

# Maryland Nutrition Standards for All Foods Sold in School

from 12:01am through 30 minutes after the end of the school day

Other than foods offered as part of the National School Lunch Program & School Breakfast Program

Effective July 1, 2014, revised July 1, 2016

## #1: Foods must fall into one of these categories\*:

- Be whole grain-rich (*at least 50% whole grain by weight, or listed as first ingredient*)
- First ingredient must be: fruit, vegetable, dairy product or protein food
- Be a combination of food that consists of at least  $\frac{1}{4}$  cup of fruit and/or vegetable

## #2: If the food qualifies as one of the above, it must also meet all of these standards:

Calories		Sodium*		Fats			Sugar
Snack / Side Dish	Entrees	Snack / Side Dish*	Entrees	Total Fat	Saturated Fat	Trans Fat	<i>weight sugar ÷ total weight</i>
≤ 200 cal	≤ 350 cal	≤ 200mg*	≤ 480mg	≤ 35% of calories	< 10% of calories	Zero grams	≤ 35% of total weight from sugar

## Beverages must meet these standards:

	Elementary	Middle	High School
Plain Water or Plain Carbonated Water	Any Size	Any Size	Any Size
Low-fat Milk, Unflavored Non-fat Milk, Flavored or Unflavored	≤ 8 fl oz	≤ 12 fl oz	≤ 12 fl oz
100% Fruit/Vegetable Juice	≤ 8 fl oz	≤ 12 fl oz	≤ 12 fl oz
100% Fruit/Vegetable Juice - diluted with water, with or without carbonation - with no added sweeteners	≤ 8 fl oz	≤ 12 fl oz	≤ 12 fl oz
Other Flavored and/or Carbonated Beverages - soda is not allowed	Not Allowed	Not Allowed	If ≤ 12 oz must meet: ≤ 40 calories/8 oz ≤ 60 calories/12 oz  If ≤ 20 oz must meet: ≤ 5 calories/8 oz ≤ 10 calories/20 oz
Caffeine, beyond naturally-occurring trace amounts	Not Allowed	Not Allowed	Not Allowed

\* Revised 4/5/16 to reflect updates to take effect on July 1, 2016