

**Healthy Foods For Kids  
Guidelines For Good Nutrition At School**

<b>Category</b>	<b>Suggested Initial Standard (A place to start)</b>				<b>Gold Standard (Options to consider)</b>
	<b>Serving Size Limits</b>	<b>Fat <sup>A</sup></b>	<b>Sugars <sup>B</sup></b>	<b>Food Items that Meet the Initial Standard</b>	
<b>Milk</b>	16 oz.	1% or nonfat	100% milk flavored or plain	1% or nonfat milk that is 100% fluid milk or hot chocolate that is made with 100% milk	Initial standard and contains no artificial sweeteners <sup>C</sup>
<b>Water</b>	None	Not applicable	No added sugars	Bottled or canned water, plain or flavored without added sugars; carbonated or un-carbonated	Initial standard and contains no artificial sweeteners or caffeine or added vitamins, minerals or other nutrient
<b>Fruit Juice</b>	8-12 ounces <sup>D</sup>	Not applicable	No added sugars	100% fruit juices and fruit spritzers made with 100% fruit juices, fruit smoothies made with 100% fruit and 100% fruit juice	Initial standard and contains no artificial sweeteners
<b>Soft drinks, sport drinks, coffee, coffee-based beverages, tea and flavored beverages</b>	12 ounces	3 grams of fat or less per 8 ounces	No added sugars	Diet soft drinks, coffee, tea, and skim milk coffee drinks without added sugars	Initial standard and contains no artificial sweeteners or caffeine. No soft drinks or sports drinks
<b>Yogurt</b>	8 ounces or less	Non-fat and low-fat	Sugars are not the first ingredient	Non-fat and low-fat yogurts	Initial standard and contain no artificial sweeteners
<b>Ice cream and frozen desserts</b>	4 ounces	5 grams or less per 4 ounces	Sugars are not the first ingredient	Products made with low-fat ice cream, ice milk or frozen yogurt or 50% real fruit juice or a combination of these ingredients	Initial standard and contain no artificial sweeteners

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<b>Fruits and Vegetable</b>	No limit	5 grams or less	Sugars are not the first ingredient	Canned, frozen or fresh fruits and vegetables, dried fruit, canned fruit in juice, Serve with low-fat dip and sauces on the side to make food more appealing	See Initial standard
<b>Nuts, seeds and trail mix</b>	1.5 to 2.0 ounces	Not applicable	Sugars are not the first ingredient	Serving sizes of 2 oz or less including peanuts, sunflower seeds, flavored nuts and trail mixes	Initial standard for sugars, plus, serving sizes of 1.5 oz or less and no artificial sweeteners
<b>Cookies</b>	1 ounce	6 grams of fat or less per 1 ounce	Sugars are not the first ingredient or 35% or less added sugars by weight <sup>B</sup>	Some cookies	Initial standard, plus, made with <u>whole grains</u> , containing 2-3 grams of fiber per serving and no artificial sweeteners
<b>Cereal and breakfast bars</b>	1.5 oz	6 grams or less per 1.5 ounces	Sugars are not the first ingredient or < 35% by weight	Some cereals and breakfast bars	Initial standard, plus, made with <u>whole grains</u> , containing 2-3 grams of fiber per serving and no artificial sweeteners
<b>Bakery items</b>	2 ounces	6 grams or less or less per 2 ounces	Sugars are not the first ingredient or < 35% by weight <sup>B</sup>	Some small muffins, bagels, scones and other pastries	Initial standard, plus, made with <u>whole grains</u> , containing 2-3 grams of fiber per serving and no artificial sweeteners
<b>Crackers, chips, popcorn</b>	1.25 to 1.5 ounces	6 grams or less per 1.5 ounces	Sugars are not the first ingredient or < 35% by weight <sup>B</sup>	Serving sizes of 1.5 oz. products such as low-fat or baked chips, pretzels, cereal mixes, popcorns, crackers, animal and graham crackers	Initial standard, plus, serving sizes of 1.25 oz. or less, made with <u>whole grains</u> , containing 2-3 grams of fiber and no artificial sweeteners
<b>Meat/ Meat substitutes</b>	3 ounces	5 grams of fat per ounce or less except for peanut butter	Not applicable	Unbreaded chicken, turkey, ham, lean ground beef, water-packed tuna, Canadian bacon, beef jerky, peanut butter	See Initial standard
<b>Cheese</b>	1 ounce	7 grams or less per 1 ounce	Not applicable	Low-fat natural cheeses such as mozzarella, reduced fat Colby, reduced fat cheddar and others. Low-fat processed cheese - not imitation cheese.	No processed cheese