



KHF HEALTHY FOOD AND BEVERAGE GUIDELINES

Guidelines

Healthy foods are high in vitamins and fiber and low in saturated fat, added sugars, and sodium (salt). Healthy foods are also free of artificial sweeteners. Healthy snack foods include:

- Fruits and vegetables
- Whole grains
- Nuts and seeds
- Low fat dairy products

Each snack food item available for staff and at organization activities will meet the following guidelines:

1. Nutrition Standards' Nutrient Levels

- **Calories:** 200 calories or less
- **Fat:** Equal to or less than 4g per 100 calories
 - 35% or less of total calories, except for nuts, seeds and nut butters
Note: For 30% or less of total calories, choose products with less than 3.3 g per 100 calories
 - <10% or less of total calories from saturated fat. (per 2.5 g per 200 calories)
 - Trans-fat free
- **Sugar:** Equal to or less than 9 g per 100 calories
 - 35% or less of weight from total sugar, except fruit without added sugar.
 - Specifications of food products with naturally occurring sugars (lactose and fructose): [Yogurt and milk, no more than 22 g [unflavored items] – 30 g [flavored items] total sugar per 8-oz portion]
- ***Sodium:** 200 mg or less
 - Due to availability of lower sodium products, sodium guidelines may be difficult to meet and will take time to achieve 100% purchase of sodium products with 200 mg or less
- **Fiber:** Half of the available grain snack items will be whole grains
- **Protein:** Snack items will include options with greater than or equal to 4 g protein

2. Portion sizes

- When possible, serve or make it easy to access foods in portion sizes that meet nutrient guidelines. Suggested portions include the following:
 - a. 100% juice in 4-6 oz. cans or glasses

Prepared by Claudia Hohnbaum, Healthy Kids Challenge

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- b. Mini bagels and muffins

3. Beverage Clarifications

- The following beverages will be offered:
 - a. Water (without added sugar or artificial sweetener)
 - b. Non-sweetened tea
 - c. Coffee
 - d. Low-fat (1% or 1/2%) and-or skim milk
 - e. 100% juice (not greater than 4-6 oz.)
- Coffee sweeteners and “creamers”:
 - a. Used as only a condiment, sugar and artificial sweeteners will be offered
 - b. Non-fat dry milk or skim milk
- The following beverages will not be offered:
 - a. Soft drinks: Neither regular or diet soft drinks will be offered
 - b. Sports drinks: Neither energy drinks, or vitamin waters will be offered

4. Other Clarifications

- “Diet”, “light”, “lite” or other foods containing artificial sweeteners are not considered healthy
- Rationale for inclusion of sugar and artificial sweetener as a coffee condiment but not as a soft drink:
 - Both added sugar and sugar subs are unhealthy choices
 - As a condiment it is a small amount—controlled by the individual and required by some individuals for chronic health problems (such as diabetes)
 - As a beverage it is a large amount; not always an individual choice when other beverage options are not available
- Non-fat (without fat) generally refers to fat-free dairy products
- FDA defines “low-fat” as 3 g or less fat per serving
- FDA defines “light” as a reference to 4 different claims:
 - a. At least one-third fewer calories per serving than a comparison food; or
 - b. Contains no more than half the fat per serving of a comparison food. If a food derives 50% or more of its calories from fat, the reduction must be at least 50% of the fat; or
 - c. Contains at least 50% less sodium per serving than a comparison food; or
 - d. Can refer to texture and/or color, if clearly explained, for example, “light brown sugar.”
- Light when attributed to a claim for yogurt generally refers to fewer calories resulting fully, or in part, from the substitution of artificial sweeteners for sugar.

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Sources:

- Institute of Medicine, Nutrition Standards for Foods in Schools
- 2010 Dietary Guidelines for Americans
- Kansas State Board of Education Vending Machines/School Stores Guidelines

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