

List of Acceptable Foods and Beverages

LIST 9 SMOOTHIES

Foods are evaluated for compliance with the Connecticut Nutrition Standards (CNS) based on the amount **as served** including any **added accompaniments**. **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).

SMOOTHIES, made with low-fat yogurt and fruits/vegetables/ 100 percent juice.

SNACKS																				BETTER CHOICE RECOMMENDATIONS Choose products that meet all recommendations.		
General Standards			Nutrient Standards															No artificial flavors or colors	No high fructose corn syrup			
1) Whole Grain-Rich (WGR) Food; 2) Food Groups (FG); or 3) Combination Food (CF)	No more than 200 calories	≤35% of total calories	<10% of total calories	<0.5 g	No partially hydrogenated oils	<200 mg		≤4 g per ounce	No artificial sweeteners, nonnutritive sweeteners or sugar alcohols	No chemically altered fat substitutes	No caffeine											
Manufacturer	Food Item	Package or Serving Size	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)	Grams per Ounce	Standard Met?	Standard Met?	Standard Met?	Vendor	Notes	Date of Review		
Bolthouse Farms	100% Fruit Juice Smoothie, Amazing Mango, 11 fl oz plastic bottle	11 fl oz	FG	180	0	0%	0	0%	0	yes	20	3	35	3.2	yes	yes	yes	Waypoint	UPC 0-71464-01776-7; Case UPC 100-71464-01776-4 (9/case)	7/6/16	X	X
Bolthouse Farms	100% Fruit Juice Smoothie, Berry Boost, 11 fl oz plastic bottle	11 fl oz	FG	180	0	0%	0	0%	0	yes	20	0	29	2.6	yes	yes	yes	Waypoint	UPC 0-71464-01773-6; Case UPC 100-71464-01773-3 (9/case)	7/6/16	X	X
Bolthouse Farms	100% Fruit Juice Smoothie, Berry Boost, 11 fl oz plastic bottle	11 fl oz	FG	180	0	0%	0	0%	0	yes	20	3	35	3.2	yes	yes	yes	Waypoint	UPC 0-71464-01770-5; Case UPC 100-71464-01770-2 (9/case)	7/6/16	X	X
Bolthouse Farms	100% Fruit Juice Smoothie, Blue Goodness, 11 fl oz plastic bottle	11 fl oz	FG	230	0.5	2%	0	0%	0	yes	40	12	40	3.6	yes	yes	yes	Waypoint	UPC 0-71464-01769-9; Case UPC 100-71464-01775-7 (9/case)	7/6/16	X	X
General Mills	Yoplait Smoothie Pro, Mixed Berry, 8 fl oz	8 fl oz	FG	170	1.5	7.9%	1.0	5.3%	0	yes	110	0	28	3.5	yes	yes	yes	PFG, Sysco, Thurston	UPC 100-70470-46176-9	10/15/15	X	X
General Mills	Yoplait Smoothie Pro, Tropical, 8 fl oz	8 fl oz	FG	170	1.5	7.9%	1.0	5.3%	0	yes	110	0	28	3.5	yes	yes	yes	PFG, Sysco, Thurston	UPC 100-70470-46177-6	10/15/15	X	X
Kerry Foods	DaVinci Gourmet Frozen 100% Juice Smoothie Mix, Gratifying Greens, 8 fl oz prepared	8 fl oz	FG	100	0.5	4.5%	0.0	0.0%	0	yes	5	0	21	2.6	yes	yes	yes	Sysco, Thurston	Product prepared with mix and ice/water. Code 40-73738-48910-6	3/14/16	X	X

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Manufacturer	Food Item	Package or Serving Size	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)	Grams per Ounce	Standard Met?	Standard Met?	Standard Met?	Vendor	Notes	Date of Review	No artificial flavors or colors	No high fructose corn syrup
Kerry Foods	DaVinci Gourmet Frozen 100% Juice Smoothie Mix, Mango, 8 fl oz prepared	8 fl oz	FG	100	0.5	4.5%	0.0	0.0%	0	yes	5	0	23	2.9	yes	yes	yes	Sysco, Thurston	Product prepared with mix and ice/water. Code 40-73738-48910-3	3/14/16	X	X
Kerry Foods	DaVinci Gourmet Frozen 100% Juice Smoothie Mix, Peach, 8 fl oz prepared	8 fl oz	FG	100	0.5	4.5%	0.0	0.0%	0	yes	20	0	23	2.9	yes	yes	yes	Sysco, Thurston	Product prepared with mix and ice/water. Code 40-73738-48910-4	3/14/16	X	X
Kerry Foods	DaVinci Gourmet Frozen 100% Juice Smoothie Mix, Red Harvest, 8 fl oz prepared	8 fl oz	FG	120	0.5	3.8%	0.0	0.0%	0	yes	40	0	24	3.0	yes	yes	yes	Sysco, Thurston	Product prepared with mix and ice/water. Code 40-73738-48910-7	3/14/16	X	X
Kerry Foods	DaVinci Gourmet Frozen 100% Juice Smoothie Mix, Strawberry Banana, 8 fl oz prepared	8 fl oz	FG	120	0.5	3.8%	0.0	0.0%	0	yes	25	0	26	3.3	yes	yes	yes	Sysco, Thurston	Product prepared with mix and ice/water. Code 40-73738-48910-2	3/14/16	X	X
Kerry Foods	DaVinci Gourmet Frozen 100% Juice Smoothie Mix, Sunshine Blend, 8 fl oz prepared	8 fl oz	FG	110	0.5	4.1%	0.0	0.0%	0	yes	15	0	25	3.1	yes	yes	yes	Sysco, Thurston	Product prepared with mix and ice/water. Code 40-73738-48910-5	3/14/16	X	X
Kerry Foods	DaVinci Gourmet Frozen 100% Juice Smoothie Mix, Very Berry, 8 fl oz prepared	8 fl oz	FG	130	0.5	3.5%	0.0	0.0%	0	yes	25	0	28	3.5	yes	yes	yes	Sysco, Thurston	Product prepared with mix and ice/water. Code 40-73738-48910-0	3/14/16	X	X
Stonyfield Farm	Organic Super Smoothie, Strawberry Banana, 6 fl oz	6 fl oz	FG	140	2	12.9%	1.0	6.4%	0	yes	85	0	23	3.8	yes	yes	yes	InFusion Sales Group	UPC 0-52159-01335-6	6/18/14	X	X
Stonyfield Farm	Organic Super Smoothie, Strawberry, 6 fl oz	6 fl oz	FG	140	2	12.9%	1.0	6.4%	0	yes	90	0	23	3.8	yes	yes	yes	InFusion Sales Group	UPC 0-52159-01330-1	6/18/14	X	X
Stonyfield Farm	Organic SuperSmoothie, Wild Berry, 6 fl oz	6 fl oz	FG	140	2	12.9%	1.0	6.4%	0	yes	90	0	23	3.8	yes	yes	yes	InFusion Sales Group	UPC 0-52159-01332-5	6/18/14	X	X