

Nutritional Standards for Competitive Foods in Pennsylvania Schools

Public Law 108-265, the Child Nutrition and WIC Reauthorization Act of 2004, requires all Local Education Agencies (LEA's) participating in the National School Lunch Program (NSLP) to develop local wellness policies. One requirement of the law is that nutrition guidelines must be developed for all foods available on each school campus during the school day with the objectives of promoting student health and reducing childhood obesity. The standards apply to all grades in all buildings. The following standards, used in total, will assist LEA's in meeting the objectives for this section of the law. Implementing the following nutrient standards, in part or in whole, is voluntary. The following standards are for competitive foods and do not include foods provided through the National School Lunch or School Breakfast Programs because these meals are required to comply with federal nutrition standards under the School Meals Initiative. Competitive foods are foods offered at school, other than meals served through the National School Lunch or School Breakfast Programs.

The following standards are strictly related to foods and beverages and do not include other factors that could positively impact the nutrition environment such as amount of time provided for students to eat meals, adequate space, or recess time before lunch. These nutrition guidelines are a compilation of nutrition standards being implemented in other states, recommendations from the 2005 Dietary Guidelines for Americans, and position statements from the American Academy of Pediatrics and the American Dietetic Association. The nutrition standards are organized to be phased in over time and were developed in consideration of the following goals:

- Assist schools in meeting the nutrition guidelines requirement of Public Law 108-265, Section 204 (a), Local Wellness Policy.
- Provide standards that are based on a compilation of standards from other states and scientific evidence.
- Assist food manufacturers by promoting continuity among schools requesting affordable and healthier foods and beverages based on nutrient content and package size.

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Nutritional Standards for Competitive Foods in Pennsylvania Schools

Source of Competitive Food	A Starting Point (July 1, 2006)	Better (July 1, 2007)	Best (July 1, 2008)
Ala Carte-Food/Snacks * Foods offered through the National School Lunch or School Breakfast Programs may qualify towards meeting this requirement if the item is also offered for sale as an ala carte item. ** Includes any item served as a competitive food whether it is part of a reimbursable school meal or solely a competitive food.	The following standards apply to <u>all</u> foods offered as ala carte. • Portion sizes will not exceed the serving size of food served in the National School Lunch or School Breakfast Program and/or items will be packaged in single serving sizes. • A selection/variety of whole grains will be available on a daily basis. * (Table 1) • A minimum of 1 fresh fruit and vegetable will be offered daily. A variety of fruits and vegetables will be offered from day to day. * • A variety of items that provide >2 grams of fiber per serving will be available on a daily basis. * • No foods will be on-site deep fat fried. This does not include stir-fried or sautéed foods. Pre-fried or flash fried foods will not be offered more than 4 times per week. ** • Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the	The following standards apply to <u>all</u> foods offered as ala carte. • Except for entrees, items will provide <200 calories per serving. • Portion sizes will not exceed the serving size of food served in the National School Lunch or School Breakfast Program and/or items will be packaged in single serving sizes. • At least 50% of grains offered will be whole grains. * (Table 1) • A minimum of 2 fruits and 2 vegetables will be offered daily (including fresh/raw). A variety of fruits and vegetables will be offered from day to day. * • A variety of items that provide >2 grams of fiber per serving will be available on a daily basis. * • No foods will be on-site deep fat fried. This does not include stir-fried or sautéed foods. Pre-fried or flash fried foods will not be offered more than 3 times per week. ** These 3 items are exempt from the total fat and saturated fat restrictions listed	The following standards apply to <u>all</u> foods offered as ala carte. • Items will provide <200 calories per serving. • Portion sizes will not exceed the serving size of food served in the National School Lunch or School Breakfast Program and/or items will be packaged in single serving sizes. • At least 50% of grains offered will be whole grain. * (Table 1) • A minimum of 3 fruits and 3 vegetables will be offered daily (at least 1 of each being fresh/raw). A variety of fruits and vegetables will be offered from day to day. * • A variety of items that provide >2 grams of fiber per serving will be available on a daily basis. * • No foods will be on-site deep fat fried. This does not include stir-fried or sautéed foods. Pre-fried or flash fried foods will not be offered more than 2 times per week. ** These 2 items are exempt from the total fat and saturated fat restrictions listed below. • Foods of Minimal Nutritional Value (USDA regulation 7CFR

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Ala Carte-Food/Snacks – cont. *Foods offered through the National School Lunch or School Breakfast Programs may qualify towards meeting this requirement if the item is also offered for sale as an ala carte item. ** Includes any item served as a competitive food whether it is part of a reimbursable school meal or solely a competitive food.	school day. In addition, the majority of items offered will: • Not contain added sugar as the first ingredient. (Table 3) • Provide minimal to no trans fatty acids. (Table 4) Marketing, pricing and nutrition education strategies will be used to encourage selection of the healthier foods. K-5 will not offer more than 5 ala carte food items in total.	below. • Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day. In addition, a minimum of 75% of items available will contain: • <35% of calories from total fat (excluding nuts, seeds, nut butters, and reduced fat cheeses). • <10% of calories from saturated fat (excluding reduced fat cheeses). • <35% sugar by weight (excluding naturally occurring sugars and low fat yogurts) and added sugar will not be listed as the first ingredient. • Minimal to no trans fatty acids. K-5 will not offer more than 5 ala carte food items in total. Ala carte items will supplement the reimbursable meal (limited to 1-2 items); not replace the reimbursable meal. Ala carte items will not be available until the end of each meal period. **Table 5 contains formulas for calculating total fat, saturated fat, and sugar by weight.	210 and 220) will not be available anytime during the school day. In addition, <u>all</u> food items will contain: • <35% of calories from total fat (excluding nuts, seeds, nut butters, and reduced fat cheeses). • <10% of calories from saturated fat (excluding reduced fat cheeses). • <35% sugar by weight (excluding naturally occurring sugars and low fat yogurts) and added sugar will not be listed as the first ingredient. • Minimal to no trans fatty acids. (Table 4) K-5 will not offer more than 5 ala carte food items in total. Ala carte items will supplement the reimbursable meal (limited to 1-2 items); not replace the reimbursable meal. Ala carte items will not be available until the end of each meal period. **Table 5 contains formulas for calculating total fat, saturated fat, and sugar by weight.

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Ala carte-Beverages	A minimum of 75% of the beverages offered will be: • Water, unflavored (any size). • 100% fruit juice (not to exceed 12 oz). • Milk, 1% lowfat or nonfat (not to exceed 16 oz), flavored or unflavored (not to exceed 30 grams of sugar per 8 ounce serving, inclusive of naturally occurring sugar). Preferably packaged in plastic resealable containers. Marketing, pricing and nutrition education strategies will be used to encourage the selection of the beverages listed above. Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day.	A minimum of 75% of the beverages offered will be: • Water, unflavored (any size). • 100% fruit juice (not to exceed 6 oz). • Milk, 1% lowfat or nonfat (not to exceed 8 oz), flavored or unflavored (not to exceed 30 grams of sugar, inclusive of naturally occurring sugar). Preferably packaged in plastic resealable containers. Marketing, pricing and nutrition education strategies will be used to encourage the selection of the beverages listed above. Any beverage that does not meet the criteria in the above mentioned standards (not to surpass 25% of items available) will not exceed: • 150 calories • 35 grams of sugar Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day.	<u>All</u> beverages will meet these criteria. • Water, unflavored (any size). • 100% fruit juice (not to exceed 6 oz). • A minimum of 75% of milk selections will be 1% lowfat or nonfat (not to exceed 8 oz), flavored or unflavored (not to exceed 30 grams of sugar, inclusive of naturally occurring sugar). Preferably packaged in plastic resealable containers.

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Source of Competitive Food	A Starting Point (July 1, 2006)	Better (July 1, 2007)	Best (July 1, 2008)
Vending-Food/Snacks	Vending will not be available for students in grades K-5, and, at most, should only be available in limited quantities for grades 6-8. Including grades 9-12, the following standards apply to <u>all</u> foods offered through vending machines. • Packages will be in single serving sizes. • A variety of items that provide >2 grams of fiber per serving will be available on a daily basis. • Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day. In addition, the majority of items offered will: • Not be fried. (Table 2) • Not contain added sugar as the first ingredient. (Table 3) • Provide minimal to no trans fatty acids. (Table 4) Marketing, pricing and nutrition education strategies will be used to encourage selection of the healthier foods.	• Vending will not be available for students in grades K-5, and, at most, should only be available in limited quantities for grades 6-8. Including grades 9-12, the following standards apply to <u>all</u> foods offered through vending machines. • Items will provide <200 calories per serving. • Packages will be in single serving sizes. • A variety of items that provide >2 grams of fiber per serving will be available on a daily basis. • Fruits and vegetables will be available at every vending area. • Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day. In addition, a minimum of 75% of items available will contain: • <35% of calories from total fat (excluding nuts, seeds, nut butters and reduced fat cheeses). • <10% of calories from saturated fat. • <35% sugar by weight (excluding naturally occurring sugars and low fat yogurts) and added sugar will not be listed as the first ingredient.	Vending will not be available for students in grades K-5, and, at most, should only be available in limited quantities for grades 6-8. Including grades 9-12, the following standards apply to <u>all</u> foods offered through vending machines. • Items will provide <200 calories per serving. • Packages will be in single serving sizes. • A variety of items that provide >2 grams of fiber per serving will be available on a daily basis. • Fruits and vegetables will be available at every vending area. • Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day. In addition, all food items available will contain: • <35% of calories from total fat (excluding nuts, seeds, nut butters and reduced fat cheeses). • <10% of calories from saturated fat. • <35% sugar by weight (excluding naturally occurring sugars and low fat yogurts) and added sugar will not be listed as the first ingredient.

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Source of Competitive Food	A Starting Point (July 1, 2006)	Better (July 1, 2007)	Best (July 1, 2008)
Vending-Food/Snacks-cont.	The school Food Service Director can provide assistance in identifying foods that meet these criteria.	added sugar will not be listed as the first ingredient. Provide minimal to no trans fatty acids. (Table 4) Marketing, pricing and nutrition education strategies will be used to encourage the selection of foods meeting these standards. The school Food Service Director can provide assistance in identifying foods that meet these criteria. **Table 5 contains formulas for calculating total fat, saturated fat, and sugar by weight.	Provide minimal to no trans fatty acids. (Table 4) The school Food Service Director can provide assistance in identifying foods that meet these criteria. **Table 5 contains formulas for calculating total fat, saturated fat, and sugar by weight.

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Source of Competitive Food	A Starting Point (July 1, 2006)	Better (July 1, 2007)	Best (July 1, 2008)
Vending-Beverages	Vending will not be available for students in grades K-5. All beverages offered through vending will be: • Water, unflavored (any size). • 100% fruit juice (not to exceed 12 oz). • A minimum of 75% of milk selections will be 1% lowfat or nonfat (not to exceed 16 oz), flavored or unflavored (not to exceed 30 grams of sugar per 8 ounce serving, inclusive of naturally occurring sugar). Preferably packaged in plastic resealable containers. The school Food Service Director can provide assistance in identifying foods that meet these criteria.	Vending will not be available for students in grades K-5. All beverages offered through vending will be: • Water, unflavored (any size). • 100% fruit juice (not to exceed 6 oz). • A minimum of 75% of milk selections will be 1% lowfat or nonfat (not to exceed 8 oz), flavored or unflavored (not to exceed 30 grams of sugar inclusive of naturally occurring sugar). Preferably packaged in plastic resealable containers. The school Food Service Director can provide assistance in identifying foods that meet these criteria.	Vending will not be available for students in grades K-5. All beverages offered through vending will be: • Water, unflavored (any size). • 100% fruit juice (not to exceed 6 oz). • A minimum of 75% of milk selections will be 1% lowfat or nonfat (not to exceed 8 oz), flavored or unflavored (not to exceed 30 grams of sugar inclusive of naturally occurring sugar). Preferably packaged in plastic resealable containers. The school Food Service Director can provide assistance in identifying foods that meet these criteria.

Nutritional Standards for Competitive Foods in Pennsylvania Schools

Nutritional Standards for Competitive Foods in Elementary and Secondary Schools			
Source of Competitive Food	A Starting Point (July 1, 2006)	Better (July 1, 2007)	Best (July 1, 2008)
Fundraisers (non-vending)	All food items sold as fundraisers, available for sale during the school day, will follow the standards listed below. • Packages will be in single serving sizes. • Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day. • Foods will not be fried. (Table 2) • Foods will not contain added sugar as the first ingredient. (Table 3) • Provide minimal to no trans fatty acids. (Table 4) Marketing, pricing and nutrition education strategies will be used to encourage selection of the healthier foods. The school Food Service Director can provide assistance in identifying foods that meet these criteria.	All food items sold as fundraisers, available for sale during the school day, will follow the standards listed below. • Items will provide <200 calories per serving. • Packages will be in single serving sizes. • Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day. • Total fat will be <35% of the total calories (excluding nuts, seeds, nut butters and reduced fat cheeses). • Saturated fat will be <10% of the total calories. • Sugar content will be <35% by weight (excluding naturally occurring sugars and low fat yogurts) and added sugar will not be listed as the first ingredient. • Items will contain minimal to no trans fatty acids. (Table 4) Foods sold as fundraisers that are available for sale outside of the school day will support healthy eating by	All food items sold as fundraisers, available for sale during the school day, will follow the standards listed below. • Items will provide <200 calories per serving. • Packages will be in single serving sizes. • Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day. • Total fat will be <35% of the total calories (excluding nuts, seeds, nut butters and reduced fat cheeses.) • Saturated fat will be <10% of the total calories. • Sugar content will be <35% by weight (excluding naturally occurring sugars and low fat yogurts) and added sugar will not be listed as the first ingredient. • Items will contain minimal to no trans fatty acids. (Table 4) Food items will be available no earlier than 30 minutes after the last meal period of the day. Alternate revenue generating sources will be developed. Following are resources: www.kidseatwell.org/flyers/twentywaysto

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Source of Competitive Food	A Starting Point (July 1, 2006)	Better (July 1, 2007)	Best (July 1, 2008)
Fundraisers (non-vending)		limiting foods high in added sugar, fat, sodium or trans fat content. The school Food Service Director can provide assistance in identifying foods that meet these criteria. **Table 5 contains formulas for calculating total fat, saturated fat, and sugar by weight.	raisefunds.pdf; www.newenglanddairycouncil.org/pdf/creativefinancing.pdf. Foods sold as fundraisers that are available for sale outside of the school day will support healthy eating by <u>limiting</u> foods high in added sugar, fat, sodium or trans fat content. The school Food Service Director can provide assistance in identifying foods that meet these criteria. **Table 5 contains formulas for calculating total fat, saturated fat, and sugar by weight.

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Source of Competitive Food	A Starting Point (July 1, 2006)	Better (July 1, 2007)	Best (July 1, 2008)
Classroom Parties/ Holiday Celebrations	Classroom parties will offer minimal amount of foods (maximum 2-3 items) that contain added sugar as the first ingredient (Table 3) and will provide the following: • Fresh fruits and vegetables. • Water, 100% fruit juice or milk.	Classroom parties will offer minimal amount of foods (maximum 2-3 items) that contain added sugar as the first ingredient (Table 3) and will provide the following: • Fresh fruits and vegetables. • Water, 100% fruit juice or milk.	In addition, Food Service Departments will offer party lists/menus that include food and beverage choices that: • Are moderate in sodium content. • Provide minimal to no trans fatty acids. • Provide items that contain > 2 grams of fiber/serving. • Offer fresh fruits and vegetables • Offer water, 100% fruit juice or milk as the beverage choices. • Do not offer any Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220). Parents and teachers will be encouraged to purchase foods and beverages from this menu of items.

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Source of Competitive Food	A Starting Point (July 1, 2006)	Better (July 1, 2007)	Best (July 1, 2008)
Rewards	Food will not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message (ie., guest chef, field trip to a farm or farmers market, etc.). Alternate ideas can be found at: www.msue.msu.edu/fnh/tn/foodrewards.pdf; www.cspinet.org/nutritionpolicy/constructive_rewards.pdf	Food will not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message (ie., guest chef, field trip to a farm or farmers market, etc.). Alternate ideas can be found at: www.msue.msu.edu/fnh/tn/foodrewards.pdf; www.cspinet.org/nutritionpolicy/constructive_rewards.pdf	Food will not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message (ie., guest chef, field trip to a farm or farmers market, etc.). Alternate ideas can be found at: www.msue.msu.edu/fnh/tn/foodrewards.pdf; www.cspinet.org/nutritionpolicy/constructive_rewards.pdf
Foods from Home		Parents/caregivers will be encouraged to promote their child's participation in the school meals programs. If their child does not participate in the school meals programs, parents/caregivers will be encouraged to provide or encourage the purchase of healthy alternatives. All nutrition standards will be explained to parents/caregivers. They will continuously be provided with nutrition education and encouraged to comply with the nutrition policies to the best of their ability and knowledge. Examples of nutrition education outreach include newsletters, open houses, back to school nights, family nights, etc.	Parents/caregivers will be encouraged to promote their child's participation in the school meals programs. If their child does not participate in the school meals programs, parents/caregivers will be encouraged to provide a healthy alternative. All nutrition standards will be explained to parents/caregivers. They will continuously be provided with nutrition education and encouraged to comply with the nutrition policies to the best of their ability and knowledge. Examples of nutrition education outreach include newsletters, open houses, back to school nights, family nights, etc.

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Source of Competitive Food	A Starting Point (July 1, 2006)	Better (July 1, 2007)	Best (July 1, 2008)
School Stores-Foods/Snacks	The following standards apply to <u>all</u> foods sold in school stores. • Packages will be in single serving sizes. • A minimum of 1 fresh fruit and vegetable will be offered daily. • A variety of items that provide >2 grams of fiber per serving will be available on a daily basis. • No foods will be on-site deep fat fried. • Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day. In addition, the majority of items offered will: • Not be fried. (Table 2) • Not contain added sugar as the first ingredient. (Table 3) • Provide minimal to no trans fatty acids. (Table 4) Marketing, pricing and nutrition education strategies will be used to encourage the selection of foods	The following standards apply to <u>all</u> foods sold in school stores. • Items will provide <200 calories per serving. • Packages will be in single serving sizes. • At least 50% of grains offered will be whole grain. (Table 1) • A minimum of 2 fruits and 2 vegetables will be offered daily (including fresh or raw). A variety of fruits and vegetables will be offered. • A variety of items that provide >2 grams of fiber per serving will be available on a daily basis. • Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day. In addition, a minimum of 75% of items available will contain: • <35% of calories from total fat (excluding nuts, seeds, nut butters, and reduced fat cheeses). • <10% of calories from saturated fat. • <35% sugar by weight	The following standards apply to <u>all</u> foods sold in school stores. • Items will provide <200 calories per serving. • Packages will be in single serving sizes. • At least 50% of grains offered will be whole grain. (Table 1) • A minimum of 2 fruits and 2 vegetables will be offered daily (including fresh or raw). A variety of fruits and vegetables will be offered. • A variety of items that provide >2 grams of fiber per serving will be available on a daily basis. • Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day. In addition, <u>all</u> food items available will contain: • <35% of calories from total fat (excluding nuts, seeds, nut butters, and reduced fat cheeses). • <10% of calories from saturated fat. • <35% sugar by weight (excluding naturally occurring sugars) and

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Source of Competitive Food	A Starting Point (July 1, 2006)	Better (July 1, 2007)	Best (July 1, 2008)
School Stores-Foods/Snacks-cont.	meeting these standards. The school Food Service Director can provide assistance in identifying foods that meet these criteria.	(excluding naturally occurring sugars) and added sugar will not be listed as the first ingredient. Provide minimal to no trans fatty acids. (Table 4) Marketing, pricing and nutrition education strategies will be used to encourage the selection of foods meeting these standards. The school Food Service Director can provide assistance in identifying foods that meet these criteria. **Table 5 contains formulas for calculating total fat, saturated fat, and sugar by weight.	added sugar will not be listed as the first ingredient. Provide minimal to no trans fatty acids. (Table 4) School stores will not sell food until 30 minutes after the last meal period of the day. The school Food Service Director can provide assistance in identifying foods that meet these criteria. **Table 5 contains formulas for calculating total fat, saturated fat, and sugar by weight.
School Stores-Beverages	A minimum of 75% of the beverages offered will be: - Water, unflavored (any size). 100% fruit juice (not to exceed 12 oz). - Milk, 1% lowfat or nonfat (not to exceed 16 oz), flavored or unflavored (not to exceed 30 grams of sugar per 8 ounce serving inclusive of naturally occurring sugar). Preferably	A minimum of 75% of the beverages offered will be: - Water, unflavored (any size). 100% fruit juice (not to exceed 6 oz). - Milk, 1% lowfat or nonfat (not to exceed 8 oz), flavored or unflavored (not to exceed 30 grams of sugar inclusive of naturally occurring sugar). Preferably packaged in plastic	<u>All</u> beverages will meet these criteria. - Water, unflavored (any size). 100% fruit juice (not to exceed 6 oz). - A minimum of 75% of milk selections will be 1% lowfat or nonfat (not to exceed 8 oz), flavored or unflavored (not to exceed 30 grams of sugar inclusive of naturally occurring sugar). Preferably packaged in plastic

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School Stores- Beverages - cont.	packaged in plastic resealable containers. Marketing, pricing and nutrition education strategies will be used to encourage the selection of the beverages listed above. Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day. The school Food Service Director can provide assistance in identifying foods that meet these criteria.	resealable containers. Marketing, pricing and nutrition education strategies will be used to encourage the selection of the beverages listed above. Any beverage that does not qualify in the above-mentioned standards (not to surpass 25% of items available) will not exceed: • 150 calories • 35 grams of sugar Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day. The school Food Service Director can provide assistance in identifying foods that meet these criteria.	resealable containers. The school Food Service Director can provide assistance in identifying foods that meet these criteria.

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Faculty Lounges	Faculty is encouraged to set the example for students. Students are not likely to believe that nutrition policies are beneficial if they see faculty consuming foods and beverages that do not align with the school policy.	Faculty is encouraged to set the example for students. Students are not likely to believe that nutrition policies are beneficial if they see faculty consuming foods and beverages that do not align with the school policy.	Faculty is encouraged to set the example for students. Students are not likely to believe that nutrition policies are beneficial if they see faculty consuming foods and beverages that do not align with the school policy.
Other	Student Input-Students will be an active part of menu planning through regularly scheduled meetings and taste testing.	Vegetarian Options-Students will be surveyed yearly for their interest in vegetarian entrees as part of the reimbursable meal or ala carte. If interest is indicated, efforts should be made to include appealing vegetarian choices. Student Input-Students will be an active part of menu planning through regularly scheduled meetings and taste testing.	Vegetarian Options-Students will be surveyed yearly for their interest in vegetarian entrees as part of the reimbursable meal or ala carte. If interest is indicated, efforts should be made to include appealing vegetarian choices. Student Input-Students will be an active part of menu planning through

Table 1- Whole Grains

A whole grain food is one labeled with the whole grain as first ingredient. The Food and Drug Administration requires foods that bear the "whole grain health claim" to contain 51% or more whole grain ingredients by weight per reference amount and be low in fat. Whole grains will usually contain at least 2 grams of fiber per serving. Examples of whole grain terms are: "cracked," "crushed," "whole," "entire," or "groats." Examples of whole grain ingredients are:

Whole/entire wheat flour	Whole grain barley (hulled or lightly pearled)
Whole oats/oatmeal	Wild rice
Cracked/crushed wheat	Buckwheat
Graham flour	Wheat berries (whole wheat kernels)
Old fashioned oatmeal	Triticale
Quick cooking oats	Bulgur
Cornmeal	Millet
Whole grain corn	Quinoa
Popcorn	Sorghum
Brown rice	Spelt
Whole rye	
Generally, if the first ingredient is "fortified" or "enriched," it is probably not a whole grain. These items are generally <u>not</u> whole grains:	
Unbleached flour	Organic, unbleached flour
Wheat flour	Enriched flour
Semolina	Degerminated (cornmeal)
Durum wheat	Multigrain (may describe several whole grains or several refined grains)

Sources include the USDA Food Buying Guide for Child Nutrition Programs, Dietary Guidelines for Americans 2005, Whole Grains Council.

Table 2-Fried Foods

Fried Foods: Foods that are cooked by total immersion into hot oil or other fat, commonly referred to as "deep fat frying." This definition does not include foods that are stir fried or sautéed, but does include foods that have been pre-fried, flash fried, or deep-fat fried.

Table 3-Added Sugar

Brown Sugar	Invert sugar
Corn sweetener	Lactose*
Corn syrup	Maltose*
Dextrose	Malt syrup
Fructose*	Molasses
Fruit juice concentrate	Raw sugar
Glucose*	Sucrose
High fructose corn syrup	Sugar
Honey	Syrup

*Naturally occurring. Will not show up on food ingredient list unless added. Will be included as "sugars" listed on the food label.

Table 4-Trans Fatty Acids (Trans Fats)

Trans fats: Occurs in food when manufacturers use hydrogenation, a process in which hydrogen is added to vegetable oil to turn the oil into a more solid (saturated) fat. Sources of trans fatty acids include hydrogenated/partially hydrogenated vegetable oils that are used to make shortening and commercially prepared baked goods, snack foods, fried foods, and margarine. Trans fatty acids are present in foods that come from ruminant animals (e.g., cattle and sheep). Such foods include dairy products, beef and lamb. Federal labeling of trans fats on all food products is required by January 1, 2006.

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Table 5-Formulas

% Total fat:	1. Multiply grams of total fat per serving times 9
	2. Divide by calories per serving
	3. Multiply times 100
% Saturated fat:	1. Multiply grams of saturated fat per serving times 9
	2. Divide by calories per serving
	3. Multiply times 100
% Sugar by weight:	1. Divide grams of sugar per serving by gram weight for the serving size
	2. Multiply times 100