

List of Acceptable Foods and Beverages

LIST 6 NUTS, SEEDS, TRAIL MIX AND JERKY

Foods are evaluated for compliance with the Connecticut Nutrition Standards (CNS) based on the amount **as served** including any **added accompaniments**. The Connecticut State Department of Education (CSDE) encourages schools to review the nutrient content of allowable products, and select the most nutrient-rich products that also meet the "Better Choice" recommendations (see green and white columns on right). **The CSDE strongly encourages schools to offer a la carte food choices that include a variety of minimally processed and naturally nutrient-rich whole foods such as fruits, vegetables, whole grains, low-fat or nonfat dairy, lean meats and legumes.**

Product formulations and packaging can change. **The nutrition information below is based on the package label or manufacturer information supplied at the time of product review.** If this information does not match the product label, please submit the product's nutrition information to the CSDE. For more information, see *Submitting Food and Beverage Products for Approval* (www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/FBList/SubmitProduct.pdf).

The CSDE's *List of Acceptable Foods and Beverages* is updated regularly and is subject to change. To assist in identifying new items added since the previous edition of this list, the manufacturer and food item (first two columns) of all new items are highlighted in pink. For contact information for listed vendors, see *Contact Information for Vendors* (www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/FBList/VendorContact.pdf).

NUTS, SEEDS, TRAIL MIX AND JERKY, including nut and seed butters, soy nuts, and bars made only from fruits and nuts

SNACKS

General Standards	Nutrient Standards														
	1) Whole Grain-Rich (WGR) Food; 2) Food Groups (FG); or 3) Combination Food (CF)	≤200 calories	Nuts, seeds and nut/seed butters are exempt from the fat and saturated fat standards			<0.5 g	No partially hydrogenated oils	≤200 mg	100% fruit is exempt from the sugar standards		No artificial sweeteners, nonnutritive sweeteners or sugar alcohols	No chemically altered fat substitutes	No caffeine		
Fat (g)			% Calories from Fat	Saturated Fat (g)	% Calories from Saturated Fat				≤15 g	≤35% by weight					

BETTER CHOICE RECOMMENDATIONS

Choose products that meet all recommendations.

Manufacturer	Food Item	Package or Serving Size	Weight (g)	General Standard Criteria Met	Calories	Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Saturated Fat	Trans Fat (g)	Standard Met?	Sodium (mg)	Fiber (g)	Total Sugars (g)	% Sugars by Weight	Standard Met?	Standard Met?	Standard Met?	Vendor	Notes	Date of Review	No artificial flavors or colors	No high fructose corn syrup	At least 2.5 grams of fiber
General Mills	Larabar Apple Pie, 0.78 oz	0.78 oz	22	FG	90	5.0	50.0%	0.0	0.0%	0	yes	5	3	9	40.7%	yes	yes	yes	Retail Product	UPC 0-21908-47101-3. Contains only nuts and dried fruit, no added fat or sugars.	7/18/13	X	X	X
General Mills	Larabar Apple Pie, 1.6 oz	1.6 oz	45	FG	190	10.0	47.4%	1.0	4.7%	0	yes	5	5	18	39.7%	yes	yes	yes	PFG Springfield, Sysco	UPC 0-21908-50927-3. Contains only nuts and dried fruit, no added fat or sugars.	7/18/13	X	X	X
General Mills	Larabar Cashew Cookie, 0.78 oz	0.78 oz	22	FG	100	6.0	54.0%	1.0	9.0%	0	yes	0	1	8	36.2%	yes	yes	yes	Retail Product	UPC 0-21908-47103-7. Contains only nuts and dried fruit, no added fat or sugars.	7/18/13	X	X	
General Mills	Larabar Cherry Pie, 0.78 oz	0.78 oz	22	FG	90	4.0	40.0%	0.0	0.0%	0	yes	0	2	11	49.7%	yes	yes	yes	Retail Product	UPC 0-21908-47104-4. Contains only nuts and dried fruit, no added fat or sugars.	7/18/13	X	X	
General Mills	Larabar Cherry Pie, 1.7 oz	1.7 oz	48	FG	200	8.0	36.0%	0.5	2.3%	0	yes	0	4	23	47.7%	yes	yes	yes	PFG Springfield, Sysco	UPC 0-21908-50924-2. Contains only nuts and dried fruit, no added fat or sugars.	7/18/13	X	X	X

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General Standards				Nutrient Standards															BETTER CHOICE RECOMMENDATIONS					
Manufacturer	Food Item	Package or Serving Size	Weight (g)	General Standard Criteria Met	Calories	Nuts, seeds and nut/seed butters are exempt from the fat and saturated fat standards				Trans Fat (g)	Standard Met?	Sodium (mg)	Fiber (g)	100% fruit is exempt from the sugar standards		Standard Met?	Standard Met?	Standard Met?	Vendor	Notes	Date of Review	No artificial flavors or colors	No high fructose corn syrup	At least 2.5 grams of fiber
						Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Saturated Fat					Total Sugars (g)	% Sugars by Weight									
Kar's	Cranberry Almond Delight, 1.25 oz	1.25 oz	35	FG	190	14.0	66.3%	2.0	9.5%	0	yes	85	3	8	22.6%	yes	yes	yes	Jay Bee, Vistar, Sultana, Thayer	UPC 0-77034-08961-5; Case UPC 100-77034-08961-2.	7/29/13	X	X	X
Kar's	Mango Pineapple Trail Mix, Unsalted, 1.5 oz	1.5 oz	43	FG	200	12.0	54.0%	1.5	6.8%	0	yes	15	2	13	30.6%	yes	yes	yes	Jay Bee, Vistar, Sultana, Thayer	UPC 0-77034-08964-6; Case UPC 100-77034-08964-3.	7/29/13	X	X	
Kar's	Original Trail Mix, Unsalted, 1.5 oz	1.5 oz	43	FG	200	13.0	58.5%	1.0	4.5%	0	yes	0	3	10	23.5%	yes	yes	yes	Jay Bee, Vistar, Sultana, Thayer	Item 8950; UPC 0-77034-08950-7; Case UPC 100-77034-08950-6.	7/29/13	X	X	X
Kar's	Roasted Salted Almonds, 1 oz	1 oz	28	FG	170	16.0	84.7%	1.0	5.3%	0	yes	95	3	1	3.5%	yes	yes	yes	Jay Bee, Vistar, Sultana, Thayer	Item 8971; UPC 0-77034-08971-4; Case UPC 100-77034-08971-1.	7/29/13	X	X	X
Kar's	Roasted Salted Cashews, 1 oz	1 oz	28	FG	160	14.0	78.8%	2.5	14.1%	0	yes	85	1	1	3.5%	yes	yes	yes	Jay Bee, Vistar, Sultana, Thayer	Item 8980; UPC 0-77034-08980-4; Case UPC 100-77034-08980-3.	7/29/13	X	X	
Kar's	Roasted Salted Peanuts, 1 oz	1 oz	28	FG	170	15.0	79.4%	2.5	13.2%	0	yes	90	3	1	3.5%	yes	yes	yes	Jay Bee, Vistar, Sultana, Thayer	Item 8978; UPC 0-77034-08978-1; Case UPC 100-77034-08978-0.	7/29/13	X	X	X
Kar's	Sunflower Kernels, Peanut Free, 1 oz	1 oz	28	FG	170	15.0	79.4%	2.0	10.6%	0	yes	44	2	<1	0.0%	yes	yes	yes	Jay Bee, Vistar, Sultana, Thayer	Item 8977; UPC 0-77034-08977-6; Case UPC 100-77034-08977-3.	11/25/14	X	X	
Kraft	Planters Honey Dry Roasted Peanuts, 1 oz pkg	1 oz	28	FG	160	13.0	73.1%	2.0	11.3%	0	yes	100	2	4	14.1%	yes	yes	yes	Berkshire, Superior Vending, Vistar	UPC 19320-07692; Case UPC 001-93200-76920-0	7/18/13	X	X	
Kraft	Planters Salted Peanuts, 1 oz pkg	1 oz	28	FG	170	14.0	74.1%	2.0	10.6%	0	yes	95	2	1	3.5%	yes	yes	yes	Berkshire, Superior Vending, Vistar	UPC 29000-07695; Case UPC 000-29000-07695-2	7/18/13	X	X	

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				General Standards	Nutrient Standards															BETTER CHOICE RECOMMENDATIONS				
Manufacturer	Food Item	Package or Serving Size	Weight (g)	General Standard Criteria Met	Calories	Nuts, seeds and nut/seed butters are exempt from the fat and saturated fat standards				Trans Fat (g)	Standard Met?	Sodium (mg)	Fiber (g)	100% fruit is exempt from the sugar standards		Standard Met?	Standard Met?	Standard Met?	Vendor	Notes	Date of Review	No artificial flavors or colors	No high fructose corn syrup	At least 2.5 grams of fiber
						Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Saturated Fat					Total Sugars (g)	% Sugars by Weight									
Link Snacks, Inc.	Jack Links Beef Jerky, Original, 0.85 oz	0.85 oz	24	FG	70	1.0	12.9%	0.0	0.0%	0	yes	200	0	6	24.9%	yes	yes	yes	Vistar	Item 10000007721; UPC 0-17082-87651-5; Case UPC 100-17082-87651-2	2/22/16	X	X	
Link Snacks, Inc.	Jack Links Beef Jerky, Peppered, 0.85 oz	0.85 oz	24	FG	70	1.0	12.9%	0.0	0.0%	0	yes	200	0	6	24.9%	yes	yes	yes	Vistar	Item 10000007719; UPC 0-17082-87650-8; Case UPC 100-17082-87650-5	2/22/16	X	X	
Link Snacks, Inc.	Jack Links Beef Jerky, Teriyaki, 0.85 oz	0.85 oz	24	FG	70	1.0	12.9%	0.0	0.0%	0	yes	200	0	6	24.9%	yes	yes	yes	Vistar	Item 10000007717; UPC 0-17082-87649-2; Case UPC 100-17082-87649-9	2/22/16	X	X	
Link Snacks, Inc.	Jack Links Reduced Sodium Chicken Strip, 0.8 oz	0.8 oz	23	FG	70	1.0	12.9%	0.0	0.0%	0	yes	200	0	5	22.0%	yes	yes	yes	Vistar	Item 10000006002; UPC 0-17082-87481-8; Case (72 count) UPC 100-17082-87724-3	8/19/16	X	X	NA
Mr. Nature	Roasted Almonds, Salted, 1 oz	1 oz	28	FG	175	16.0	82.3%	1.3	6.7%	0	yes	105	3	1	3.5%	yes	yes	yes	Edens, Kendall, Sultana, Vistar	UPC 0-76217-50285-9; Case UPC 100-76217-50285-6	11/13/14	X	X	X
Mr. Nature	Roasted Cashews, Salted, 1 oz	1 oz	28	FG	165	11.0	60.0%	4.0	21.8%	0	yes	94	3	1	3.5%	yes	yes	yes	Edens, Kendall, Sultana, Vistar	UPC 0-76217-11290-4; Case UPC 100-76217-11290-1	11/13/14	X	X	X
Mr. Nature	Trail Mix, unsalted (peanuts, raisins, sunflower seeds,	1.1 oz	31	FG	130	7.0	48.5%	1.0	6.9%	0	yes	10	0	5	16.0%	yes	yes	yes	Edens, Jay Bee, Kendall, Sultana, Vistar	UPC 0-76217-02013-1; Case UPC 100-76217-02013-8	11/13/14	X	X	
National Food Group, Inc.	Edamame, Dry Rasted and Salted, 1 oz	1 oz	28	FG	120	3.0	22.5%	0.5	3.8%	0	yes	100	8	1	3.5%	yes	yes	yes	National Food Group, Inc.	Item 603275	3/30/15	X	X	X

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						Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Saturated Fat					Total Sugars (g)	% Sugars by Weight									
Once Again	Organic Almond Butter, Single-serve Squeeze Packet, 1.15 oz	1.15 oz	32	FG	200	18.0	81.0%	1.5	6.8%	0	yes	0	3	2	6.3%	yes	yes	yes	Green Nature Marketing	UPC 0-44082-55444-0; 10 Pack UPC 0-44082-55447-3	7/31/15	X	X	X
Once Again	Organic Lightly Toasted Almond Butter, Single-serve Squeeze Packet, 1.15 oz	1.15 oz	32	FG	200	18.0	81.0%	1.5	6.8%	0	yes	0	3	2	6.3%	yes	yes	yes	Green Nature Marketing	UPC 0-44082-55464-8; 10 Pack UPC 0-44082-53467-1	7/31/15	X	X	X
Sun Opta Aseptic, Inc	Sunrich Naturals Pepitas Lightly Salted Pumpkin Seeds, 1 oz	1 oz	28	FG	160	14.0	78.8%	2.5	14.1%	0	yes	75	2	0	0.0%	yes	yes	yes	M&R, Thurston, US Foods, SunOpta, Sysco CT	Code 1015824; UPC 8-10304-01612-2; Case UPC 10 8-10304-01612-9.	8/20/13	X	X	
Sun Opta Aseptic, Inc	Sunrich Naturals Sunflower Blazin' Hot All Natural Kernels, 1 oz	1 oz	28	FG	170	16.0	84.7%	1.5	7.9%	0	yes	115	2	1	0.0%	yes	yes	yes	Jay Bee, M&R, Thurston, US Foods, SunOpta, Sysco CT	Code 1007687; UPC 8-10304-01213-1; Case UPC 108-10304-01213-8.	8/20/13	X	X	
Sun Opta Aseptic, Inc	Sunrich Naturals Sunflower Honey Roasted All Natural Kernels, 1 oz	1 oz	28	FG	160	14.0	78.8%	1.0	5.6%	0	yes	55	1.5	4	14.1%	yes	yes	yes	Jay Bee, M&R, Thurston, US Foods, SunOpta, Sysco CT	Code 1017130; UPC 8-10304-01211-7; Case UPC 108-10304-01211-4.	8/20/13	X	X	
Sun Opta Aseptic, Inc	Sunrich Naturals Sunflower Lightly Salted All Natural Kernels, 1 oz	1 oz	28	FG	170	16.0	84.7%	1.5	7.9%	0	yes	110	2	1.00	0.0%	yes	yes	yes	M&R, Thurston, US Foods, SunOpta, Sysco CT	Code 1017268; UPC 8-10304-01212-4; Case UPC 108-10304-01212-1.	8/20/13	X	X	
Sungold Foods	Sunbutter Sunflower Seed Butter, Creamy, 1.1 oz cup	1.1 oz	31	FG	200	16.0	72.0%	2.0	9.0%	0	yes	120	4	3	9.6%	yes	yes	yes	HPC, M&R, Sysco CT, Thurston	Code 19368; Case UPC 007-37539-19368-1. Contains no added fat.	2/24/16	X	X	X

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General Standards	Nutrient Standards														
	≤200 calories	Nuts, seeds and nut/seed butters are exempt from the fat and saturated fat standards			<0.5 g	No partially hydrogenated oils	≤200 mg		100% fruit is exempt from the sugar standards		No artificial sweeteners, nonnutritive sweeteners or sugar alcohols	No chemically altered fat substitutes	No caffeine		
Fat (g)		% Calories from Fat	Saturated Fat (g)	% Calories from Saturated Fat					Total Sugars (g)	% Sugars by Weight					

BETTER CHOICE RECOMMENDATIONS
Choose products that meet all recommendations.

Manufacturer	Food Item	Package or Serving Size	Weight (g)	General Standard Criteria Met	Calories	Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Saturated Fat	Trans Fat (g)	Standard Met?	Sodium (mg)	Fiber (g)	Total Sugars (g)	% Sugars by Weight	Standard Met?	Standard Met?	Standard Met?	Vendor	Notes	Date of Review	No artificial flavors or colors	No high fructose corn syrup	At least 2.5 grams of fiber
The J.M. Smucker Company	Jif Creamy Peanut Butter, Bulk, 2 Tbsp (1.1 oz)	1.1 oz	32	FG	180	15.0	75.0%	2.5	12.5%	0	yes	130	2	3	9.4%	yes	yes	yes	Waypoint	Case UPC 000-51500-24199-8	7/5/16	X	X	
The Soynut Butter Company	Soynut Butter, Original, 2 Tbsp.	2 Tbsp	57	FG	190	14	66.3%	2.5	11.8%	0	yes	100	3	3	5.3%	yes	yes	yes	The Soynut Butter Company, US Foodservice	2/4 lb tubs UPC 6-54989-80001-6; 45 lb pail UPC 6-54989-80003-0. Product is bulk item and can be	7/30/13	X	X	X