

## GLOSSARY

**a la carte sales:** Foods and beverages that are sold separately from reimbursable meals in the USDA school nutrition programs. For more information, see “competitive foods” in this section.

**added sugars:** Sugars and syrups added to foods in processing or preparation, as opposed to the naturally occurring sugars found in foods like fruits, vegetables, grains, and dairy products. Names for added sugars include brown sugar, corn sweetener, corn syrup, dextrose, fructose, fruit juice concentrates, glucose, high-fructose corn syrup, honey, invert sugar, lactose, malt syrup, maltose, molasses, raw sugar, sucrose, sugar, and syrup. For more information, see “Limiting Added Sugars” in [section 5](#).

**Afterschool Snack Program:** The USDA’s federally assisted snack program implemented through the National School Lunch Program (NSLP). The Afterschool Snack Program provides cash reimbursement to help schools serve snacks to children in afterschool activities aimed at promoting the health and well-being of children and youth. Schools must provide children with regularly scheduled activities in an organized, structured, and supervised environment that includes educational or enrichment activities, e.g., mentoring/tutoring programs. Programs must meet state or local licensing requirements and health and safety standards. For more information, see the CSDE’s [Afterschool Snack Program](#) Web page.

**age/grade groups:** The three grade groupings (K-5, 6-8, and 9-12) of the USDA meal patterns for breakfast and lunch. The classification of grade groups is based on the nutritional needs of children and the ages that typically correspond with these grade levels (ages 5-10 for grades K-5, ages 11-13 for grades 6-8, and ages 14-18 for grades 9-12).

**alternate protein products (APP):** APPs are generally single ingredient powders that are added to foods. Some examples include soy flours, soy concentrates, soy isolates, whey protein concentrate, whey protein isolates, and casein. APPs include vegetable protein products. The USDA has specific requirements for the crediting of APP in Child Nutrition Programs. For more information, see “Alternate Protein Products and Vegetable Protein Products” in [section 2](#).

**artificial sweeteners:** Ingredients with little or no calories used as sugar substitutes to sweeten foods and beverages. Artificial sweeteners are hundreds of times sweeter than sugar. Common artificial sweeteners include acesulfame potassium (Acesulfame-K, Sunett, Sweet & Safe, Sweet One), aspartame (NutraSweet, Equal), neotame, saccharin (Sweet and Low, Sweet Twin, Sweet ‘N Low Brown, Necta Sweet), sucralose (Splenda), and tagatose. These nonnutritive sweeteners are calorie-free, except for aspartame, which is very low in calories. For more information, see “nonnutritive sweeteners” in this section.

**bran:** The protective coating around the whole-grain kernel that is rich in nutrients, fiber, and other health promoting substances called phytochemicals. Bran is not a whole grain.

**carbohydrates:** A category of nutrients that includes sugars (simple carbohydrates), and starch and fiber (complex carbohydrates). Carbohydrates are easily converted by the body to energy (calories). Foods in the basic food groups that provide carbohydrates — fruits, vegetables, breads, cereals, grains, milk, and dairy products — are important sources of many nutrients. However, foods containing large amounts of added sugars provide calories but few, if any, nutrients. For more information, see “added sugars,” “simple carbohydrates,” and “complex carbohydrates” in this section.

**cereal grains:** The seeds that come from grasses. Cereal grains can be whole grain (such as amaranth, barley, buckwheat, corn, millet, oats, quinoa, rice, rolled wheat, rye, sorghum, triticale, wheat, and wheat berries) or enriched, such as cornmeal, corn grits, and farina.

**Child Nutrition (CN) label:** A statement that clearly identifies the contribution of a food product toward the meal pattern requirements, based on the USDA’s evaluation of the product’s formulation. Products eligible for CN labeling include main dish entrees that contribute to the meat/meat alternates component of the meal pattern requirements, e.g., beef patties, cheese or meat pizzas, meat or cheese and bean burritos, egg rolls, and breaded fish portions. The CN label will also indicate the contribution of other meal components that are part of these products. For more information, see [appendix G](#) and the USDA’s [Child Nutrition \(CN\) Labeling](#) Web page.

**Child Nutrition Programs:** The USDA’s federally funded programs that provide nutritious meals and snacks to children, including the National School Lunch Program (NSLP), School Breakfast Program (SBP), Afterschool Snack Program, Special Milk Program (SMP), Summer Food Service Program (SFSP), Seamless Summer Option (SSO) of the NSLP, Fresh Fruit and Vegetable Program (FFVP), and Child and Adult Care Food Program (CACFP). The CACFP also provides nutritious meals and snacks to the frail elderly in adult day care centers. For more information, see the CSDE’s [Child Nutrition Programs](#) Web page.

**combination foods:** Foods that contain more than one food component such as pizza, burritos and a smoothie made with milk and fruit. For example, macaroni and cheese contains pasta (grains) and cheese (meat/meat alternate). Combination foods generally cannot be separated (such as pizza or a burrito) or are not intended to be separated (such as a hamburger on a bun or turkey sandwich).

**competitive foods:** Any foods and beverages sold to students anytime on school premises other than meals served through the USDA school meal programs. Competitive food sales include, but are not limited to, cafeteria a la carte sales, vending machines, school stores, and fundraisers. For more information, see “a la carte sales” in this section.

**Connecticut Nutrition Standards:** State nutrition standards developed by the Connecticut State Department of Education per Section 10-215e of the Connecticut General Statutes. These standards address the nutritional content of all foods sold to students separately from reimbursable meals. They focus on limiting fat, saturated fat, trans fats, sodium, and added sugars, moderating portion sizes, and increasing consumption of nutrient-rich foods such as fruits, vegetables, whole grains, low-fat dairy, lean meats, and legumes. All schools in any district that chooses to comply with Healthy Food Certification under Section 10-215f of the Connecticut General Statutes must follow the Connecticut Nutrition Standards for all sources of food sales to students, including school cafeterias, vending machines, school stores, fundraisers, and any other sources. The Connecticut Nutrition Standards also apply to all snacks served in the Afterschool Snack Program. For more information, see the CSDE's [Connecticut Nutrition Standards](#) Web page.

**creditable food:** A food or beverage that can be counted toward meeting the meal pattern requirements for a reimbursable meal or snack in the USDA Child Nutrition Programs. For more information, see the CSDE's [Crediting Foods](#) Web page.

**cycle menu:** A series of menus planned for a specific period of time, with a different menu for each day. Cycle menus can help schools comply with the meal pattern requirements, increase variety, control food cost, control inventory, and save time.

**dietary fiber:** Nondigestible carbohydrates and lignin (a noncarbohydrate substance bound to fiber) that are naturally occurring in plants, e.g., gums, cellulose, and fiber in oats and wheat bran. Fiber improves gastrointestinal health and reduces risk of some diseases, such as heart disease. There are two types of dietary fiber, insoluble and soluble. Insoluble fibers aid in digestion by adding bulk and softness to stools to promote regularity and prevent constipation. Insoluble fibers decrease the amount of “transit time” for food waste in the intestine. Insoluble fibers include whole-wheat products, wheat, and corn bran, popcorn, many vegetables (e.g., cauliflower, beans, and potatoes), and the skins of fruits and root vegetables. Soluble fibers (e.g., gums, mucilages, and pectin) bind to fatty substances in the body to promote their excretion as waste. They help lower blood cholesterol levels and also help regulate the body's use of sugars. Soluble fibers are found in dry beans and peas, oats, oatmeal, barley, psyllium seed husk, and many fruits and vegetables, such as apples, carrots, citrus fruits, strawberries, prunes, and dry beans and other legumes. Note: Popcorn does not credit toward the grains component.

**Dietary Guidelines for Americans:** A federal document that provides science-based advice for Americans ages 2 and older to promote health and reduce risk for chronic diseases through diet and physical activity. The U.S. Department of Health and Human Services and the U.S. Department of Agriculture jointly publish the *Dietary Guidelines* every five years. This document forms the basis of federal food, nutrition education, and information programs. For more information, see the [Dietary Guidelines](#) Web page.

**Dietary Reference Intakes (DRIs):** A set of nutrient-based reference values that expand upon and replace the former Recommended Dietary Allowances (RDAs) in the United States and the Recommended Nutrient Intakes (RNIs) in Canada. The DRIs include four reference values: Estimated Average Requirements (EARs), RDAs, Adequate Intakes (AIs), and Tolerable Upper Intake Levels (ULs).

**dietary specifications:** The USDA’s nutrition standards for meals in the NSLP and SBP. The dietary specifications include weekly calorie ranges, and limits for saturated fats and sodium. In addition, nutrition facts labels and manufacturer specifications must indicate zero grams of trans fats per serving for all food products and ingredients used to prepare school meals. For more information, see “Dietary Specifications” in [section 3](#) and [section 5](#).

**edible portion:** The portion of a food that can actually be eaten after the nonedible parts are removed, for example, cooked, lean meat without bone, and fruit without seeds or pits.

**endosperm:** The soft, white inside portion of the whole-grain kernel. The endosperm contains starch, protein, and small amounts of B vitamins.

**enriched grains:** Refined grains (such as wheat, rice, and corn) and grain products (such as cereal, pasta, and bread) that have some vitamins and minerals added to replace the nutrients lost during processing. The five enrichment nutrients are added within limits specified by the FDA, and include thiamin (B<sub>1</sub>), riboflavin (B<sub>2</sub>), niacin (B<sub>3</sub>), folic acid, and iron. For more information, see “Identifying Enriched Grains” in [section 2](#).

**enrichment:** Adding back nutrients (usually vitamins or minerals) originally present in a food that were lost during processing. Enrichment nutrients are added back in approximately the same levels as were originally present in the food. For more information, see “enriched grains” in this section.

**entree:** See “main dish” in this section.

**extra foods:** See “noncreditable foods” in this section.

**family-style meal service:** A method of meal service that allows children to serve themselves from common platters of food with assistance from supervising adults, if needed. For more information, see “Family-style Meal Service” in [section 4](#).

**flour:** Finely ground and sifted wheat or other grains such as rye, corn, rice, or buckwheat.

**food-based menu planning:** A type of menu planning for the USDA Child Nutrition Programs that uses a meal pattern with specific food components in certain amounts based on specific age/grade groups. For more information, see “food components” in this section and the meal patterns in [section 1](#).

**food components:** The five food groups that comprise reimbursable meals in the NSLP (milk, fruits, vegetables, grains, and meat/meat alternates) and the three food groups that comprise reimbursable breakfasts in the SBP (grains with optional meat/meat alternate substitutions, fruits with optional vegetable substitutions, and milk). For more information on the individual food components, see [section 2](#) and the CSDE’s [Crediting Foods](#) Web page.

**food item:** A specific food offered within the food components that comprise reimbursable meals in the USDA school nutrition programs. A food item may contain one or more food components or more than one serving of a single component. For example, an entree could provide one serving of grains and one serving of meat/meat alternates, and a bagel could provide two servings of grains.

**fortification:** Adding nutrients (usually vitamins or minerals) that were not originally present in a food or beverage or adding nutrients at levels that are higher than originally present. Fortification is used for naturally nutrient-rich products based on scientifically documented health needs (e.g., fortifying milk with vitamin D to increase the body’s absorption of calcium) or to enhance the perceived nutritional value of products with little or no natural nutritional value, e.g., fortifying “energy” bars made from processed flour with multiple vitamins and minerals. Fortification nutrients are added to products in varying amounts, from small percentages up to amounts greater than recommended intakes.

**full component:** The daily quantity designated by the menu planner (no less than the established minimum) to meet the required weekly ranges.

**full serving:** See “full component” in this section.

**full-strength fruit or vegetable juice:** An undiluted product obtained by extraction from sound fruit. Full-strength juice may be fresh, canned, frozen or reconstituted from concentrate and may be served in either liquid or frozen state or as an ingredient in a recipe. The name of the full-strength fruit juice on the label must include one of the following terms: “juice,” “full-strength juice,” “100 percent juice,” “reconstituted juice,” or “juice from concentrate.” For more information, see “Fruit Juice” and “Vegetable Juice” in [section 2](#).

**grade groups:** See “age/grade groups” in this section.

**germ:** The sprouting section of the whole-grain kernel that contains B vitamins, vitamin E, trace minerals, healthy fats, antioxidants, and phytochemicals. Germ is not a whole grain.

**Hazard Analysis Critical Control Points (HACCP):** A preventative food safety program to control food safety hazards during all aspects of food service operations. HACCP reduces the risk of foodborne hazards by focusing on each step of the food preparation process from receiving to service.

**Healthy Food Certification:** A state statute (Section 10-215f of the Connecticut General Statutes) that requires each board of education or governing authority for all public schools participating in the NSLP to certify annually to the CSDE whether they will follow the Connecticut Nutrition Standards (CNS) for all foods sold to students separately from reimbursable meals. Districts that choose to implement the CNS receive 10 cents per lunch, based on the total number of reimbursable lunches (paid, free, and reduced) served in the district in the prior school year. For more information, see “Connecticut Nutrition Standards” in this section and the CSDE’s [Healthy Food Certification](#) Web page.

**hydrogenated oils:** Oils that have undergone hydrogenation, a chemical process that adds hydrogen and changes the structure of unsaturated fatty acids to increase shelf life and flavor stability. Hydrogenation turns oils that are liquid at room temperature into solids, e.g., shortening and margarine. Oils can be either completely or partially hydrogenated. Partial hydrogenation results in the formation of trans fats, a type of fat that increases the risk for cardiovascular disease. When foods contain partially hydrogenated oils, they are listed in the ingredients, e.g., partially hydrogenated cottonseed and partially hydrogenated soybean oil. For more information, see “trans fats” in this section.

**juice drink:** A product resembling juice that contains full-strength juice along with added water and possibly other ingredients, such as sweeteners, spices or flavorings. Juice drinks do not credit toward the meal pattern requirements.

**lactose:** The naturally occurring sugar found in milk. Lactose contains glucose and galactose. For more information, see “simple carbohydrates (sugars) in this section.

**local educational agency (LEA):** A public board of education or other public or private nonprofit authority legally constituted within a state for either administrative control or direction of, or to perform a service function for, public or private nonprofit elementary schools or secondary schools in a city, county, township, school district, or other political subdivision of a state, or for a combination of school districts or counties that is recognized in a state as an administrative agency for its public or private nonprofit elementary schools or secondary schools. The term also includes any other public or private nonprofit institution or agency having administrative control and direction of a public or private nonprofit elementary school or secondary school, including residential child care institutions, Bureau of Indian Affairs schools, and educational service agencies and consortia of those agencies, as well as the state educational agency in a state or territory in which the state educational agency is the sole educational agency for all public or private nonprofit schools.

**main dish:** The main dish is generally considered the main food item in the menu, which is complemented by the other food items. Examples of main dish items include pizza, chicken stir-fry, and chef’s salad with ham, hard-boiled egg, and cheese.

**meal:** A grain made by coarsely grinding corn, oats, wheat, or other grains. Meal credits toward the USDA meal patterns only if it is whole grain, enriched, or fortified.

**meals:** See “reimbursable meals” in this section.

**meal pattern:** The required food components and minimum serving sizes that schools and institutions participating in the USDA Child Nutrition Programs must provide to receive federal reimbursement for meals and snacks served to children. For more information, see the meal patterns for the NSLP and SBP in [section 1](#).

**meat alternates:** Foods that provide similar protein content to meat. Meat alternates include alternate protein products, cheese, eggs, cooked dry beans or peas, nuts and seeds and their butters (except for acorn, chestnut, and coconut), yogurt, soy yogurt, and commercial tofu containing at least 5 grams of protein in a ¼-cup (2.2 ounces) serving. For more information, see “Meat/Meat Alternates” in [section 2](#).

**menu item:** Any planned main dish, vegetable, fruit, bread, grain, or milk that is part of the reimbursable meal. Menu items consist of food items. For more information, see “food item” in this section.

**monosaturated fats:** A type of unsaturated fat found in olive, canola, peanut, sunflower, and safflower oils, and in avocados, peanut butter, and most nuts. Monosaturated fats may help lower blood cholesterol when used as part of an overall diet that is moderate in fat.

**MyPlate:** Released in June 2011, MyPlate is the USDA’s food guidance system to translate the *Dietary Guidelines for Americans* into a healthy eating plan. MyPlate emphasizes consuming more fruits, vegetables, whole grains, and low-fat dairy. For more information, see the [Choose MyPlate](#) Web site.

**natural cheese:** Cheese that is produced directly from milk such as cheddar, Colby, Monterey Jack, mozzarella, muenster, provolone, Swiss, feta, and brie. Natural cheese also includes pasteurized blended cheese that is made by blending one or more different kinds of natural cheese. Natural cheeses do not include pasteurized process cheese (e.g., American), pasteurized process cheese food, pasteurized process cheese spread, or pasteurized process cheese products.

**National School Lunch Program (NSLP):** The USDA’s federally assisted meal program operating in public and nonprofit private schools and residential child care institutions. The NSLP provides nutritionally balanced, low-cost or free lunches to children each school day. It was established under the National School Lunch Act, signed by President Harry Truman in 1946. For more information, see the CSDE’s [National School Lunch Program](#) Web page.

**noncreditable foods:** Foods and beverages that do not contribute toward any meal pattern components in the USDA Child Nutrition Programs. For more information, see [appendix F](#).

**noncreditable grains:** Grain ingredients that do not contribute toward the grains component. Examples include fiber, bran, germ, and modified food starch (including potato, legume, and other vegetable flours). For more information, see “Grains” in [section 2](#).

**nonnutritive sweeteners:** Ingredients with no calories used as sugar substitutes to sweeten foods and beverages. Nonnutritive sweeteners can be 200 to 600 times sweeter than sugar. They include artificial sweeteners such as acesulfame-potassium, neotame, saccharin, and sucralose and “natural” sweeteners such as stevia (e.g., Rebiana, Rebaudioside A, Truvia, PureVia, and SweetLeaf). For a list of artificial sweeteners, see definition for “artificial sweeteners” in this section.

**nutrient assessment:** A review of school menu records to determine whether they meet the USDA dietary specifications for calories, saturated fat, trans fats, and sodium. For more information, see “Dietary Specifications” in this section and “Nutrient Analysis” in [section 3](#).

**nutrient-dense foods:** Foods that provide substantial amounts of naturally occurring vitamins, minerals, and other nutrients with relatively few calories. Nutrient-dense foods include lean sources of protein and/or complex carbohydrates that are low in total fat and saturated fats. Examples include fruits, vegetables, whole grains, low-fat or nonfat dairy products, lean meat, skinless poultry, fish, eggs, and beans. Foods and beverages that are not nutrient dense supply calories (from fat, added sugars, and processed carbohydrates) but relatively small amounts of nutrients (and sometimes none at all), unless fortified.

**nutrient-rich foods:** See “nutrient-dense foods” in this section.

**offer versus serve (OVS):** A provision that applies to menu planning and the determination of reimbursable school meals in the NSLP and SBP. OVS allows students to decline a certain number of food components or items in the meal. All required meal components must be offered to each student. In the NSLP, students must select at least ½ cup of fruits or vegetables and the full portion (minimum serving size) of at least two other components. In the SBP, students must select at least three food items including at least ½ cup of fruit (or vegetable substitutions, if offered). OVS must be implemented in senior high schools for lunch but is optional for breakfast. For junior high, middle schools and elementary schools, OVS is optional for both breakfast and lunch. For more information on OVS, see [section 4](#).

**ounce equivalent:** The amount of food that meets the USDA serving size requirement for 1 ounce of lean meat/meat alternate or 1 ounce of grain in the meal patterns for the NSLP and the SBP.

**partially hydrogenated oils:** Oils that have been chemically altered to change their consistency from liquid to semi-solid, e.g., margarine. This process results in the formation of trans fats, a type of fat that increases the risk for cardiovascular disease. Partially hydrogenated oils will be listed in the ingredients statement, e.g., partially hydrogenated cottonseed and partially hydrogenated soybean oil. For more information, see “trans fats” in this section.

**point-of-service (POS) meal count:** The point in the food service operation where a determination can accurately be made that a reimbursable free, reduced-price, or paid lunch has been served to an eligible child.

**polyunsaturated fats:** A type of unsaturated fat found in corn, soybean, and cottonseed oils; walnuts; pine nuts; sesame, pumpkin, and flax seeds; and fatty cold-water fish (e.g., salmon, trout, herring, tuna, and mackerel). Polyunsaturated fats may help lower blood cholesterol when consumed as part of an overall diet that is moderate in fat.

**potable water:** Water that is safe for human consumption.

**primary grain ingredient:** The first listed grain ingredient in the product’s ingredients statement.

**product fact sheet:** See “product specification sheet” in this section.

**product formulation statement (PFS):** An information statement obtained from the manufacturer that provides specific information about how a product credits toward the USDA meal pattern requirements, and documents how this information is obtained citing Child Nutrition Program resources or regulations. All creditable ingredients in this statement must match a description in the *Food Buying Guide*. Unlike a CN label, a PFS does not provide any warranty against audit claims. If these foods will be used in a reimbursable meal, the SFA must check the manufacturer’s crediting information for accuracy. For more information, see [appendix I](#).

**product specification sheet:** Manufacturer sales literature that provides various information about the company’s products. These materials do not provide the specific crediting information that is required on a product formulation statement and cannot be used to determine a product’s contribution toward the USDA meal pattern components.

**production record:** A working tool that outlines the type and quantity of foods used to prepare school meals. Production records must demonstrate how meals contribute to the required food components, food items or menu items for each day of operation. In addition, these records must provide sufficient documentation to determine how school meals contribute to meeting the weekly dietary specifications. The USDA regulations require that all schools in the NSLP, SBP, and ASP must complete daily menu production records for all meals. For more information, see “Production Records” in [section 3](#).

**Recommended Dietary Allowance (RDA):** The average daily dietary intake level that is sufficient to meet the nutrient requirement of most healthy individuals in a particular life stage and gender group. The RDA is one of four reference values that comprise the Dietary Reference Intakes (DRIs). For more information, see “Dietary Reference Intakes” in this section.

**reimbursable meals:** Meals or snacks that meet the requirements of the USDA regulations for Child Nutrition Programs.

**refined grains:** Grains that have been processed to remove the bran and germ, making the product less nutritious than whole grains. Refined grains may or may not be enriched. For more information, see “enriched grains” in this section.

**residential child care institution (RCCI):** RCCIs include, but are not limited to homes for the mentally, emotionally or physically impaired, and unmarried mothers and their infants; group homes; halfway houses; orphanages; temporary shelters for abused children and for runaway children; long-term care facilities for chronically ill children; and juvenile detention centers. A long-term care facility is a hospital, skilled nursing facility, intermediate care facility, or distinct part thereof, which is intended for the care of children confined for 30 days or more.

**saturated fats:** A type of fat that raises blood cholesterol, which is a risk factor for cardiovascular disease. Major sources of saturated fats include coconut, palm, and palm kernel oils, butter and beef fats. They also are found in other animal fats, such as pork and chicken fats, and in other plant fats, such as nuts. For more information, see “solid fats” and “trans fats” in this section.

**School Breakfast Program (SBP):** The USDA’s federally assisted meal program operating in public and nonprofit private schools and residential child care institutions. The SBP provides nutritionally balanced, low-cost or free breakfasts to children each school day. The program was established under the Child Nutrition Act of 1966 to ensure that all children have access to a healthy breakfast at school to promote learning readiness and healthy eating behaviors. For more information, see the CSDE’s [School Breakfast Program](#) Web page.

**school food authority (SFA):** The governing body that is responsible for the administration of one or more schools and has the legal authority to operate the USDA school nutrition programs, e.g., National School Lunch Program, School Breakfast Program, Afterschool Snack Program, and Special Milk Program.

**Seamless Summer Option of the NSLP (SSO):** The USDA’s federally assisted summer feeding program that combines features of the NSLP, SBP, and SFSP, and serves meals free of charge to children ages 18 and younger from low-income areas. School districts participating in the NSLP or SBP are eligible to apply to the CSDE to participate in the SSFP. SSFP meals follow the meal patterns of the NSLP and SBP. For more information, see the [Seamless Summer Option](#) Web page.

**serving size or portion:** The weight, measure, number of pieces, or slices of a food or beverage. Schools must provide the minimum serving sizes specified in the USDA meal patterns for meals and snacks to be reimbursable.

**simple carbohydrates (sugars):** Carbohydrates consisting of one sugar (e.g., fructose and galactose) or two sugars (e.g., lactose, maltose, and sucrose). Sugars can be naturally present in foods (such as the fructose in fruit or the lactose in milk) or added to foods (such as sucrose or table sugar). Foods that naturally contain simple carbohydrates (such as fruits, milk, and milk products, and some vegetables) also contain vitamins and minerals. Foods that contain large amounts of added sugars (such as cookies, candy, pastries, sweetened baked goods, regular soft drinks, and other sweetened drinks) provide calories with few, if any, nutrients. For more information, see “added sugars” in this section.

**sodium:** A mineral that helps maintain the body’s fluid balance and blood pressure. Diets that are high in sodium can increase the risk of high blood pressure in individuals who are sodium sensitive. For more information, see “Limiting Sodium” in [section 5](#).

**solid fats:** Fats that are usually not liquid at room temperature. Solid fats are found in most animal foods but also can be made from vegetable oils through hydrogenation. Some common solid fats include butter, beef fat (tallow, suet), chicken fat, pork fat (lard), stick margarine, coconut oil, palm oil, and shortening. Foods high in solid fats include full-fat (regular) cheese, cream, whole milk, ice cream, well-marbled cuts of meats, regular ground beef, bacon, sausages, poultry skin, and many baked goods (such as cookies, crackers, donuts, pastries, and croissants). Solid fats contain more saturated fats and/or trans fats. For more information, see “saturated fats” and “trans fats” in this section.

**Special Milk Program (SMP):** The USDA’s federally assisted program that provides milk to children in schools and child care institutions that do not participate in other federal meal service programs. The SMP reimburses schools for the milk they serve. Schools in the NSLP or SBP may also participate in the SMP to provide milk to children in half-day pre-kindergarten and kindergarten programs where children do not have access to the school meal programs. For more information, see the CSDE’s [Special Milk Program](#) Web page.

**standard of identity for food:** The mandatory government requirements that determine what a food product must contain to be marketed under a certain name in interstate commerce. These standards protect consumers by ensuring a label accurately reflects what is inside, e.g., mayonnaise is not an imitation spread, and ice cream is not a similar, but different, frozen dessert. Standards for meat and poultry products are developed by the USDA. For other food products, standards are set by the Food and Drug Administration (FDA).

**standardized recipe:** A recipe that a given food service operation has tested and adapted for use. This recipe produces the same good results and yield every time when the exact procedures are used with the same type of equipment, and the same quantity and quality of ingredients. Standardized recipes include specific information such as ingredients, weights and measures, preparation directions, serving directions, yield, and portion size.

**sucrose:** Another name for table sugar. Sucrose contains glucose and fructose. For more information, see “simple carbohydrates (sugars) in this section.

**sugar alcohols (polyols):** A type of carbohydrate used as sugar substitutes to sweeten foods and beverages. Sugar alcohols are incompletely absorbed and metabolized by the body, and contribute fewer calories than most sugars. They also perform other functions such as adding bulk and texture to foods. Common sugar alcohols include sorbitol, mannitol, xylitol, maltitol, maltitol syrup, lactitol, erythritol, isomalt, and hydrogenated starch hydrolysates (HSH). Products with sugar alcohols are often labeled “sugar free.” Large amounts of sugar alcohols may cause bloating, gas, or diarrhea. For more information, see “nonnutritive sweeteners” in this section.

**sugars:** See “added sugars” and “simple carbohydrates” in this section.

**Summer Food Service Program (SFSP):** The USDA’s federally assisted summer feeding program for children ages 18 and younger that provides nutritious meals when schools end for the summer. For more information, see the CSDE’s [Summer Food Service Program](#) Web page.

**trans fats:** A type of unsaturated fat that is structurally different from the unsaturated fatty acids that occur naturally in plant foods, and therefore has different health effects. Trans fats increase the risk of cardiovascular disease. Most trans fats are artificially made as the result of “hydrogenation.” This manufacturing process transforms liquid vegetable oils into a solid (saturated) fat to increase shelf life and enhance the flavor and texture of food products. Sources of trans fatty acids include partially hydrogenated vegetable oils used in processed foods such as desserts, microwave popcorn, frozen pizza, some margarines, and coffee creamer. Trans fats are also present naturally in foods that come from ruminant animals (e.g., cattle and sheep) such as dairy products, beef, and lamb. For more information, see “partially hydrogenated oils” in this section.

**USDA Foods:** Foods available to the USDA Child Nutrition Programs through the CSDE’s Food Distribution Program. For more information, see the USDA’s [Food Distribution Programs](#) Web page, and the CSDE’s [Food Distribution Program](#) Web page.

**wheat bread:** Bread that often has wheat flour or enriched wheat flour (not whole-wheat flour) as an ingredient. Wheat bread is not whole grain unless it is labeled “whole-wheat bread.” Wheat bread is low in fiber unless the manufacturer has added fiber.

**whole foods:** Foods that are unprocessed or minimally processed and do not contain added ingredients such as fat, sugars, or sodium.

**whole fruits and vegetables:** Fresh, frozen, canned, and dried fruits and vegetables that are unprocessed or minimally processed, and do not contain added ingredients such as fat, sugars, or sodium.

**whole-grain flour:** Flour made by grinding the entire whole-grain kernel, including the fiber-rich bran, nutrient-rich germ, and starchy endosperm. Flour or meal that does not contain all parts of the grain is not whole grain, e.g., degermed corn, milled rice, and wheat flour.

**whole grains:** Grains that consist of the entire kernel, including the starchy endosperm, the fiber-rich bran, and the nutrient-rich germ. All grains start out as whole grains, but many are processed to remove the bran and germ, which also removes many of the nutrients. Whole grains are nutrient rich, containing vitamins, minerals, fiber, antioxidants, and health-enhancing phytonutrients such as lignans and flavonoids. Examples of whole grains include whole wheat, whole oats, oatmeal, whole-grain cornmeal, brown rice, whole rye, whole barley, wild rice, buckwheat, and bulgur (cracked wheat). For more information, see “Identifying Whole Grains” in [section 2](#).

**whole grain-rich:** Whole grain-rich products must contain at least 50 percent whole grains, any other grain ingredients must be enriched, and any noncreditable grains must be less than two percent ( $\frac{1}{4}$  ounce equivalent) of the product formula. To comply with this limit, the combined total of all noncreditable grains cannot exceed 3.99 grams for groups A-G (baked goods) or 6.99 grams per serving for groups H (cereal grains) and I (ready-to-eat breakfast cereals) of the USDA ounce equivalent chart. For more information, see “Whole Grain-rich Requirement” in [section 2](#).

**whole-wheat bread:** Bread that contains the whole grain, including the starchy endosperm, the fiber-rich bran, and the nutrient-rich germ. Whole-wheat flour will be listed as the first grain ingredient.







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