

## **USDA SMART SNACK STANDARDS**

Grain products must contain 50 percent or more whole grains by weight (have a whole grain as the first ingredient); Non-grain products have fruit, vegetable, dairy product, or protein food listed as the first ingredient. The food must meet the following nutrient standards for calories, sodium, sugar, and fats:

<b>Nutrient</b>	<b>Snack</b>
Calories	200 calories or less
Sodium	200 mg or less
Total Fat	35% of calories or less
Saturated Fat	Less than 10% of calories
Trans Fat	0 g
Sugar	35% by weight or less

## **USDA Smart Snack Beverages**

<b>Beverage</b>	<b>Amount</b>
Water: Plain (with or without carbonation)	No Limit
Milk: Unflavored low-fat, unflavored or flavored fat-free; milk alternatives	Elementary School 8 fl oz Middle /High School 12 fl oz
Juice: 100% fruit or vegetable juice (with or without carbonation)	Elementary School 8 fl oz Middle/High School 12 fl oz