

# Worksheet for Determining Whether Fruits and Vegetables Meet the Connecticut Nutrition Standards

This worksheet applies only to the *Fruits and Vegetables* category of the Connecticut Nutrition Standards. Worksheets for the other four categories (Entrees, Cooked Grains, Soups and Snacks and Desserts) 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
<b>STANDARDS 1-8:</b> 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.	<b>Product Contains</b>	To comply, the response to questions 1-9 must be "yes"
1. <b>Calories:</b> Does the product contain <b>200 calories or less</b> per serving or package? <sup>1</sup>	Calories:	<input type="checkbox"/> yes <input type="checkbox"/> no
2. <b>Fat:</b> Does product contain <b>35 percent or less</b> of total calories from fat? <b>Determine Percent of Calories from Fat</b> <b>Step 1</b> From Nutrition Facts label, list <i>fat grams</i> per serving. _____ fat grams per serving <b>Step 2</b> Multiply fat grams (Step 1) by 9 to get <i>calories from fat</i> (1 gram of fat equals 9 calories). _____ calories from fat <b>Step 3</b> From Nutrition Facts label, list <i>calories</i> per serving. _____ calories per serving <b>Step 4</b> 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
3. <b>Saturated Fats:</b> Does the product contain <b>less than 10 percent</b> of total calories from saturated fat? <b>Determine Percent of Calories from Saturated Fat</b> <b>Step 1</b> From Nutrition Facts label, list <i>saturated fat grams</i> per serving. _____ saturated fat grams per serving <b>Step 2</b> 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 <b>Step 3</b> From Nutrition Facts label, list <i>calories</i> per serving. _____ calories per serving <b>Step 4</b> 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
4. <b>Trans Fats:</b> Does the product contain <b>zero trans fats</b> (less than 0.5 gram) per serving or package? <sup>1, 2, 3</sup>	Trans fats (grams):	<input type="checkbox"/> yes <input type="checkbox"/> no
5. <b>Sugars (Grams):</b> Does the product contain <b>15 grams or less</b> of sugars per serving or package? <sup>1</sup> ► Exemption: Fruits and vegetables in all forms without added sugars.	Sugars (grams):	<input type="checkbox"/> yes <input type="checkbox"/> no
6. <b>Sugars (Percent by Weight):</b> Does the product contain <b>35 percent or less</b> of total sugars by weight? ► Exemption: Fruits and vegetables in all forms without added sugars. <b>Determine Percent of Sugars By Weight</b> <b>Step 1</b> From Nutrition Facts label, list <i>grams of sugars</i> per serving. _____ grams of sugars per serving <b>Step 2</b> From Nutrition Facts label, list <i>weight of serving</i> in grams. _____ weight of serving (grams) ► To convert ounces to grams, multiply ounces by 28.35 (1 ounce equals 28.35 grams). <b>Step 3</b> 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	Percent of sugars by weight:	<input type="checkbox"/> yes <input type="checkbox"/> no
7. <b>Sodium:</b> Does the product contain <b>480 milligrams or less</b> per serving or package? <sup>1</sup>	Sodium (milligrams):	<input type="checkbox"/> yes <input type="checkbox"/> no
8. <b>Condiments:</b> Is the product packaged <b>without</b> any condiments? ► If a condiment is packaged with or is part of the fruit or vegetable being sold (e.g., carrots with low-fat dressing or apple slices with caramel dipping sauce), the nutrition information for the condiment must be added to the nutrition information for the fruit or vegetable when evaluating the product. If the condiment is not packaged with the fruit or vegetable (e.g., the student has a choice whether to take it), then the fruit or vegetable is evaluated separately and the condiment is not included. <sup>3</sup>	List condiments in package:	<input type="checkbox"/> yes <input type="checkbox"/> no

## Worksheet for Fruits and Vegetables, continued

COLUMN 1	COLUMN 2	COLUMN 3
<b>STANDARDS 9-13:</b> For purchased foods, review the ingredients list on the package. For school-made foods, review the ingredients on the standardized recipe.	<b>Product Contains</b>	To comply, the response to questions 9-13 must be "no"
9. <b>Artificial and Nonnutritive Sweeteners and Sugar Alcohols:</b> 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)? <sup>3</sup>	List artificial and nonnutritive sweeteners or sugar alcohols or indicate "NONE":	<input type="checkbox"/> yes <input type="checkbox"/> no
10. <b>Chemically Altered Fat Substitutes.</b> Does the product contain any chemically altered fat substitutes (e.g., olestra, simplesse and olean)? <sup>3</sup>	List chemically altered fat substitutes or indicate "NONE":	<input type="checkbox"/> yes <input type="checkbox"/> no
11. <b>Caffeine:</b> Does the product contain added caffeine (not including trace amounts of naturally occurring caffeine and related substances, e.g., chocolate cookies and coffee yogurt)? <sup>3</sup>	List caffeine ingredients or indicate "NONE":	<input type="checkbox"/> yes <input type="checkbox"/> no
12. <b>Nutrition Supplements:</b> 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)? <sup>3,4</sup>	List nutrition supplements or indicate "NONE":	<input type="checkbox"/> yes <input type="checkbox"/> no
13. <b>Significant fortification:</b> Is the product significantly fortified without being naturally nutrient rich? <sup>3,5</sup>	List significant fortification or indicate "NONE":	<input type="checkbox"/> yes <input type="checkbox"/> no
<b>This food meets the Connecticut Nutrition Standards if the answers to standards 1-8 are "yes" and the answers to standards 9-13 are "no."</b>		

### 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.

- No hydrogenated or partially hydrogenated oils (see ingredients list).
- No artificial flavors or colors (see ingredients list).
- No high fructose corn syrup (see ingredients list).
- At least 2.5 grams of fiber (see Nutrition Facts panel or nutrient analysis of recipe).

Check Box if  
Meets Criteria

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<sup>1</sup> 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 fats, 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.

<sup>2</sup> Labeling laws allow foods to contain trans fats even if the label states "0 grams." Choose foods without hydrogenated or partially hydrogenated oils.

<sup>3</sup> 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>.

<sup>4</sup> 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.

<sup>5</sup> 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.