

Indiana Area School District Nutritional Standards for Competitive Foods

Indiana Area School District Nutritional Standards for Competitive Foods

| Source of Competitive Food | A Starting Point Step 1 | Better Step 2 | Best Step 3 |
|--|--|---|--|
| <p>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.</p> <p>** Includes any item served as a competitive food whether it is part of a reimbursable school meal or solely a competitive food.</p> <p>Ala Carte-Food/Snacks –</p> | <p>The following standards apply to <u>all</u> foods offered as ala carte.</p> <ul style="list-style-type: none"> • 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.* • On-site deep fat fried foods must be prepared with the use of a trans-fat free oil. • Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day. <p>In addition, the majority of items offered will:</p> <ul style="list-style-type: none"> • Not contain added sugar as the | <p>The following standards apply to <u>all</u> foods offered as ala carte.</p> <ul style="list-style-type: none"> • 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 below. | <p>The following standards apply to <u>all</u> foods offered as ala carte.</p> <ul style="list-style-type: none"> • 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 210 and 220) will not be available |

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| <p>cont.</p> <p>*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.</p> <p>** Includes any item served as a competitive food whether it is part of a reimbursable school meal or solely a competitive food.</p> | <p>first ingredient. (Table 3)</p> <ul style="list-style-type: none"> • Provide minimal to no trans fatty acids. (Table 4) <p>Marketing, pricing and nutrition education strategies will be used to encourage selection of the healthier foods.</p> | <ul style="list-style-type: none"> • Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day. <p>In addition, a minimum of 75% of items available will contain:</p> <ul style="list-style-type: none"> • <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. <p>Marketing, pricing and nutrition education strategies will be used to encourage the selection of foods meeting these standards.</p> <p>K-5 will not offer more than 5 ala carte food items in total.</p> <p>**Table 5 contains formulas for calculating total fat, saturated fat, and sugar by weight.</p> | <p>anytime during the school day.</p> <p>In addition, <u>all</u> food items will contain:</p> <ul style="list-style-type: none"> • <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) <p>K-5 will not offer more than 5 ala carte food items in total.</p> <p>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.</p> <p>**Table 5 contains formulas for calculating total fat, saturated fat, and sugar by weight.</p> |

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| <p>Ala carte-Beverages</p> | <p>A minimum of 75% of the beverages offered will be:</p> <ul style="list-style-type: none"> • 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. <p>Marketing, pricing and nutrition education strategies will be used to encourage the selection of the beverages listed above.</p> <p>Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day.</p> | <p>A minimum of 75% of the beverages offered will be:</p> <ul style="list-style-type: none"> • 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. <p>Marketing, pricing and nutrition education strategies will be used to encourage the selection of the beverages listed above.</p> <p>Any beverage that does not meet the criteria in the above mentioned standards (not to surpass 25% of items available) will not exceed:</p> <ul style="list-style-type: none"> • 150 calories • 35 grams of sugar <p>Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day.</p> | <p><u>All</u> beverages will meet these criteria.</p> <ul style="list-style-type: none"> • 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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| <p>Vending-Food/Snacks</p> | <p>Vending will not be available for students in grades K-6, and at most, should only be available in limited quantities for grades 7-9. Including grades 10-12, the following standards shall apply: A minimum of 75% of snacks/beverages sold in vending machines will be the criteria outlined below. This 75% level represents a required minimum standard. The percentage of foods and beverages meeting these parameters may be increased at anytime by the recommendation of the Indiana Area School District Wellness Committee.</p> <p><u>Snacks</u></p> <ul style="list-style-type: none"> • No more than 200 total calories per package. • No more than 35% calories from fat. • No more than 10% calories from saturated fat. • No more than 480 mg sodium. • No more than 35% sugar by weight. • Excludes fruits, vegetables, nuts, seeds and nut butters. • Foods of Minimal Nutritional value (USDA regulation 7CFR 210 and 220) will not be | <ul style="list-style-type: none"> • 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. • Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day. <p>In addition, a minimum of 75% of items available will contain:</p> <ul style="list-style-type: none"> • <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 | <p>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.</p> <ul style="list-style-type: none"> • 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. <p>In addition, <u>all</u> food items available will contain:</p> <ul style="list-style-type: none"> • <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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| <p>Vending-Food/Snacks-cont.</p> | <p>available anytime during the school day.</p> <ul style="list-style-type: none"> Marketing, pricing and nutrition education strategies will be used to encourage selection of the healthier foods. <p>The school Food Service Director can provide assistance in identifying foods that meet these criteria.</p> | <p>added sugar will not be listed as the first ingredient.</p> <ul style="list-style-type: none"> Provide minimal to no trans fatty acids. (Table 4) <p>Marketing, pricing and nutrition education strategies will be used to encourage the selection of foods meeting these standards.</p> <p>The school Food Service Director can provide assistance in identifying foods that meet these criteria.</p> <p>**Table 5 contains formulas for calculating total fat, saturated fat, and sugar by weight.</p> | <ul style="list-style-type: none"> Provide minimal to no trans fatty acids. (Table 4) <p>The school Food Service Director can provide assistance in identifying foods that meet these criteria.</p> <p>**Table 5 contains formulas for calculating total fat, saturated fat, and sugar by weight.</p> |

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| <p>Vending-Beverages</p> | <p><u>Beverages</u></p> <ul style="list-style-type: none"> • 100% fruit and vegetable juice, limited to 12 oz. Portion size. • Fate-free and 1% milk, 8-16 oz. portion size. • Water and flavored water with out added sugar, unlimited portion size. • Caffeine free except flavored milk. • Carbonated water and carbonated 100% fruit juice with USDA approval. • Foods of Minimal Nutritional value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day. • Marketing, pricing and nutrition education strategies will be used to encourage selection of the healthier foods. <p>The school Food Service Director can provide assistance in identifying foods that meet these criteria.</p> | <p>Vending will not be available for students in grades K-5. All beverages offered through vending will be:</p> <ul style="list-style-type: none"> • 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. <p>The school Food Service Director can provide assistance in identifying foods that meet these criteria.</p> | <p>Vending will not be available for students in grades K-5. All beverages offered through vending will be:</p> <ul style="list-style-type: none"> • 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. <p>The school Food Service Director can provide assistance in identifying foods that meet these criteria.</p> |

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| <p>Fundraisers (non-vending)</p> | <p>All food items sold as fundraisers, available for sale <u>during</u> the school day, will follow the standards listed below.</p> <ul style="list-style-type: none"> • 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) <p>Marketing, pricing and nutrition education strategies will be used to encourage selection of the healthier foods.</p> <p>The school Food Service Director can provide assistance in identifying foods that meet these criteria.</p> | <p>All food items sold as fundraisers, available for sale <u>during</u> the school day, will follow the standards listed below.</p> <ul style="list-style-type: none"> • 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) <p>Foods sold as fundraisers that are available for sale outside of the school day will support healthy eating by</p> | <p>All food items sold as fundraisers, available for sale <u>during</u> the school day, will follow the standards listed below.</p> <ul style="list-style-type: none"> • 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) <p>Food items will be available no earlier than 30 minutes after the last meal period of the day.</p> <p>Alternate revenue generating sources will be developed. Following are resources: www.kidseatwell.org/flyers/twentywaysto</p> |

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| <p>Fundraisers (non-vending)</p> | | <p><u>limiting</u> foods high in added sugar, fat, sodium or trans fat content.</p> <p>The school Food Service Director can provide assistance in identifying foods that meet these criteria.</p> <p>**Table 5 contains formulas for calculating total fat, saturated fat, and sugar by weight.</p> | <p>raisefunds.pdf.; www.newenglanddairycouncil.org/pdf/creativefinancing.pdf.</p> <p>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.</p> <p>The school Food Service Director can provide assistance in identifying foods that meet these criteria.</p> <p>**Table 5 contains formulas for calculating total fat, saturated fat, and sugar by weight.</p> |

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| Classroom Parties/ Holiday Celebrations | <p>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:</p> <ul style="list-style-type: none"> • Fresh fruits and vegetables. • Water, 100% fruit juice or milk. | <p>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:</p> <ul style="list-style-type: none"> • Fresh fruits and vegetables. • Water, 100% fruit juice or milk. | <p>In addition, Food Service Departments will offer party lists/menus that include food and beverage choices that:</p> <ul style="list-style-type: none"> • 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). <p>Parents and teachers will be encouraged to purchase foods and beverages from this menu of items.</p> |
| Rewards | <p>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</p> | <p>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</p> | <p>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</p> |

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| Foods from Home | | <p>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.</p> <p>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.</p> | <p>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.</p> <p>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.</p> |
| School Stores-Foods/Snacks | <p>The following standards apply to <u>all</u> foods sold in school stores.</p> <ul style="list-style-type: none"> • 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 | <p>The following standards apply to <u>all</u> foods sold in school stores.</p> <ul style="list-style-type: none"> • 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 | <p>The following standards apply to <u>all</u> foods sold in school stores.</p> <ul style="list-style-type: none"> • 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 |

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| <p>School Stores-Foods/Snacks-cont.</p> | <p>fat fried.</p> <ul style="list-style-type: none"> • Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day. <p>In addition, the majority of items offered will:</p> <ul style="list-style-type: none"> • Not be fried. (Table 2) • Not contain added sugar as the first ingredient. (Table 3) • Provide minimal to no trans fatty acids. (Table 4) <p>Marketing, pricing and nutrition education strategies will be used to encourage the selection of foods meeting these standards.</p> <p>The school Food Service Director can provide assistance in identifying foods that meet these criteria.</p> | <p>will be offered.</p> <ul style="list-style-type: none"> • 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. <p>In addition, a minimum of 75% of items available will contain:</p> <ul style="list-style-type: none"> • <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 added sugar will not be listed as the first ingredient. • Provide minimal to no trans fatty acids. (Table 4) <p>Marketing, pricing and nutrition education strategies will be used to encourage the selection of foods meeting these standards.</p> <p>The school Food Service Director can provide assistance in identifying foods</p> | <p>offered.</p> <ul style="list-style-type: none"> • 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. <p>In addition, <u>all</u> food items available will contain:</p> <ul style="list-style-type: none"> • <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 added sugar will not be listed as the first ingredient. • Provide minimal to no trans fatty acids. (Table 4) <p>School stores will not sell food until 30 minutes after the last meal period of the day.</p> <p>The school Food Service Director can provide assistance in identifying foods that meet these criteria.</p> |

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| | The school Food Service Director can provide assistance in identifying foods that meet these criteria. | <p>Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day.</p> <p>The school Food Service Director can provide assistance in identifying foods that meet these criteria.</p> | |
| 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 | Vegetarian Options-Students will be surveyed yearly for their interest in vegetarian entrees as part of the reimbursable meal or ala carte. If interest |

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| | | <p>interest is indicated, efforts should be made to include appealing vegetarian choices.</p> <p>Student Input-Students will be an active part of menu planning through regularly scheduled meetings and taste testing.</p> | <p>is indicated, efforts should be made to include appealing vegetarian choices.</p> <p>Student Input-Students will be an active part of menu planning through</p> |

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:

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| 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” must be done so with the use of trans fat free oil. This definition does not include foods that are stir fried or sautéed.

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.

Table 5-Formulas

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| % 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 |