Alliance
for a
**Healthier
Generation**

# School Beverage Guidelines

| CATEGORY | Qualify for the Alliance for a Healthier Generation School Beverage Guidelines | | |
|---|---|---|---|
| | **ELEMENTARY** | **MIDDLE** | **HIGH*** |
| **WATER** | • Any size<br>• No added sugars, artificial sweeteners or sodium | | Any size |
| **PLAIN FAT-FREE OR LOW FAT MILK**<br>Up to 150 calories per 8oz<br>*Includes nutritionally equivalent milk alternatives per USDA* | 8oz (150 cal) | 10oz (188 cal) | 12oz (225 cal) |
| **FLAVORED FAT-FREE OR LOW FAT MILK**<br>Up to 150 calories per 8oz<br>*Includes nutritionally equivalent milk alternatives per USDA* | 8oz (150 cal) | 10oz (188 cal) | 12oz (225 cal) |
| **100% JUICE (OR 100% JUICE PLUS WATER)**<br>Up to 120 calories per 8oz + 10% DV for at least 3 vitamins and nutrients** | 8oz (120 cal) | 10oz (150 cal) | 12oz (180 cal) |
| **NO OR LOW CALORIE BEVERAGES**<br>Up to 10 calories per 8oz | No | No | Any size |
| **OTHER DRINKS**<br>Up to 66 calories per 8oz | No | No | 12oz (99 cal) |

*At least 50% of beverages must be water and no or low calorie beverages

**100% juice (or 100% juice plus water) with no added sweeteners must contain at least 10% Daily Value of 3 vitamins and nutrients as such as Vitamin A, C, D and calcium.

For a list of products that meet these Guidelines, please visit: **HealthierGeneration.org/productnavigator**

*Founded by* **American Heart Association**  CLINTON FOUNDATION

# School Competitive Food Guidelines

| | CALORIES | TOTAL FAT | SAT FAT | TRANS FAT | SUGAR BY WEIGHT | SODIUM |
|---|---|---|---|---|---|---|
| **BASELINE** | 100 | 35% | 10% | 0g | 35% | 230mg |
| **DRIED FRUIT WITH NO ADDED SUGAR** | 150 ELEMENTARY<br>180 MIDDLE<br>200 HIGH | 0g | 0g | 0g | exempt | 230mg |
| **NUTS, NUT BUTTERS, AND SEEDS** | 150 ELEMENTARY<br>180 MIDDLE<br>200 HIGH | exempt | exempt | 0g | 35% | 230mg |
| **LOW FAT AND FAT-FREE DAIRY\*** | 150 ELEMENTARY<br>180 MIDDLE<br>200 HIGH | 35% | 10% | 0g | 35% | 480mg |
| **SOUP AND VEGETABLES WITH SAUCE** | 150<br><br>**If contains at least two of the following: 2g fiber; or 5g protein; or 10% DV Vitamin A, C, E, folate, calcium, magnesium, potassium, or iron; or 1/2 serving (1/4 cup) fruit or vegetables.** | 35% | 10% | 0g | 35% | 480mg<br><br>**If contains at least one of the following: 2g fiber; or 5g protein; or 10% DV Vitamin A, C, E, folate, calcium, magnesium, potassium, or iron; or 1/2 serving (1/4 cup) fruit or vegetables.** |
| **SNACKS** | 150 ELEMENTARY<br>180 MIDDLE<br>200 HIGH<br><br>**If contains at least one of the following: 2g fiber; or 5g protein; or 10%DV Vitamin A, C, E, folate, calcium, magnesium, potassium, or iron; or 1/2 serving (1/4cup) fruit or vegetables.** | 35% | 10% | 0g | 35% | 230mg |
| **FRUIT WITH NUTS (TRAIL MIX)** | 150 ELEMENTARY<br>180 MIDDLE<br>200 HIGH<br><br>**Product must contain only fruit, nuts, and/or seeds and must have no added sweeteners.** | exempt | 10% | 0g | 35% | 230mg |

\* Cheese may be reduced fat or part skim in 1.5 oz portions. One (1) egg or egg equivalent with no added fat is permitted.

# Alliance School Meals Criteria

Products, ingredients and components served as part of the USDA reimbursable meal should meet the following nutrition standards:

- 1%, ½% or fat-free milk (flavored or unflavored)*

- Whole Grains, such as bread, pasta and pizza crust**

- Non-fried, no-added-sugar fruits and vegetables

- Low-fat lunch entrée with ≤35% calories from total fat, ≤10% calories from saturated fat, 0g trans fat, and ≤480mg sodium

- Unsaturated (no more than 1g saturated fat) zero trans fat oils

- Lean protein products such as lean red meat, skinless poultry, lean deli meats, fat-free or low-fat cheese, beans, tofu, etc. (Lean: less than 10g fat, 4.5g or less saturated fat, and less than 95mg cholesterol per serving and per 100g).

- Non-fried fish

*Flavored milk must contain no more than 150 calories per 8oz.

** A product is defined as whole-grain when 1) the ingredient statement shows whole grain as the first grain ingredient, or 2) when added together with other grains in the product, whole grains make up at least 51% by weight of the total grains in the product, or 3) the product carries the whole grain health claim on its label.

*The Alliance for a Healthier Generation set nutrition standards for school meals and competitive foods and beverages based on the Dietary Guidelines for Americans and the American Heart Association's Dietary Guidelines for Healthy Children. To see best practices that support the implementation of these standards, go to www.HealthierGeneration.org/framework.*

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