Getting the **Facts** Straight
Elementary Schools

### Calories

Check here to be sure the calories are within the appropriate limits: \( \leq 175 \) calories per food item.

### Saturated Fat

Less than **10%** of total calories should come from saturated fat, but the label lists saturated fat in grams. A simple trick for converting grams to calories is to remember that 1 gram of fat contains 9 calories.

\[
\text{Grams saturated fat} \times 9 = \text{calories from saturated fat.}
\]

But now we need to know if that is 10% or less of the total calories:

\[
(\text{Calories from saturated fat} \div \text{total calories}) \times 100 = \% \text{ calories from saturated fat.}
\]

\[
(4.5/150) \times 100 = 3\% \text{ calories from saturated fat.}
\]

### Calories from Fat

No more than **35%** of calories should be from fat. So how do we figure this out? The equation goes like this: calories from fat/total calories

\[
25 \div 150 = 0.17
\]

To form a percent, we multiply this number by 100

\[
0.17 \times 100 = 17
\]

This means that 17% of the calories are from fat.

### Sodium

The sodium should be \( \leq 230 \) mg.

### Sugars

Item should be no more than **35%** sugar by weight.

\[
(\text{Grams of sugar} \div \text{grams per serving}) \times 100 = \% \text{ sugar by weight.}
\]

\[
(1\div40) \times 100 = 2.5\% \text{ sugar by weight.}
\]

### Trans Fat

All food items should have no more than **0.5** grams of trans fat per serving.

### What about Whole Grains?

Check that meals and snacks are whole grain by scanning the ingredient list. The first item should be some type of whole grain, such as whole wheat flour.
Getting the Facts
Straight
Middle Schools and High Schools

**Calories**
Check here to be sure the calories are within the appropriate limits: ≤ 350 calories if the food is meant for an entrée, ≤ 200 calories if it is meant for a snack.

**Saturated Fat**
Less than 10% of total calories should come from saturated fat, but the label lists saturated fat in grams. A simple trick for converting grams to calories is to remember that 1 gram of fat contains 9 calories.

\[
\text{Grams saturated fat} \times \text{calories per gram} = \text{calories from saturated fat.}
\]

\[
0.5 \times 9 = 4.5 \text{ calories}
\]

But now we need to know if that is 10% or less of the total calories:

\[
(\text{Calories from saturated fat} \div \text{total calories}) \times 100 = \% \text{ calories from saturated fat.}
\]

\[
(4.5/150) \times 100 = 3\% \text{ calories from saturated fat.}
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**Calories from Fat**
No more than 35% of calories should be from fat. So how do we figure this out? The equation goes like this:

\[
\text{calories from fat} \div \text{total calories} \times 100 = \% \text{ calories from fat.}
\]

\[
25 \div 150 = 0.17
\]

To form a percent, we multiply this number by 100

\[
0.17 \times 100 = 17
\]

This means that 17% of the calories are from fat.

**Sodium**
For entrées, the sodium should be ≤ 480 mg and for snacks it should be ≤ 230 mg.

**Sugars**
Item should be no more than 35% sugar by weight.

\[
(\text{Grams of sugar} \div \text{grams per serving}) \times 100 = \% \text{ sugar by weight.}
\]

\[
(1\div40) \times 100 = 2.5\% \text{ sugar by weight.}
\]

**Trans Fat**
All food items should have no more than 0.5 grams of trans fat per serving.

**What about Whole Grains?**
Check that meals and snacks are whole grain by scanning the ingredient list. The first item should be some type of whole grain, such as whole wheat flour.

---

### Nutrition Facts

- **Serving Size:** 1/2 cup dry (40 g)
- **Servings Per Container:** 13

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories:</th>
<th>Calories from Fat:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories: 150</td>
<td>Calories from Fat: 25</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>% Daily Value*</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat: 3 g</td>
<td>4%</td>
</tr>
<tr>
<td>Saturated Fat: 0.5 g</td>
<td>2%</td>
</tr>
<tr>
<td>Trans Fat: 0 g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol: 0 mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium: 0 mg</td>
<td>0%</td>
</tr>
<tr>
<td>Total Carbohydrate: 27 g</td>
<td>9%</td>
</tr>
<tr>
<td>Dietary Fiber: 4 g</td>
<td>15%</td>
</tr>
<tr>
<td>Sugars: 1 g</td>
<td></td>
</tr>
<tr>
<td>Protein: 5 g</td>
<td></td>
</tr>
<tr>
<td>Vitamin A:</td>
<td>0%</td>
</tr>
<tr>
<td>Vitamin C:</td>
<td>0%</td>
</tr>
<tr>
<td>Calcium:</td>
<td>0%</td>
</tr>
<tr>
<td>Iron:</td>
<td>10%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

<table>
<thead>
<tr>
<th>Calories:</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65 g</td>
<td>80 g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20 g</td>
<td>25 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300 mg</td>
<td>300 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400 mg</td>
<td>2,400 mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300 g</td>
<td>375 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25 g</td>
<td>30 g</td>
</tr>
</tbody>
</table>
EFFECTIVE 7/1/2014

ELEMENTARY SCHOOL – FOOD RESTRICTIONS

References: Education Code sections 49430, 49431, 49431.7; California Code of Regulations sections 15575, 15577, 15578; Code of Federal Regulations sections 201.11, 220.12

An elementary school contains no grade higher than grade 6. Effective from midnight to one-half hour after school.

Applies to ALL foods sold to students by any entity.

Sold means the exchange of food for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

Compliant foods:

1. MUST meet the following:
   a. ≤ 35% calories from fat (except nuts, nut butters, seeds, reduced-fat cheese, dried fruit+nut/seed combo with no added fat/sugar, fruit, non-fried veggies), and
   b. ≤ 10% calories from saturated fat (except reduced-fat cheese, dried fruit+nut/seed combo with no added fat/sugar), and
   c. ≤ 35% sugar by weight (except fruit*, non-fried veggies, dried fruit+nut/seed combo with no added fat/sugar), and
   d. < 0.5 grams trans fat per serving (no exceptions), and
   e. ≤ 230 milligrams sodium (no exceptions), and
   f. ≤ 175 calories per item/container (no exceptions)

AND

2. MUST meet ONE of the following:
   a. Fruit
   b. Non-fried vegetable
   c. Dairy food
   d. Nuts, Seeds, Legumes, Eggs, Cheese (allowable protein foods)
   e. Whole grain item**

If exempt food(s) combine with nonexempt food(s) or added fat/sugar they must meet ALL nutrient standards above.

* Dried blueberries cranberries, cherries, tropical fruit, chopped dates or figs that contain added sugar are exempt from fat and sugar standards. Canned fruit in 100% juice only.

** A whole grain item contains:
   a. The statement "Diets rich in whole grain foods... and low in total fat... may help reduce the risk of heart disease...," or
   b. A whole grain as the first ingredient, or
   c. A combination of whole grain ingredients comprising at least 51% of the total grain weight (manufacturer must verify), or
   d. At least 51% whole grain by weight.

Non-compliant foods may be sold from one-half hour after school through midnight.

CHECK YOUR DISTRICT’S WELLNESS POLICY FOR STRICTER RULES.

Groups or individuals selling foods/beverages to students must keep their own records as proof of compliance.

EFFECTIVE 7/1/2014

ELEMENTARY SCHOOL – BEVERAGE RESTRICTIONS


An elementary school contains no grade higher than grade 6. Effective from midnight to one-half hour after school.

Applies to ALL beverages sold to students by any entity.

Sold means the exchange of beverages for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

Compliant beverages:

1. Fruit or Vegetable juice:
   a. ≥ 50% juice and
   b. No added sweeteners
   c. ≤ 8 fl. oz. serving size

2. Milk:
   a. Cow’s or goat’s milk, and
   b. 1% (unflavored), nonfat (flavored, unflavored), and
   c. Contains Vitamins A & D, and
   d. ≥ 25% of the calcium Daily Value per 8 fl. oz, and
   e. ≤ 28 grams of total sugar per 8 fl. oz.
   f. ≤ 8 fl. oz. serving size

3. Non-dairy milk:
   a. Nutritionally equivalent to milk (see 7 CFR 210.10(d)(3), 220.8(i)(3)), must contain per 8 fl. oz.:
      • ≥ 276 mg calcium
      • ≥ 8 g protein
      • ≥ 500 IU Vit A
      • ≥ 100 IU Vit D
      • ≥ 24 mg magnesium
      • ≥ 222 mg phosphorus
      • ≥ 349 mg potassium
      • ≥ 0.44 mg riboflavin
      • ≥ 1.1 mcg Vit B12, and
   b. ≤ 28 grams of total sugar per 8 fl. oz, and
   c. ≤ 5 grams fat per 8 fl. oz.
   d. ≤ 8 fl. oz. serving size

4. Water:
   a. No added sweeteners
   b. No serving size

Non-compliant beverages may be sold from one-half hour after school through midnight.

ELEMENTARY SCHOOL – STUDENT ORGANIZATIONS

Reference: California Code of Regulations Section 15500

Effective during school hours.

Applies to food and beverage sales by student organizations.

Student organization sales must meet all of the following:

1. Only one food or beverage item per sale.
2. The food or beverage item must be pre-approved by the governing board of the school district.
3. The sale must occur after the lunch period has ended.
4. The food or beverage item cannot be prepared on campus.
5. Each school is allowed four sales per year.
6. The food or beverage item cannot be the same item sold in the food service program at that school during the same school day.
MIDDLE/HIGH SCHOOL – FOOD RESTRICTIONS

A middle/junior high contains grades 7 or 8, 7 to 9, 7 to 10.
A high school contains any of grades 10 to 12.

Effective from midnight to one-half hour after school.

Compliant foods:

1. “Snack” food items must be:
   a. ≤ 35% calories from fat (except nuts, nut butters, seeds, reduced-fat cheese, dried fruit+nut/seed combo), and
   b. < 10% calories from saturated fat (except reduced-fat cheese, dried fruit+nut/seed combo), and
   c. ≤ 35% sugar by weight (except fruit*, non-fried veggies, dried fruit+nut/seed combo), and
   d. ≤ 0.5 grams trans fat per serving (no exceptions), and
   e. ≤ 230 milligrams sodium (no exceptions), and
   f. ≤ 200 calories per item/container (no exceptions)

AND must meet one of the following

  g. Be a fruit, vegetable, dairy, protein, or whole grain item** (or have one of these as the first ingredient), or
  h. Contain ≥ 10% DV for calcium or potassium or Vitamin D or dietary fiber (criteria applicable through 6/30/16), or
  i. Be a combination food containing at least ¼ cup fruit or vegetable.

2. “Entrée” food items must be:
   a. Meat/meat alternate and whole grain rich food; or
   b. Meat/meat alternate and fruit or non-fried vegetable; or
   c. Meat/meat alternate alone (cannot be yogurt, cheese, nuts, seeds, or meat snacks = these are considered a “snack”),

AND

An individual entrée sold by District/School Food Service the day of or the day after it appears on the reimbursable meal program menu must be:
   a. ≤ 400 calories, and
   b. ≤ 4 grams of fat per 100 calories
   c. < 0.5 grams trans fat per serving

An entrée sold by Food Service if not on the menu the day of or day after or any other entity (PTA, student organization, etc.) must be:
   a. ≤ 35% calories from fat, and
   b. < 10% calories from saturated fat, and
   c. ≤ 35% sugar by weight, and
   d. ≤ 0.5 grams trans fat per serving, and
   e. ≤ 480 milligrams sodium, and
   f. ≤ 350 calories

AND must meet one of the following

  g. A fruit, vegetable, dairy, protein, or whole grain item (or have one of these as the first ingredient), or
  h. Contain ≥ 10% DV for calcium or potassium or Vitamin D or dietary fiber (criteria applicable through 6/30/16), or
  i. Be a combination food containing at least ¼ cup fruit or vegetable

Non-compliant foods may combine with nonexempt food(s) or added fat/sugar they may meet ALL nutrient standards above.

** Dried blueberries cranberries, cherries, tropical fruit, chopped dates or figs that contain added sugar are exempt from fat and sugar standards. Canned fruit in 100% juice only.

** A whole grain item contains:
   a. The statement “Diets rich in whole grain foods... and low in total fat... may help reduce the risk of heart disease...” or
   b. A whole grain as the first ingredient, or
   c. A combination of whole grain ingredients comprising at least 51% of the total grain weight (manufacturer must verify), or
   d. At least 51% whole grain by weight.

MIDDLE/HIGH SCHOOLS – BEVERAGE RESTRICTIONS

A middle/junior high contains grades 7 or 8, 7 to 9, 7 to 10.
A high school contains any of grades 10 to 12.

Effective from midnight to one-half hour after school.

Compliant beverages:

1. Fruit or Vegetable juice:
   a. ≥ 50% juice and
   b. No added sweeteners
   c. ≤ 12 fl. oz. serving size

2. Milk:
   a. Cow’s or goat’s milk, and
   b. 1% (unflavored), nonfat (flavored, unflavored), and
   c. Contains Vitamins A & D, and
   d. ≥ 25% of the calcium Daily Value per 8 fl. oz, and
   e. ≤ 28 grams of total sugar per 8 fl. oz.
   f. ≤ 12 fl. oz. serving size

3. Non-dairy milk:
   a. Nutritionally equivalent to milk (see 7 CFR 210.10(d)(3), 220.8(i)(3)), and
   b. ≤ 28 grams of total sugar per 8 fl. oz, and
   c. ≤ 5 grams fat per 8 fl. oz.
   d. ≤ 12 fl. oz. serving size

4. Water:
   a. No added sweeteners
   b. No serving size limit

5. No-calorie Electrolyte Replacement Beverages (NOT ALLOWED IN MIDDLE SCHOOLS)
   a. Water as first ingredient
   b. ≤ 16.8 grams added sweetener/8 fl. oz.
   c. ≤ 5 calories/8 fl. oz, and
   d. 10-150 mg Na+/8 fl. oz.
   e. 10-90 mg K+/8 fl. oz.
   f. No added caffeine
   g. ≤ 20 fl. oz. serving size

6. Low-calorie Electrolyte Replacement Beverages (NOT ALLOWED IN MIDDLE SCHOOLS)
   a. Water as first ingredient
   b. ≤ 16.8 grams added sweetener/8 fl. oz.
   c. ≤ 40 calories/8 fl. oz.
   d. 10-150 mg Na+/8 fl. oz.
   e. 10-90 mg K+/8 fl. oz.
   f. No added caffeine
   g. ≤ 12 fl. oz. serving size

Non-compliant beverages may be sold from one-half hour after school through midnight.

MIDDLE/HIGH SCHOOLS – STUDENT ORGANIZATIONS
Reference: California Code of Regulations Section 15501

Effective during or after school hours.

Applies ONLY to food and beverage sales by student organizations.

1. Up to three categories of foods or beverages may be sold each day (e.g., chips, sandwiches, juices, etc.).
2. Food or beverage item(s) must be pre-approved by governing board of school district.
3. Only one student organization may be allowed to sell each day.
4. Food(s) or beverage(s) cannot be prepared on the campus.
5. The food or beverage categories sold cannot be the same as the categories sold in the food service program at that school during the same school day.
6. In addition to one student organization sale each day, any and all student organizations may sell on the same four designated days per year. School administration may set these dates.