

Nutrition Guidelines * **(School Day)**

- Student Vending Machines
- Student Stores
- School Sales during the School Day on School Premises
- School Parties

In the interest of promoting student health and reducing childhood obesity, the following nutrition guidelines are recommended for:

Beverages:

Fruit juice and vegetable juice (100%) with preference given to those fortified with calcium and vitamin D

Milk or Flavored Milk, 2% or less

Water and non-carbonated flavored waters

Carbonated beverages will not be allowed.

Fresh Foods:

Fresh foods such as fruits, vegetables, calcium rich dairy products, nuts, seeds, and whole grains already meet the “item” criteria. Whenever possible these products should be promoted as best practice in foods offered or sold to children.

Snacks:

Snacks are single serving foods that might be found in convenience stores, vending machines, cafeterias or any other quick environment.

Fruit Snacks:

Vitamin fortified with fruit juice or fruit

Pre-packaged Foods:

Use the following criteria for pre-packaged snack items:

- Maximum of 4 grams of fat per 100 calories
 - Maximum of 600 mg sodium per serving
 - Minimum of 12 grams of complex carbohydrates (carbs) per serving
- Or
- ½ of the total carbohydrates (carbs) must be complex
 - Serving size will be no larger than 2.5 ounce per packaged item.

How to determine the number of fat grams in 100 calories of a snack item.
Use the formula below:

100 calories ÷ _____ calories per serving x _____ total fat grams per serving = _____ grams of fat per 100 calories.

How do you know if the snack has at least ½ of the carbs from complex carbs? Look on the label. You will need total carbs and sugars. Use the following formula:

_____ total grams of carbohydrate ÷ 2 are more than or equal to the total carbs from sugars.

Snacks meeting these criteria will be added to the approved list and this list will be updated and sent out annually to the groups and departments requiring this information.

* Other items can be added by approval from any 3 members of the Wellness Team.

Note:

Committee recommends:

At testing time, consider encouraging nutritional snacks 15 minutes before testing to help improve thinking skills.

Approved by KSD Wellness Committee – 03/08/07