

# Nutrition Standards for Healthful Foods

*Below, you will find portion sizes and descriptions of foods deemed to be healthful foods according to recommended nutrition standards.*

*Apply to: A La Carte; Vending Machines; Student Stores; Concessions*

## Water

**Portion sizes:** 16 or more ounces

**Description:** Non carbonated and unflavored without added sugar, artificial sweeteners or caffeine

## Milk/dairy Products

**Portion sizes:** milk/yogurt 8-16 ounces;  
Cheese 1-2 ounces

**Food Examples:** Reduced fat, low fat, or fat free milk, cheese, yogurt, frozen yogurt

**Recommendations:** Limit ice cream or frozen yogurt to 4 ounce portions with 5 g of fat or less per serving

## Juices

**Portion sizes:** 4-12 ounces

**Food Examples:** Fruit juices, vegetable juices, fruit nectars (should contain 50% or more full strength fruit juice)

## Fruits/Vegetables

**Portion sizes:** ½ cup to 1 cup

**Food Examples:** Fresh fruits and vegetables, frozen fruits and vegetables, canned fruits and vegetables, dried fruits and vegetables

**Recommendation:** An emphasis on serving dark green and orange vegetables will be made

## Grain Products

**Portion sizes:** 1.25 to 3 ounces

**Food Examples:** High fiber cereals, such as Oatmeal, Frosted Mini Wheats, Raisin Bran, Total, and Cheerios

Crackers, bread sticks, tortillas, pita bread, pizza, pretzels, bagels, muffins, popcorn, fig bars, ginger snaps, granola bars made with unsaturated fat

**Recommendations:** Limit to 7 grams fat/2 grams saturated fat per serving. Sugar should not be listed first or second in the ingredient list.

At least half of the grains served should be whole-grains. Whole grains have at least 2 grams of fiber per 1-ounce serving. Limit the sale or service of fried or high sugar items, like donuts, sweet rolls and other high sugar, high fat items.

## Meats

**Portion size:** 2-3 ounce portions

**Food Examples:** Lean meat, poultry, fish, beef jerky, tacos, meat turnovers, pizza, chili, sandwiches

### Legumes

**Food Examples:** Legumes, legume products, bean burritos, chili beans, bean dip, roasted soy beans, bean soups

**Recommendation:** Serve at least once a week

### Nuts

**Portion sizes:** 1.25 ounce or less for nuts; 2-4 Tbsp for nut butters

**Food Examples:** Nuts, seeds, nut butters

### Salad Dressings:

**Portion size:** 1 ounce

**Recommendations:** Select low fat or light salad dressings (6 grams of fat per ounce or less)

### Desserts:

**Portion Size:** Limit to 2 ounces. Limit to 200 calories or less per serving

**Recommendations:** Limit the sale of candy to once a week or monthly and not daily

## Evaluation/Assessment:

Ask yourself how many of the foods/beverages sold within your school venue meet these standards and then, based on the scale below, rate your success at helping students' access healthy foods.

- If Three Quarters (75%) or more of the foods and beverages sold or served to students meet nutrition standards, give yourself an "A+" and pat yourself on the back for making healthful foods a priority.
- If roughly half (50%) of the foods and beverages sold or served to students meet nutrition standards, give yourself a C+ and keep working on adding more food items from the list.
- If roughly one quarter (25%) of the foods and beverages sold or served to students from a specific venue, give yourself a "Needs Improvement" and make changes to this a priority.

