

Worksheet for Determining Whether Snacks and Desserts Meet the Connecticut Nutrition Standards

This worksheet applies only to the *Snacks and Desserts* category of the Connecticut Nutrition Standards. Worksheets for the other four categories (Entrees, Fruits and Vegetables, Soups and Cooked Grains) are available on the Connecticut State Department of Education's (CSDE) Evaluating Foods for Compliance Web page at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322430>.

INSTRUCTIONS: Complete all information in column 2. For purchased foods, use the product's Nutrition Facts label and ingredients list. For school-made foods, use the standardized recipe and nutrient analysis. To determine the percent of calories from fat and saturated fats and the percent of sugars by weight, follow the instructions in column 1. In column 3, respond to each question in column 1. The food complies with the Connecticut Nutrition Standards if the answers to standards 1-8 are "yes" and the answers to standards 9-13 are "no." Foods that do not meet the Connecticut Nutrition Standards cannot be sold to students on school premises.

Name of Product: _____ Manufacturer: _____

COLUMN 1	COLUMN 2	COLUMN 3												
STANDARDS 1-9: For purchased foods, use the Nutrition Facts label and ingredients list on the package. For school-made foods, use the nutrient analysis of the standardized recipe and the list of ingredients.	Product Contains	To comply, the response to questions 1-9 must be "yes"												
1. Calories: Does the product contain 200 calories or less per serving or package? ¹	Calories:	<input type="checkbox"/> yes <input type="checkbox"/> no												
2. Fat: Does the product contain 35 percent or less of total calories from fat? ► Exemption: Nuts, seeds, nut or seed butters, and low-fat or reduced fat 100 percent natural cheese. ^{2,3} Determine Percent of Calories from Fat <table style="width: 100%; border: none;"> <tr> <td style="width: 60%;"> Step 1 From Nutrition Facts label, list <i>fat grams</i> per serving. _____ </td> <td style="width: 5%; text-align: center;">_____</td> <td style="width: 35%; text-align: right;">fat grams per serving</td> </tr> <tr> <td> Step 2 Multiply fat grams (Step 1) by 9 to get <i>calories from fat</i> (1 gram of fat equals 9 calories). _____ </td> <td style="text-align: center;">_____</td> <td style="text-align: right;">calories from fat</td> </tr> <tr> <td> Step 3 From Nutrition Facts label, list <i>calories</i> per serving. _____ </td> <td style="text-align: center;">_____</td> <td style="text-align: right;">calories per serving</td> </tr> <tr> <td> Step 4 Divide <i>calories from fat</i> (Step 2) by <i>calories</i> per serving (Step 3). Multiply by 100 to get percent of calories from fat. _____ </td> <td style="text-align: center;">_____</td> <td style="text-align: right;">percent of calories from fat</td> </tr> </table>	Step 1 From Nutrition Facts label, list <i>fat grams</i> per serving. _____	_____	fat grams per serving	Step 2 Multiply fat grams (Step 1) by 9 to get <i>calories from fat</i> (1 gram of fat equals 9 calories). _____	_____	calories from fat	Step 3 From Nutrition Facts label, list <i>calories</i> per serving. _____	_____	calories per serving	Step 4 Divide <i>calories from fat</i> (Step 2) by <i>calories</i> per serving (Step 3). Multiply by 100 to get percent of calories from fat. _____	_____	percent of calories from fat	Percent of calories from fat:	<input type="checkbox"/> yes <input type="checkbox"/> no
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3. Saturated Fats: Does the product contain less than 10 percent of total calories from saturated fat? ► Exemption: Nuts, seeds, nut or seed butters, and low-fat or reduced fat 100 percent natural cheese. ^{2,3} Determine Percent of Calories from Saturated Fat <table style="width: 100%; border: none;"> <tr> <td style="width: 60%;"> Step 1 From Nutrition Facts label, list <i>saturated fat grams</i> per serving. _____ </td> <td style="width: 5%; text-align: center;">_____</td> <td style="width: 35%; text-align: right;">saturated fat grams per serving</td> </tr> <tr> <td> Step 2 Multiply saturated fat grams (Step 1) by 9 to get <i>calories from saturated fat</i> (1 gram of fat equals 9 calories). _____ </td> <td style="text-align: center;">_____</td> <td style="text-align: right;">calories from saturated fat</td> </tr> <tr> <td> Step 3 From Nutrition Facts label, list <i>calories</i> per serving. _____ </td> <td style="text-align: center;">_____</td> <td style="text-align: right;">calories per serving</td> </tr> <tr> <td> Step 4 Divide <i>calories from saturated fat</i> (Step 2) by <i>calories</i> per serving (Step 3). Multiply by 100 to get percent of calories from saturated fat. _____ </td> <td style="text-align: center;">_____</td> <td style="text-align: right;">percent of calories from saturated fat</td> </tr> </table>	Step 1 From Nutrition Facts label, list <i>saturated fat grams</i> per serving. _____	_____	saturated fat grams per serving	Step 2 Multiply saturated fat grams (Step 1) by 9 to get <i>calories from saturated fat</i> (1 gram of fat equals 9 calories). _____	_____	calories from saturated fat	Step 3 From Nutrition Facts label, list <i>calories</i> per serving. _____	_____	calories per serving	Step 4 Divide <i>calories from saturated fat</i> (Step 2) by <i>calories</i> per serving (Step 3). Multiply by 100 to get percent of calories from saturated fat. _____	_____	percent of calories from saturated fat	Percent of calories from saturated fat:	<input type="checkbox"/> yes <input type="checkbox"/> no
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4. Trans Fats: Does the product contain zero trans fats (less than 0.5 gram) per serving or package? ^{1, 4, 5}	Trans fats (grams):	<input type="checkbox"/> yes <input type="checkbox"/> no												
<i>For yogurt, pudding and smoothies, skip this standard and complete standard 7 instead.</i>	Sugars (grams):	<input type="checkbox"/> yes <input type="checkbox"/> no												
5. Sugars (Grams): Does the product contain 15 grams or less of sugars per serving or package? ¹ ► Exemption: Frozen desserts containing <i>only 100 percent juice or fruit and no added sugars</i> .														
<i>For yogurt, pudding and smoothies, skip this standard and complete standard 7 instead.</i>	Percent of sugars by weight:	<input type="checkbox"/> yes <input type="checkbox"/> no												
6. Sugars (Percent by Weight): Does the product contain 35 percent or less of total sugars by weight? ► Exemption: Frozen desserts containing <i>only 100 percent juice or fruit and no added sugars</i> . Determine Percent of Sugars By Weight <table style="width: 100%; border: none;"> <tr> <td style="width: 60%;"> Step 1 From Nutrition Facts label, list <i>grams of sugars</i> per serving. _____ </td> <td style="width: 5%; text-align: center;">_____</td> <td style="width: 35%; text-align: right;">grams of sugars per serving</td> </tr> <tr> <td> Step 2 From Nutrition Facts label, list <i>weight of serving</i> in grams. _____ ► To convert ounces to grams, multiply ounces by 28.35 (1 ounce equals 28.35 grams). _____ </td> <td style="text-align: center;">_____</td> <td style="text-align: right;">weight of serving (grams)</td> </tr> <tr> <td> Step 3 Divide <i>grams of sugars</i> (Step 1) by <i>weight of serving</i> (Step 2) and multiply by 100 to get percent of sugars by weight. _____ </td> <td style="text-align: center;">_____</td> <td style="text-align: right;">percent of sugars by weight</td> </tr> </table>	Step 1 From Nutrition Facts label, list <i>grams of sugars</i> per serving. _____	_____	grams of sugars per serving	Step 2 From Nutrition Facts label, list <i>weight of serving</i> in grams. _____ ► To convert ounces to grams, multiply ounces by 28.35 (1 ounce equals 28.35 grams). _____	_____	weight of serving (grams)	Step 3 Divide <i>grams of sugars</i> (Step 1) by <i>weight of serving</i> (Step 2) and multiply by 100 to get percent of sugars by weight. _____	_____	percent of sugars by weight					
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<i>This standard applies only to yogurt, pudding and smoothies (made with low-fat yogurt or other low-fat dairy alternatives or fruit or 100 percent juice). Skip this standard for all other foods.</i>	Sugars per ounce:	<input type="checkbox"/> yes <input type="checkbox"/> no												
7. Sugars per Ounce: Does the product contain 4 grams or less of total sugars per ounce? Determine Sugars per Ounce <table style="width: 100%; border: none;"> <tr> <td style="width: 60%;"> Step 1 From Nutrition Facts label, list <i>grams of sugars</i> per serving. _____ </td> <td style="width: 5%; text-align: center;">_____</td> <td style="width: 35%; text-align: right;">grams of sugars per serving</td> </tr> <tr> <td> Step 2 From Nutrition Facts label, list <i>total ounces</i> of the serving. _____ </td> <td style="text-align: center;">_____</td> <td style="text-align: right;">ounces per serving</td> </tr> <tr> <td> Step 3 Divide <i>grams of sugars</i> (Step 1) by <i>total ounces</i> (Step 2) to get sugars per ounce. _____ </td> <td style="text-align: center;">_____</td> <td style="text-align: right;">sugars per ounce</td> </tr> </table>	Step 1 From Nutrition Facts label, list <i>grams of sugars</i> per serving. _____	_____	grams of sugars per serving	Step 2 From Nutrition Facts label, list <i>total ounces</i> of the serving. _____	_____	ounces per serving	Step 3 Divide <i>grams of sugars</i> (Step 1) by <i>total ounces</i> (Step 2) to get sugars per ounce. _____	_____	sugars per ounce					
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Worksheet for Snacks and Desserts, continued

COLUMN 1	COLUMN 2	COLUMN 3
STANDARDS 1-9: For purchased foods, use the Nutrition Facts label and ingredients list on the package. For school-made foods, use the nutrient analysis of the standardized recipe and the list of ingredients.	Product Contains	To comply, the response to questions 1-9 must be "yes"
8. Sodium: Does the product contain 480 milligrams or less per serving or package? ¹	Sodium (milligrams):	<input type="checkbox"/> yes <input type="checkbox"/> no
9. Condiments: Is the product packaged without any condiments? ▶ If a condiment is packaged with or is part of the snack item being sold (e.g., bagel with cream cheese, muffin with butter, chips and salsa), the nutrition information for the condiment must be added to the nutrition information for the snack item when evaluating the product. If the condiment is not packaged with the snack item (e.g., the student has a choice whether to take it), then the snack item is evaluated separately and the condiment is not included. ⁵	List condiments in package:	<input type="checkbox"/> yes <input type="checkbox"/> no
STANDARDS 10-14: For purchased foods, review the ingredients list on the package. For school-made foods, review the ingredients on the standardized recipe.	Product Contains	To comply, the response to questions 10-14 must be "no"
10. Artificial and Nonnutritive Sweeteners and Sugar Alcohols: Does the product contain any artificial sweeteners (e.g., acesulfame potassium, aspartame and sucralose), nonnutritive sweeteners (stevia, Rebiana, Truvia, PureVia and SweetLeaf) or sugar alcohols (e.g., sorbitol, maltitol, erythritol and xylitol)? ⁵	List artificial and nonnutritive sweeteners or sugar alcohols or indicate "NONE":	<input type="checkbox"/> yes <input type="checkbox"/> no
11. Chemically Altered Fat Substitutes. Does product contain any chemically altered fat substitutes (e.g., olestra, simplesse and olean)? ⁵	List chemically altered fat substitutes or indicate "NONE":	<input type="checkbox"/> yes <input type="checkbox"/> no
12. Caffeine: Does the product contain added caffeine (not including trace amounts of naturally occurring caffeine and related substances, e.g., chocolate cookies and coffee yogurt)? ⁵	List caffeine ingredients or indicate "NONE":	<input type="checkbox"/> yes <input type="checkbox"/> no
13. Nutrition Supplements: Does the product contain any nutrition supplements, such as amino acids (e.g., taurine, glutamine, lysine and arginine), extracts (e.g., green tea extract and gotu kola extract) and herbs or other botanicals (e.g., ginseng and ginkgo biloba)? ^{5,6}	List nutrition supplements or indicate "NONE":	<input type="checkbox"/> yes <input type="checkbox"/> no
14. Significant fortification: Is the product significantly fortified without being naturally nutrient rich? ^{5,7}	List significant fortification or indicate "NONE":	<input type="checkbox"/> yes <input type="checkbox"/> no
<p>Snacks and Desserts (except yogurt, pudding and smoothies): This food meets the Connecticut Nutrition Standards if the answers to standards 1-6 and 8-9 are "yes" and the answers to standards 10-14 are "no." Standard 7 applies only to yogurt, pudding and smoothies.</p> <p>Yogurt, Pudding and Smoothies: This food meets the Connecticut Nutrition Standards if the answers to standards 1-4 and 7-9 are "yes" and the answers to standards 10-14 are "no." Standards 5 and 6 do not apply to yogurt, pudding and smoothies.</p>		

Better Choice Recommendations

In addition to meeting the Connecticut Nutrition Standards, the Connecticut State Department of Education strongly encourages schools to choose foods that also meet the Better Choice Recommendations. The Better Choice Recommendations are additional recommendations beyond the specific requirements of the Connecticut Nutrition Standards. They are not required but help schools to identify foods that are even better choices.

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|--|-----------------------------|
| | Check Box if Meets Criteria |
| • No hydrogenated or partially hydrogenated oils (see ingredients list). | <input type="checkbox"/> |
| • No artificial flavors or colors (see ingredients list). | <input type="checkbox"/> |
| • No high fructose corn syrup (see ingredients list). | <input type="checkbox"/> |
| • At least 2.5 grams of fiber (see Nutrition Facts panel or nutrient analysis of recipe). | <input type="checkbox"/> |
| • 100 percent whole grain (all grains are whole) or contains only whole grains with bran, germ or fiber (see ingredients list). ⁵ | <input type="checkbox"/> |

¹ If a package contains multiple servings, the nutrition information for the *entire package* must be reviewed for compliance. This is determined by multiplying the nutrients per serving (e.g., calories, fat, saturated fat, trans fats, sugars and sodium) by the number of servings in the package. For example, if a product contains 150 calories per serving and the package contains two servings, the package contains 300 calories and does not meet the Connecticut Nutrition Standards.

² The exemption for the naturally occurring fat in nuts, seeds and nut or seed butters does not apply to any *added* fats in these foods. Nuts, seeds and nut or seed butters with added fats must be evaluated for compliance based on the amount of added fat contained. The manufacturer must provide information regarding the amount of naturally occurring versus added fat in a serving. The fat exemption does not apply to packaged snacks containing these foods as an ingredient, e.g., peanut butter cookie, pecan cookie or peanut butter crackers. These foods must meet the specific fat standard for the *Snacks and Desserts* category.

³ The fat exemption for cheese applies only to 100 percent natural (real) cheese, pasteurized blended cheese and cottage cheese, as defined by the Food and Drug Administration's (FDA) standards of identity. It does not apply to full-fat cheese or foods that contain cheese as an ingredient, such as pasteurized process cheese (e.g., American), pasteurized process cheese food, pasteurized process cheese spread, pasteurized process cheese product, cheese sauces or cheese crackers. These foods must meet the specific fat standard for the *Snacks and Desserts* category.

⁴ Labeling laws allow foods to contain trans fats even if the label states "0 grams." Choose foods without hydrogenated or partially hydrogenated oils.

⁵ For more information, see *Connecticut Nutrition Standards for Food in Schools* at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322432>.

⁶ Products containing nutrition supplements (e.g., amino acids, extracts, herbs or other botanicals) are not allowed, regardless of whether their nutrient content meets the Connecticut Nutrition Standards for food or the state statutes for beverages.

⁷ Significantly fortified foods and beverages are not allowed unless they are naturally nutrient-rich and fortified with nutrients at levels based on scientifically documented health needs, e.g., milk fortified with vitamins A and D, breakfast cereals fortified with iron, orange juice fortified with calcium or grain products fortified with folic acid.

For purchased items, please submit the completed worksheet and product packaging (including nutrition facts label, package size, list of ingredients and UPC code) to the Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457 or to susan.fiore@ct.gov. Allowable products will be added to the Connecticut State Department of Education's (CSDE) *List of Acceptable Foods and Beverages*, at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322432>.