

SB 12 & SB 965 Compliant Foods – MIDDLE AND HIGH SCHOOL

COMPLIANT FOODS (SB 12) (Applies during school until ½ hour after school.) Applies to those foods sold outside of the National School Breakfast or Lunch Programs.

<p>SNACKS <i>(Generally regarded as supplementing a meal)</i> Individually sold food items must meet the following:</p> <ul style="list-style-type: none"> Not more than 250 calories Not more than 35% of total calories from fat Not more than 10% of total calories from saturated fat Not more than 35% of total weight from sugar (natural and added) 	<p>ENTREES <i>(Generally regarded as the primary food in a meal)</i> Entrees shall:</p> <ul style="list-style-type: none"> Contain no more than 400 calories Contain no more than 4 grams of fat per 100 calories
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COMPLIANT BEVERAGES (SB 965) (Applies ½ hour before start of school day until ½ hour after end of school day.)

<p>The following may be sold:</p> <ul style="list-style-type: none"> fruit and vegetable-based drinks that are composed of at least 50% fruit or vegetable juice and have no added sweetener 2%, 1% or nonfat milk, soy milk, rice milk and other similar nondairy milk Water with no added sweetener Electrolyte replacement beverages that contain no more than 42 grams of added sweetener per 20-ounce serving
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EXEMPT FOODS

<p>These foods do not have to meet the fat and saturated fat limits for snacks but must be under 250 calories per serving:</p> <ul style="list-style-type: none"> Nuts Nut butters (such as peanut butter) Seeds (such as sesame seeds) Eggs Cheese packaged for individual sale Fruit/vegetables that have not been deep fried legumes

These foods do NOT meet SB 12/SB 965

<ul style="list-style-type: none"> Deep fried vegetables (such as french fries, onion rings) Most candy and candy bars Regular corn chips, tortilla chips, Cheetos®, potato chips Regular pastries, donuts, sweet roles, cinnamon buns Soda
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To determine if an individual snack meets SB 12 food standards, you need to read the Nutrition Facts label. For assistance with this, visit our on-line snack calculator at www.CaliforniaProjectLEAN.org/calculator. The on-line calculator allows you to input information from the Nutrition Facts label and find out in a few seconds if the food meets the standards.