidance
Sodium		
Sodium: No more than 1,000 milligrams per serving.	The Dietary Guidelines for Americans recommend a limit of no more than 2,300 milligrams of sodium (approximately 1 teaspoon salt) per day. They also recommend choosing and preparing foods with little salt and consuming potassium-rich foods, such as fruits and vegetables.[1] On average, Americans consume between 2,900 to 4,300 milligrams of sodium per day.[2] A high sodium intake increases the risk of high blood pressure in individuals who are sodium sensitive. One-third of adults have high blood pressure.[3] High blood pressure increases the risk of coronary heart disease, stroke, congestive heart failure and kidney disease. In establishing the sodium standard for the Soup category, the state nutrition standards committee considered the Dietary Guidelines for Americans[1] and the IOM's *Nutrition Standards for Foods in School*.[4] The IOM sodium standard for all food items other than entrees is no more than 200 milligrams.[1] The 2008-2009 Connecticut Nutrition Standards recommend lowering sodium but do not quantify a maximum sodium level. The committee reviewed CSDE's list of currently approved soups and determined that using the IOM standard of 200 milligrams sodium would eliminate 98 percent of soups that currently meet the Connecticut Nutrition Standards. The committee believed that going from the current Connecticut Nutrition Standards to the IOM sodium standard of 200 milligrams would be too drastic and that a more gradual approach was needed. While the committee set the sodium standard at 500 milligrams for all other food categories, this limit was determined to be overly restrictive for the Soups category. Many soups contain 1,200 to 1,500 milligrams of sodium per 1 cup serving. Limiting sodium to no more than 1,000 milligrams per serving eliminates those soups that are highest in sodium (27 percent of the currently approved soups), but still allows schools to make some soups available. While the committee recognizes that this sodium level is not optimal, it provides a starting point while the food industry works to lower sodium content. Many soups are low-fat, nutrient-rich sources of fruits and vegetables that are well-accepted by children. The committee's intent was to avoid applying stringent sodium levels that would eliminate an entire food category that, other than sodium content, is a relatively healthy option. Because the use of sodium in soups is so widespread, the committee recognizes that it will take time for manufacturers to produce good tasting low-sodium soups that are acceptable to students. [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/ [2] *Why Should I Limit Sodium?* American Heart Association, 2007: http://www.americanheart.org/downloadable/heart/119618381045822%20WhyShldILmtSodium%209_07.pdf [3] *Statistical Fact Sheet — Disease/Risk Factors 2008 Update,* American Heart Association, 2008. http://www.americanheart.org/downloadable/heart/1199892787721FS14HBP08.pdf [4] *Nutrition Standards for Foods in Schools: Leading the Way Toward Healthier Youth,* Institute of Medicine of the National Academies, The National Academies Press, 2007. http://www.iom.edu/CMS/3788/30181/42502.aspx	Serve reduced- or low-sodium soups or soup bases. Read labels for sodium content. Prepare soups from scratch to control sodium content. See additional guidance under *Sodium* in Section 2 *Standards for Snacks and Desserts* (page 22) and in Section 3 *Standards for Entree Items* (page 33).

Standards for Soup, continued

Standard	Rationale	Additional Guidance
Caffeine		
No caffeine, with the exception of trace amounts of naturally occurring caffeine-related substances.	See previously indicated rationale for caffeine under *Caffeine* in Section 2 *Standards for Snacks and Desserts* (page 23).	To date, CSDE has not received any information indicating the availability of any soups containing added caffeine. CSDE does not anticipate that this will become an issue. However, since the "no caffeine" standard applies to all food items, it is included in the Soup category.
Fiber and Whole Grains		
Increase choices of soup containing vegetables, legumes and whole grains.	See previously indicated rationale under *Fiber and Whole Grains* in Section 2 *Standards for Snacks and Desserts* (page 24).	Serve soups made with vegetables, legumes (e.g., kidney beans, lentils, black beans, split peas) and whole grains (e.g., brown rice, whole-grain barley, whole-grain pasta) more often.
Condiments		
Limit condiment use and provide low-fat, low-sugar and low-sodium varieties.	See previously indicated rationale for condiments under *Condiments* in Section 2 *Standards for Snacks and Desserts* (page 23).	If a condiment is packaged with or is part of the soup being sold (e.g., bean soup with sour cream garnish), the evaluation of the item for compliance with the Connecticut Nutrition Standards *must* include the condiment. If the condiment is *not* packaged with the item (e.g., the student has a choice whether to take it), then the soup is evaluated separately and the condiment is not included.

Section 6 Standards for Fruits and Vegetables

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

Standard	Rationale	Additional Guidance
Portion Size		
Serve at least **½ cup** of quality fruits and vegetables (fruits and vegetables prepared and packaged without added fats, sugars or sodium). Limit portion sizes of vegetables or fruits with added fats or added sugars to **½ cup**. Limit portion sizes of dried fruit to **1.5 ounces**.	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 rich and calorie dense. The portion size of dried fruit is limited to control the calorie content of a serving.	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). CSDE's *List of Acceptable Food and Beverages* (see page 7) contains a brand-specific list of processed fruits and vegetables that meet the Connecticut Nutrition Standards (http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Healthy). [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/
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 and vegetables such as pineapple slices, melon cubes or baby carrots in a la carte lines and school stores. * "Quality" means fruits and vegetables prepared and packaged without added fats, sugars or sodium. **Fruit Snacks:** Fruit roll-ups or fruit snacks that are not 100 percent fruit do not meet the nutrition standards.	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-age 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. [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/ [2] *MyPyramid Food Intake Patterns.* U.S. Department of Agriculture, 2005. http://www.mypyramid.gov/professionals/index.html	Whole fruits and vegetables are preferred to juice, due to the increased fiber content. Choose fresh fruits and vegetables whenever possible. [1] *How to Understand and Use the Nutrition Facts labels.* Food and Drug Administration, Revised November 2004. http://www.cfsan.fda.gov/~acrobat/foodlab.pdf [2] Scouting for Sodium. FDA Consumer, Revised September 1995, http://www.cfsan.fda.gov/~dms/fdsodium.html#guide

Standards for Fruits and Vegetables, continued

Standard	Rationale	Additional Guidance
Fat		
Fat: No more than 35 percent of total calories **and** 7 grams per serving. No chemically altered fat substitutes. (See "Fat Substitutes" under *Additional Guidance* on page 16.)	The committee used the same standard for fat grams and percent of total calories as the *Snacks and Desserts* category. Same rationale as previously indicated. For additional information, see rationale for fat under *Fat* in Section 2 *Snacks and Desserts* (page 15).	Choose fruits and vegetables without added fats or limit the amount of added fats.
Saturated Fats		
Saturated Fats: No more than 10 percent of total calories **and** no more than 2 grams per serving. No chemically altered fat substitutes. (See "Fat Substitutes" under *Additional Guidance* on page 16.)	The committee used the same standard for saturated fat grams and percent of total calories as the *Snacks and Desserts* category. Same rationale as previously indicated. For additional information, see rationale for saturated fats under *Saturated Fats* in Section 2 *Snacks and Desserts* (page 17).	
Trans Fats		
Trans Fats: Zero trans fats (Less than 0.5 gram).	See previously indicated rationale for trans fats under *Trans Fats* in Section 2 *Standards for Snacks and Desserts* (page 18).	Fruits and vegetables do not contain trans fats unless they are prepared or processed with hydrogenated oils, shortening or margarine.
Added Sugars		
Added Sugars: No more than 35 percent by weight and 15 grams per serving. **Artificial Sweeteners and Sugar Alcohols**: No artificial sweeteners or sugar alcohols. (See "Common Artificial Sweeteners" and "Sugar Alcohols" on page 19.)	Same rationale as previously indicated. For additional information, see rationale for added sugars under *Added Sugars* in Section 2 *Snacks and Desserts* (page 19).	**Naturally Occurring Sugars:** Fruits and vegetables without added sugars are exempt from the sugar standard. The naturally occurring sugars in fruits and vegetables are not a health concern, due to the rich nutrient content of these foods. Read the list of ingredients on the labels of processed fruits and vegetables to determine whether sugars are added. (See "Names for Added Sugars" on page 21.)

Standards for Fruits and Vegetables, continued

Standard	Rationale	Additional Guidance
Sodium		
Sodium: No more than 500 milligrams per serving.	See previously indicated rationale for sodium under *Sodium* in Section 2 *Standards for Snacks and Desserts* (page 22).	Read labels for sodium content of canned vegetables. If the "% Daily Value" for sodium is 5 or less, the food is considered low in sodium.
Caffeine		
No caffeine, with the exception of trace amounts of naturally occurring caffeine-related substances.	See previously indicated rationale for sodium under *Caffeine* in Section 2 *Standards for Snacks and Desserts* (page 23).	To date, CSDE has not received any information indicating the availability of any fruit or vegetable products containing added caffeine. CSDE does not anticipate that this will become an issue. However, since the "no caffeine" standard applies to all food items, it is included in the Fruits and Vegetables category.
Condiments		
Limit condiment use and provide low-fat, low-sugar and low-sodium varieties.	Condiments (e.g., cream cheese, margarine, butter, mustard, ketchup, mayonnaise, salad dressings, sauces) are generally high in fats, sugars and sodium. They contain calories, but few, if any, nutrients. However, the committee recognizes that condiments increase the variety, palatability and acceptance of many nutrient-rich foods, and severe restrictions are unrealistic. CSDE encourages schools to use portion control measures (e.g., portion control (PC) packets) and provide low-fat, low-sugar and low-sodium varieties. Schools are encouraged to let students decide whether to add condiments, instead of serving food with condiments already added. Schools are also encouraged to educate students regarding the benefits of limiting condiments and using varieties that are lower in fats, sugars and sodium.	If a condiment is packaged with or is part of the fruit/vegetable being sold (e.g., french fries with ketchup, carrots and low-fat ranch dressing, apple slices with caramel dipping sauce), the evaluation of the item for compliance with the Connecticut Nutrition Standards *must* include the condiment. If the condiment is *not* packaged with the item (e.g., the student has a choice whether to take it), then the fruit/vegetable is evaluated separately and the condiment is not included. CSDE does not review condiments because they are not one of the food categories of the Connecticut Nutrition Standards.

Section 7 Resources

This section summarizes some of the resources available to assist schools with implementing the state beverage requirements, the Connecticut Nutrition Standards and healthy food certification (Section 10-215f of the Connecticut General Statutes). All resources are available on 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 the direct links noted below.

State and Federal Requirements

Connecticut General Statutes on School Food and Beverages:
http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Statutes

Allowable Beverages in Connecticut Schools:
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Allowable_Beverages.pdf

Requirements for Beverages Containing Water and Juice:
http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Standards

Overview of Requirements for School Food and Beverages:
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Overview_Statutes.pdf

Questions and Answers on Connecticut Statutes for School Food and Beverages:
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/HF_Q&A.pdf

Federal and State Laws Impacting Food and Beverages in Connecticut Schools:
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/NutritionLaws.pdf

Competitive Foods in School Nutrition Programs:
http://www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/nslp/CompetitiveFoods.pdf

Connecticut Nutrition Standards

Connecticut Nutrition Standards for Food in Schools:
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/CTNutritionStandards.pdf

Summary of Connecticut Nutrition Standards:
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/SummaryCTnutritionStandards.pdf

Summary of Requirements for School Food and Beverages:
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/SummaryChart_NS.pdf

Allowable Food and Beverages

CSDE's *List of Acceptable Food and Beverages:*
http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Healthy

List of Vendors Selling Healthy Foods and Beverages:
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/VendorsHealthySnacks.pdf

Healthy Food Certification Application Forms

Healthy Food Certification Application Forms:
http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Standards (Scroll down to "Healthy Food Certification Application Forms")

PowerPoint Presentation: Healthy Food Certification Application Forms:
http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Standards (Scroll down to "Healthy Food Certification Application Forms")

Implementation Guidance

Fundraising with Food and Beverages:
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Fundraisers.pdf

Sample Fundraiser Form: http://www.sde.ct.gov/sde/lib/sde/word_docs/DEPS/Student/NutritionEd/SampleFundraiserForm.doc

Requirements for Food and Beverages in Vending Machines:
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Vending_Machines.pdf

Requirements for Food and Beverages in School Stores:
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/School_Stores.pdf

Requirements for Selling Food and Beverages in Adult Education Programs:
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Letter_1031.pdf

Guidance for Healthy Snacks in Schools:
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/GuidanceHealthySnacks.pdf

Summary Data Report on Connecticut's Healthy Snack Pilot:
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/DataReportHSpilot.pdf

Healthy Snack Pilot Case Studies:
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/CaseStudies_HSpilot.pdf

Evaluating Food Items for Compliance with Connecticut Nutrition Standards

Submitting Food and Beverage Products for Approval:
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/SubmittingProducts.pdf

Worksheet for Snacks and Desserts:
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/1WorksheetSnacksDesserts.pdf

Worksheet for Fruits and Vegetables:
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/2WorksheetFruitsVeg.pdf

Worksheet for Entrees:
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/3WorksheetEntrees.pdf

Worksheet for Cooked Grains:
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/4WorksheetGrains.pdf

Worksheet for Soups:
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/5WorksheetSoups.pdf

Guidance on Evaluating School Recipes for Compliance with the Connecticut Nutrition Standards:
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/6EvaluatingRecipes.pdf

Evaluating Recipes for Trans Fat:
http://www.sde.ct.gov/sde/lib/sde/excel/DEPS/7EvaluatingRecipesTransFat.xls

Evaluating Recipes for Added Sugars:
http://www.sde.ct.gov/sde/lib/sde/excel/DEPS/8EvaluatingRecipesSugars.xls

Documenting Compliance with Healthy Food Certification

Ensuring District Compliance with Healthy Food Certification: http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/EnsuringDistrictCompliance_HFC.pdf

Responsibilities of District Contact Person for Healthy Food Certification: http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/DistrictContactResp.pdf

Guidance for Documenting Compliance with Healthy Food Certification: http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/GuidanceDocCompliance.pdf

Healthy Food Certification Compliance Form: http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/HFCcompliance.pdf

PowerPoint Presentation: Documenting Compliance with Healthy Food Certification*:* http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Standards (Scroll down to "Documenting Compliance with Healthy Food Certification")

Sample Healthy Food Certification Documentation Form #1 Purchased Food and Beverages Sold in Cafeteria: http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/1FoodItemsCaf.pdf

Sample Healthy Food Certification Documentation Form #2 School-Made Food Items Sold in Cafeteria: http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/2FoodItemsCafHomemade.pdf

Sample Healthy Food Certification Documentation Form #3 Food and Beverages Sold in Vending Machines: http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/3VendingMachines.pdf

Sample Healthy Food Certification Documentation Form #4 Food and Beverages Sold in School Stores, Kiosks or Other School-Based Enterprises: http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/4SchoolStores.pdf

Sample Healthy Food Certification Documentation Form #5 Food and Beverage Fundraisers: http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/5Fundraisers.pdf

Sample Healthy Food Certification Documentation Form #6 Purchased Food and Beverages Sold from Other Sources: http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/6FoodItemsOther.pdf

Sample Healthy Food Certification Documentation Form #7 School-Made Food Items Sold from Other Sources: http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/7SchoolmadeItems.pdf

Healthy School Environments

Action Guide for School Nutrition and Physical Activity Policies: http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Action

Alternatives to Food as Reward: http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Resources

Guidelines for A Coordinated Approach to School Health: http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=320726

Healthy Celebrations: http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Resources

Healthy Fundraisers: http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Resources

Healthy School Environment Resource List: http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Resources

Requirements for School Wellness Policy: http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/NSLP/School_Wellness.pdf

School Wellness Policies: http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#SW

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