

Nutrition Guidelines for Prepared Foods

Increasing access to healthier foods and beverages in public places is a fast-growing movement across the country. This resource provides comparisons of nutrition-based and food-based standards for prepared foods sold or served at catered meetings and events, cafeterias and cafes, concessions stands, university campuses, and other public and private food service settings. Also included is a comparison of beverage standards for food service settings.



Guidelines Compared:

- ▶ [American Heart Association \(AHA\) Food and Beverage Toolkit](#)
- ▶ National Alliance for Nutrition and Activity (NANA) [Healthy Meeting Toolkit](#)
- ▶ [Foodservice Guidelines for Federal Facilities](#)
- ▶ USDA Food and Nutrition Service
 - [Child and Adult Care Food Program](#)
 - [National School Lunch Program](#)
 - [Smart Snacks for Schools](#)
- ▶ Sodexo [Mindful Menu](#)
- ▶ Eurest (Compass Group) [FIT](#)

Food Service Management Companies Expanding Healthier Options

Some food service companies have developed healthier menus, and others have made commitments to increase healthier food offerings throughout their menus.

- ▶ In partnership with the American Heart Association, Aramark launched [Healthy for Life 20 By 20](#)—a commitment to:
 - Reduce calories, saturated fat, and sodium by 20 percent, and increase fruits, vegetables, and whole grains by 20 percent by 2020.
 - Expand health education programs for communities and customers, focusing on underserved communities with culturally-relevant materials.
- ▶ Sodexo has a [Mindful Menu](#) with a certification program for cafés that serve foods that meet nutrition criteria, label foods with calorie information, and offer a variety of whole and sliced fruit. In 2014, Sodexo [partnered](#) with Partnership for a Healthier America to extend its Mindful Menu to 95 percent of its contracts, including hospitals, and breakfast, lunch, and vended snacks in schools.

- ▶ Compass Group manages several food service management brands, including Eurest, which has a [FIT menu](#), and Bon Appetit, which features [In Balance](#) items in its cafes. These options feature vegetables, fruit, whole grains and legumes, healthier fats, reduced sugar, sodium, and no trans fat, and lean and plant-based proteins. Morrison Healthcare has made [Wellness Commitments](#), including offering more lower-sodium options featuring whole grains, fruit, and vegetables for patient meals and more than half of the offerings in cafés. In addition, the commitments include increasing healthier beverages while reducing sugary drinks, promoting healthier options, featuring healthier options at checkout, and labeling items with calorie information.
- ▶ Sysco's [eNutrition](#) tool provides nutrient information and analysis for menu items.

Tips for Implementing Nutrition Standards in a Food Service Setting

Whether running a self-operated food service system or contracting with a food service provider, there are ways to successfully offer healthier prepared foods with budget and convenience in mind.

- ▶ From menu planning to staff training, [Tips for Managing Food Service Costs](#) includes many suggestions for shifting to healthier menus while staying in line with budget constraints.
- ▶ The American Heart Association's [Food and Beverage Toolkit](#) and the National Alliance for Nutrition and Activity's [Healthy Meeting Toolkit](#) provide recommendations for planning menus, including sample menus, and working with caterers so workplaces can support healthy employees.

Public Health Guidelines for Prepared Foods

	American Heart Association	NANA Healthy Meeting Toolkit	Food Service Guidelines for Federal Facilities
Calories	≤700 calories per meal ¹	≤700 calories per meal	When desserts are available, offer 25% of desserts containing ≤200 cal as served
Total Fat	No Standard	No Standard	No Standard
Saturated Fat	≤5 g per meal	≤10% of calories from saturated fat	No Standard
Trans Fat	≤0.5 g trans fat and no partially hydrogenated oils per meal	No artificial trans fat	All foods do not include partially hydrogenated oils
Cholesterol	≤105 mg per meal	No Standard	No Standard
Sodium	≤800 mg (preferably ≤535 mg) ² per meal	≤770 mg per meal	Meals: ≤800mg Entrees ≤600mg Side Items ≤230mg
Sugars	No Standard	≤35% of calories from sugars	No Standard
Fruits and Vegetables	<p>At least 2 servings (1–1.5 cups) of vegetables and/or fruits per meal</p> <p>Offer at least one fruit and/or vegetable serving every time food is served. Aim for filling half the plate with vegetables and fruits</p> <p>Fruit can be served as a side or for dessert</p> <p>Vegetables should be prepared and served without butter, but can use herbs, spices, salt-free seasonings, healthier oils and should be grilled, marinated, roasted, steamed, stir-fried or sautéed in broth or a small amount of healthier oil³</p>	<p>Offer fruits and/or vegetables every time food is served</p> <p>Meals should have at least 1 ½ cups of vegetables and/or fruits</p>	<p>Offer a variety of at least 3 fresh, canned, frozen, or dried fruit options daily, with no added sugars</p> <p>Offer a variety of at least 3 fresh, frozen, or canned vegetable (non-fried cooked or raw) options daily</p> <p>Offer seasonal fruit and vegetables</p>

¹ A meal is a combination of foods and beverages intended for breakfast, lunch, or dinner. It includes two or more items from recommended food groups served in combination. At least one item should be a fruit or vegetable.

² Foods should be prepared with minimal salt.

³ Healthier oils include canola, corn, olive, peanut, safflower, sesame, soybean, and sunflower. Canola, corn, and safflower contain the least saturated fat.

	American Heart Association	NANA Healthy Meeting Toolkit	Food Service Guidelines for Federal Facilities
Grains	<p>If served, cereals, breads, pastas and other grain products should be whole grain</p>	<p><u>Standard:</u> Choose whole grains whenever possible (100% whole grain or whole grain as the first ingredient)</p> <p><u>Superior:</u> All grains must be whole grain-rich (51% or more whole grains by weight or whole grain as the first ingredient)</p>	<p><u>Standard:</u> Offer half of total grains as “whole grain-rich” products daily</p> <p><u>Innovative:</u> Offer a “whole grain-rich” product as the first default choice</p>
Dairy	<p>Milk, cheese, cottage cheese and sour cream should be fat-free and low-fat</p> <p>Yogurt should contain no more than 20g total sugar per 6 oz. serving</p> <p>Limit cheese and (when served), serve in small quantities</p>	<p>If serving yogurt, choose low-fat yogurt with less than 30 g sugar/8 oz.</p> <p>Limit cheese and butter</p>	<p><u>Standard:</u> Offer a variety of low-fat dairy products (or dairy alternatives) daily, such as milk, yogurt, cheese, and fortified soy beverages</p> <p><u>Innovative:</u> When yogurt is available, offer at least one low-fat plain yogurt</p>
Protein Foods	<p>If meat is served, a portion ideally should be 3 oz. and ≤ 6 oz.</p> <p>Healthier cooking methods for meat, poultry, and seafood include: baked, broiled, braised, grilled, poached, roasted, stir-fried or sautéed in broth or with a small amount of healthier oil</p> <p>Choose leaner meats, such as beef and pork loin, round, and beef graded choice and select. Fat should be trimmed</p> <p>Choose skinless chicken and turkey and choose lean ground turkey or chicken</p> <p>Choose oilier fishes, like bass, herring, mackerel, pompano, salmon, swordfish, trout, and tuna</p>	<p><u>Standard:</u> Make the majority of the meat options poultry, fish, shellfish, or lean (unprocessed) meat. Provide a vegetarian option</p> <p><u>Superior:</u> Serve only poultry, fish, shellfish, or on occasion lean (unprocessed) meat options; seek alternatives to processed and red meats</p>	<p><u>Standard:</u> Offer a variety of non-fried protein foods, such as seafood, lean meats, and poultry, eggs, legumes (beans and peas), nuts, seeds, and soy products daily</p> <p>Offer protein foods from plants, such as legumes, nuts, seeds, and soy products, at least three times per week</p> <p>Offer seafood at least two times a week</p> <p><u>Innovative:</u> Offer protein foods from plants, such as legumes, nuts, seeds, and soy products, daily</p>

	American Heart Association	NANA Healthy Meeting Toolkit	Food Service Guidelines for Federal Facilities
Avoid	<ul style="list-style-type: none"> • High-sugar breakfast cereals • Bakery items, biscuits, corn bread, croissants, Danishes, muffins, pastries, etc. • High-sodium, high-fat meats such as bacon, sausage or ham • Heavy, high-fat sauces or salad dressings such as Bordelaise, Hollandaise, Alfredo, cheese sauce, sour cream sauce <ul style="list-style-type: none"> • Butter • Fried foods • Regular chips • Dishes with cheese as a key ingredient, such as au gratin potatoes, cheese soufflé or macaroni and cheese <ul style="list-style-type: none"> • Cookies and desserts • High-sodium condiments (serve on the side or in individual packets) • High-sodium salad toppings, such as bacon, croutons, olives and capers 	<p><u>Standard:</u> Avoid fried foods</p> <p>Do not place candy or candy bowls in the meeting space</p> <p><u>Superior:</u> Do not serve fried foods</p> <p>Replace all desserts and pastries with fruit or other healthful foods</p>	<p>Limit deep-fried entrée options to no more than one choice per day</p>
Other	<p>Provide reasonable (not large) portions of foods and beverages. Cut large portions in halves or quarters when possible (e.g., bagels, sandwiches)</p> <p>When serving meals buffet-style, use smaller plates, which requires attendees to get up from the table and move around more often</p> <p>Ensure healthier options are attractively presented, well-lit and appealing in name and appearance. On buffets, place healthier options in prominent positions at the start of the line, where they are more likely to be seen and chosen</p>	<p>Offer reasonable portion sizes</p> <p>In buffet lines or self-service, support sensible portions by offering reasonably-sized entrees and appropriately-sized serving utensils and plates</p> <p>Serve healthier condiments and dressings and offer them on the side</p> <p>For special occasions and dinner, cut desserts in half or serve small portions. For lunches, breaks, or regular meetings serve fruit as dessert</p> <p>Whenever possible, offer foods and prepared a healthier way (grilled, baked, poached, roasted, braised, or broiled).</p>	<p>Provide calorie and nutrition information of standard menu items as required by the Food and Drug Administration (FDA) in <i>Menu Labeling Final Rule: Food Labelling; Nutrition Labeling of Standard Menu Items in Restaurants and Similar Retail Food Establishments</i></p>

USDA: Child and Adult Care Food Program Requirements for Reimbursable Meals

		Fruits ¹	Vegetables ²	Grains ³	Dairy	Protein Foods ⁴
Child and Adult Care Food Program	Adult Breakfast	Must contain ½ cup fruit, vegetables, or portions of both		Offer one of the following: <ul style="list-style-type: none"> • Whole grain-rich or enriched bread (2 slices) • Whole grain-rich or enriched bread product (2 servings) <ul style="list-style-type: none"> • Whole grain-rich, enriched or fortified cooked breakfast cereal, cereal grain, and/or pasta (1 cup) • Whole grain-rich, enriched, or fortified ready-to-eat breakfast cereal in flakes or rounds (2 cups), puffed cereal (2 ½ cups), or granola (½ cup) 	8 fluid ounces of low-fat (unflavored) or nonfat (unflavored or flavored) milk Yogurt (6 oz. or ¾ cup) that is flavored or unflavored with or without sweetener may be used in place of milk once per day as long as yogurt is not served as a meat substitute in the same meal	No Standard
	Adult Lunch and Supper	½ cup fruit	½ cup vegetables	Offer one of the following: <ul style="list-style-type: none"> • Whole grain-rich or enriched bread (2 slices) • Whole grain-rich or enriched bread product (2 servings) <ul style="list-style-type: none"> • Whole grain-rich, enriched or fortified cooked breakfast cereal, cereal grain, and/or pasta (1 cup) 	8 fluid ounces of low-fat (unflavored) or nonfat (unflavored or flavored) milk (optional for adult supper) Yogurt (6 oz. or ¾ cup) that is flavored or unflavored with or without sweetener may be used in place of milk once per day as long as yogurt is not served as a meat substitute in the same meal	<ul style="list-style-type: none"> • Lean meat, poultry or fish (2 oz.) • Tofu, soy product, or alternate protein product (2 oz.) <ul style="list-style-type: none"> • Cheese (2 oz.) • Large Egg (1) • Cooked dry beans or peas (1/2 cup) • Nut or seed butter, including peanut or soy (4 Tbsp.) <ul style="list-style-type: none"> • Yogurt that is flavored or unflavored with or without sweetener (8 oz. or 1 cup) but must contain no more than 23 g sugar per 6 oz.

¹ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

² A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

³ At least one serving per day, across all eating occasions, must be whole-grain rich. Grain-based desserts do not count towards the grain requirement. Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal). Beginning October 1, 2019, the minimum serving size specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is 1 ½ cups for adults, and ¾ cup for children ages 6–12. Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat and meat alternates is equal to one-ounce equivalent of grains. Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

⁴ Alternate proteins must meet requirements in [Appendix A to Part 226](#).

		Fruits ¹	Vegetables ²	Grains ³	Dairy	Protein Foods ⁴
Child and Adult Care Food Program	Adult Snack ⁵	½ cup fruit	½ cup vegetables	<p>Offer one of the following:</p> <ul style="list-style-type: none"> • Whole grain-rich or enriched bread (2 slices) • Whole grain-rich or enriched bread product (2 servings) <p>Whole grain-rich, enriched or fortified cooked breakfast cereal, cereal grain, and/or pasta (1 cup)</p> <ul style="list-style-type: none"> • Whole grain-rich, enriched, or fortified ready-to-eat breakfast cereal in flakes or rounds (2 cups), puffed cereal (2 ½ cups), or granola (½ cup) 	8 fluid ounces of low-fat (unflavored) or nonfat (unflavored or flavored) milk	<ul style="list-style-type: none"> • Lean meat, poultry or fish (1 oz.) • Tofu, soy product, or alternate protein product (1 oz.) <ul style="list-style-type: none"> • Cheese (1 oz.) • Large Egg (½) • Cooked dry beans or peas (¼ cup) • Nut or seed butter, including peanut or soy (2 Tbsp.) • Yogurt that is flavored or unflavored with or without sweetener (4 oz. or ½ cup) but must contain no more than 23 g sugar per 6 oz.
	Child (Ages 6–18) Breakfast ⁶	Must contain ½ cup fruit, vegetables, or portions of both		<p>Offer one of the following:</p> <ul style="list-style-type: none"> • Whole grain-rich or enriched bread (1 slice) • Whole grain-rich or enriched bread product (1 serving) <ul style="list-style-type: none"> • Whole grain-rich, enriched or fortified cooked breakfast cereal, cereal grain, and/or pasta (½ cup) • Whole grain-rich, enriched, or fortified ready-to-eat breakfast cereal in flakes or rounds (1 cup), puffed cereal (1 ¼ cups), or granola (¼ cup) 	8 fluid ounces of low-fat (unflavored) or nonfat (unflavored or flavored) milk	No Standard

⁵ Select two of the five components for a reimbursable snack.

⁶ Larger portions may be served to young adults ages 13–18 to meet their nutritional needs.

Child and Adult Care Food Program		Fruits ¹	Vegetables ²	Grains ³	Dairy	Protein Foods ⁴
Child and Adult Care Food Program	Child (Ages 6-18) Lunch and Supper	¼ cup fruit	½ cup vegetables	<p>Offer one of the following:</p> <ul style="list-style-type: none"> •Whole grain-rich or enriched bread (1 slice) •Whole grain-rich or enriched bread product (1 serving) •Whole grain-rich, enriched or fortified cooked breakfast cereal, cereal grain, and/or pasta (½ cup) 	8 fluid ounces of low-fat (unflavored) or nonfat (unflavored or flavored) milk	<p>Lean meat, poultry or fish (2 oz.)</p> <p>Tofu, soy product, or alternate protein product (2 oz.)</p> <p>Cheese (2 oz.)</p> <p>Large Egg (1)</p> <p>Cooked dry beans or peas (½ cup)</p> <p>Nut or seed butter, including peanut or soy (4 Tbsp.)</p> <p>Yogurt that is flavored or unflavored with or without sweetener (8 oz. or 1 cup) but must contain no more than 23 g sugar per 6 oz.</p>
	Child (Ages 6-18) Snack ⁷	¾ cup	¾ cup	<p>Offer one of the following:</p> <ul style="list-style-type: none"> •Whole grain-rich or enriched bread (1 slice) • Whole grain-rich or enriched bread product (1 serving) <ul style="list-style-type: none"> • Whole grain-rich, enriched or fortified cooked breakfast cereal, cereal grain, and/or pasta (½ cup) • Whole grain-rich, enriched, or fortified ready-to-eat breakfast cereal in flakes or rounds (1 cup), puffed cereal (1 ¾ cups), or granola (¾ cup) 	8 fluid ounces of low-fat (unflavored) or nonfat (unflavored or flavored) milk	<ul style="list-style-type: none"> • Lean meat, poultry or fish (1 oz.) • Tofu, soy product, or alternate protein product (1 oz.) <ul style="list-style-type: none"> • Cheese (1 oz.) • Large Egg (½) • Cooked dry beans or peas (¾ cup) <ul style="list-style-type: none"> • Nut or seed butter, including peanut or soy (2 Tbsp.) • Yogurt that is flavored or unflavored with or without sweetener (4 oz. or ½ cup) but must contain no more than 23 g sugar per 6 oz.

⁷ Two of the five components must be served for a reimbursable snack. Only one of the two components may be a beverage.

USDA: National School Breakfast and Lunch Program Requirements for Reimbursable Meals

	Meal and Grade Level	Fruits	Vegetables	Grains	Dairy	Protein Foods	Calories	Saturated Fat	Trans Fat	Sodium
National School Breakfast and Lunch Program	Breakfast Grades 6–8	1 cup of fruit per day	No Standard	1 oz. equivalents of whole grain-rich items must be served daily	1 cup unflavored and flavored 1% or fat-free milk, and permitted milk alternatives	No Standard	400–550	≤10% of cal	0g	≤470 mg
	Breakfast Grades 9–12	1 cup of fruit per day	No Standard	1 oz. equivalents of whole grain-rich items must be served daily	1 cup unflavored and flavored 1% or fat-free milk, and permitted milk alternatives	No Standard	450–600	≤10% of cal	0g	≤500 mg
	Lunch Grades 6–8	½ cup of fruit per day	¾ cup of vegetables per day Weekly requirement of dark green, red/orange, starchy vegetables, and beans/peas.	1 oz. equivalents of whole grain-rich items must be served daily	1 cup unflavored and flavored 1% or fat-free milk, and permitted milk alternatives	1 oz. of meat or meat alternatives must be served daily	600–700	≤10% of cal	0g	≤710 mg
	Lunch Grades 9–12	1 cup of fruit per day	1 cup of vegetables per day Weekly requirement of dark green, red/orange, starchy vegetables, and beans/peas.	2 oz. equivalents of whole grain-rich ¹ items must be served daily	1 cup unflavored and flavored 1% or fat-free milk, and permitted milk alternatives	2 oz. of meat or meat alternatives must be served daily	750–850	≤10% of cal	0g	≤740 mg

¹ Some states may grant exemptions from the whole grain-rich requirement.

Food Service Management Company Guidelines for Prepared Foods

Note that the AHA and CSPI do not endorse the following sets of standards; they are included for reference for those working with standards through a contract with a food service management company.

	Meal	Nutrient-Based Standards							Food-Based Standards ¹				
		Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Sugars	Fruits and Vegetables	Grains	Dairy	Protein Foods	Other
FIT by Eurest (Compass Group)	Full meal or combo plate	≤600 calories	≤25g	≤5g ²	0g artificial trans fat	No Standard	≤600mg	No Standard	No Standard	No Standard	No Standard	No Standard	
	Entrée only	≤400 calories	≤20g	≤5g ¹	0g artificial trans fat	No Standard	≤600mg	No Standard	No Standard	No Standard	No Standard	No Standard	
	Side dish	≤250 calories	No Standard	≤2g ¹	0g artificial trans fat	No Standard	≤250mg	No Standard	No Standard	No Standard	No Standard	No Standard	
	Soup	No Standard	No Standard	≤2g ¹ for 8 oz. soups ≤3g ¹ for 12 oz. soups	0g artificial trans fat	No Standard	≤500mg for 8 oz. soups ≤750mg for 12 oz. soups	No Standard	No Standard	No Standard	No Standard	No Standard	
	Breakfast Meal	≤400 calories	≤20g	≤5g ¹	0g artificial trans fat	No Standard	≤600mg	No Standard	No Standard	No Standard	No Standard	No Standard	

¹ Nutrient-based standards still apply in the absence of food-based standards.

² Includes naturally-occurring trans fat.

	Meal	Nutrient-Based Standards							Food-Based Standards ¹				Other
		Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Sugars	Fruits and Vegetables	Grains	Dairy	Protein Foods	
FIT by Eurest (Compass Group)	Breakfast Grains, bread and sides	≤250 calories	No Standard	≤2g ¹	0g artificial trans fat	No Standard	No Standard	≤15g	No Standard	Must have whole grain as the first grain ingredient by weight	No Standard	No Standard	
	Snacks (per package)	≤250 calories	≤10g	≤3g ¹	0g	No Standard	≤230mg	≤20g (except for unsweetened fruit)	No Standard	No Standard	No Standard	No Standard	Candy and candy-coated items do not meet the criteria

	Meal	Nutrient-Based Standards							Food-Based Standards ¹				
		Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Sugars	Fruits and Vegetables	Grains	Dairy	Protein Foods	Other
Mindful by Sodexo	Plates ³	≤600 calories	≤35% of cal from fat (or ≤15g)	≤10% of cal	0g trans fat	≤100mg	≤800mg	No Standard	Must contain at least one serving ⁴ of vegetable or fruit	No Standard	No Standard	Must contain at least one serving of protein	≥3g Fiber
	Entrees ⁵	≤550 calories	≤35% of cal from fat (or ≤15g)	≤10% of cal	0g trans fat	≤100mg	≤700mg	No Standard	No Standard	No Standard	No Standard	No Standard	
	Sides	≤225 calories	≤35% of cal from fat (or ≤8g)	≤10% of cal	0g trans fat	≤5mg	≤300mg	No Standard	No Standard	No Standard	No Standard	No Standard	
	Soups (6 oz.)	≤225 calories	≤35% of cal from fat (or ≤8g)	≤10% of cal	0g trans fat	≤25mg	≤700mg	No Standard	No Standard	No Standard	No Standard	No Standard	
	Desserts & Snacks ⁶	≤200 calories	≤35% of cal from fat (or ≤8g)	≤10% of cal	0g trans fat	≤20mg	≤300mg	No Standard	No Standard	No Standard	No Standard	No Standard	≥3g Fiber

³ Plates contain at least one serving of a protein, starch, and fruit or vegetable and refer to the whole plate.

⁴ Sodexo's Mindful Mix focusing on serving sizes that make ½ the plate fruits and vegetables, ¼ wholesome carbohydrates, and ¼ lean protein, and a small amount of healthy fat.

⁵ Entrées are one center-of-the plate option, which are available a la carte in cafés.

⁶ Desserts must meet all the criteria or four of the criteria and contain ≤10% of the daily value for vitamin A, C, E, Iron, Calcium, or Protein

Guidelines for Beverages

	Water	Milk	Juice	Coffee and Tea	Other
American Heart Association	Plain, sparkling, and flavored water with ≤ 10 calories per label serving	1% fat or less milk and permitted milk alternatives (≤ 130 calories per 8 oz.)	100% fruit or vegetable juice with no added sweeteners or sugars and ≤ 120 calories per 8 oz. (preferred serving); 150 calories per 10 oz.; or 180 calories per 12 oz.	No Standard	≤ 10 calories per label serving
NANA Healthy Meeting Toolkit	Make water the default beverage	Choose low- or non-fat milk, calcium and vitamin D-fortified soymilk	Serve 100% juice diluted with water	Offer low-or non-fat milk with coffee and tea service in addition to or in place of half and half	<u>Standard:</u> Beverages should contain ≤ 40 calories per container <u>Superior:</u> Eliminate all sugar-sweetened beverages (including those with ≤ 40 calories per container)
Food Service Guidelines for Federal Facilities	Provide free access to chilled, potable water	When milk and fortified-soy beverages are available, offer low-fat beverages with no added sugars	When juice is available, offer 100% juice with no added sugars	No Standard	At least 50% of beverage options must contain ≤ 40 calories per 8 oz. (excluding 100% fruit juice and unsweetened fat-free or 1% milk) <u>Innovative:</u> at least 75% of available beverage options meet criteria described above
Child and Adult Care Food Program	Potable drinking water should be offered to children throughout the day and available upon request	As part of a reimbursable meal, 8 fluid ounces of low-fat (unflavored) or nonfat (unflavored or flavored) milk must be served	100% fruit or vegetable juice may be served as the fruit or vegetable component once per day	No Standard	Avoid serving sugar-sweetened beverages (additional beverages served are not reimbursable)

	Water	Milk	Juice	Coffee and Tea	Other
USDA Smart Snacks ¹⁸	Plain, with or without carbonation	Unflavored and flavored 1% or fat-free milk, and permitted milk alternatives in ≤ 8 oz. containers for elementary schools and ≤ 12 oz. containers for middle and high schools	100% juice or 100% juice with water, no caloric sweeteners, with or without carbonation, ≤ 8 oz. containers for elementary schools and ≤ 12 oz. for middle and high schools	No caffeine in elementary and middle schools	In high schools, low-calorie (≤ 40 calories per 8 oz., with a maximum of 60 calories per 12 oz.) and no-calorie (< 5 calories per 8 oz., with a max of 10 calories per 20 oz.) beverages permitted
FIT by Eurest (Compass Group)	No Standard	No Standard	No Standard	No Standard	
Mindful by Sodexo	No Standard	No Standard	No Standard	No Standard	

¹⁸ Under the National School Breakfast and Lunch programs, one cup unflavored and flavored 1% or fat-free milk, and permitted milk alternatives should be served for reimbursable meals. Beverages sold a la carte, in vending, fundraisers, and school stores must meet the USDA Smart Snacks standards.