

Worksheet for Determining Whether Entree Items Sold Only A La Carte Meet the Connecticut Nutrition Standards

This worksheet applies only to the *Entrees* category of the Connecticut Nutrition Standards.¹ Worksheets for the other four categories (Fruits and Vegetables, 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
STANDARDS 1-8: 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 1-8 must be "yes"
<p>1. Entree Definition: Does the product meet the definition for an entree item under the Connecticut Nutrition Standards?</p> <p>Under the Connecticut Nutrition Standards, entree items include three categories of main dish food items:</p> <ul style="list-style-type: none"> a combination food of meat/meat alternate and grain/bread (e.g., turkey sandwich, pizza, hamburger on a bun and cheese burrito) a combination food of vegetable/fruit and meat/meat alternate (e.g., chef's salad, fruit and cheese platter, baked potato with chili and chicken vegetable stir-fry) a meat/meat alternate alone (e.g., sausage patty, egg and chicken nuggets), excluding yogurt, nuts, seeds, nut or seed butters and cheese. <i>Note: Yogurt, nuts, seeds, nut or seed butters and cheese are addressed by the nutrition standards for the category of Snacks and Desserts and are evaluated using these standards.</i> <p>Note: Individual food items that are already addressed by the other categories of the Connecticut Nutrition Standards are not entree items, including items in the categories of <i>Snacks and Desserts</i> (e.g., cereal, cookies, snack chips, granola bars, pudding, ice cream, yogurt, nuts and seeds, rolls, bagels, pancakes, muffins, waffles, french toast); <i>Fruits and Vegetables</i> (e.g., fresh fruit, french fries, hash brown patty); <i>Cooked Grains</i> (e.g., rice, pasta); and <i>Soups</i>. These items must be evaluated using the nutrition standards for the appropriate food category.</p>	Check one: <input type="checkbox"/> meat/meat alternate and grain/bread <input type="checkbox"/> vegetable/fruit and meat/meat alternate <input type="checkbox"/> meat/meat alternate alone, excluding yogurt, nuts, seeds, nut or seed butters and cheese	<input type="checkbox"/> yes <input type="checkbox"/> no
<p>2. Calories and Portion Size: Does the product contain the same calories and portion size of the comparable entree item in the U.S. Department of Agriculture (USDA) meal pattern?</p>	Calories and portion size:	<input type="checkbox"/> yes <input type="checkbox"/> no
<p>3. Fat: Does the entree contain 35 percent or less of total calories from fat?</p> <p>Determine Percent of Calories from Fat</p> <p>Step 1 From Nutrition Facts label, list <i>fat grams</i> per serving. _____ fat grams per serving</p> <p>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</p> <p>Step 3 From Nutrition Facts label, list <i>calories</i> per serving. _____ calories per serving</p> <p>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</p>	Percent of calories from fat:	<input type="checkbox"/> yes <input type="checkbox"/> no
<p>4. Saturated Fats: Does the entree contain less than 10 percent of total calories from saturated fat?</p> <p>Determine Percent of Calories from Saturated Fat</p> <p>Step 1 From Nutrition Facts label, list <i>saturated fat grams</i> per serving. _____ saturated fat grams per serving</p> <p>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</p> <p>Step 3 From Nutrition Facts label, list <i>calories</i> per serving. _____ calories per serving</p> <p>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</p>	Percent of calories from saturated fat:	<input type="checkbox"/> yes <input type="checkbox"/> no
<p>5. Trans Fats: Does the entree contain zero trans fats (less than 0.5 gram)?²</p>	Trans fats (grams):	<input type="checkbox"/> yes <input type="checkbox"/> no
<p>6. Sugars (Grams): Does the entree contain 15 grams or less of sugars?</p>	Sugars (grams):	<input type="checkbox"/> yes <input type="checkbox"/> no
<p>7. Sodium: Does the entree contain 480 milligrams or less?</p>	Sodium (milligrams):	<input type="checkbox"/> yes <input type="checkbox"/> no
<p>8. Condiments: Is the entree packaged without any condiments?</p> <p>▶ If a condiment is packaged with or is part of the entree item being sold (e.g., hamburger with ketchup or chicken nuggets with dipping sauce), 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 entree item (e.g., the student has a choice whether to take it), then the entree item is evaluated separately and the condiment is not included.³</p>	List condiments in package:	<input type="checkbox"/> yes <input type="checkbox"/> no

Worksheet for Entrees, continued

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

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).
<i>Applies only to entrees that contain grains, fruits and vegetables.</i> | <input type="checkbox"/> |
| • 100 percent whole grain (all grains are whole) or contains only whole grains with bran, germ or fiber (see ingredients list).
<i>Applies only to entrees that contain grains, e.g., bread, pasta and rice.</i> | <input type="checkbox"/> |

¹ For entrees, the Connecticut Nutrition Standards apply only to entrees that are *only sold a la carte*. Entrees that are planned and served as part of a USDA reimbursable meal and are also sold a la carte on the *same day* are not required to meet any additional standards, except for calories and portion size (standard 2). This provision applies only to entree items that are planned and served as part of the reimbursable meal and are also sold separately on the same day. It does not apply to any of the other meal components that are also sold a la carte. Any other meal components that are also sold separately from the meal must meet the Connecticut Nutrition Standards for the appropriate food category, e.g., *Snacks and Desserts, Fruits and Vegetables, Soups and Cooked Grains*. For example, french fries that are part of a reimbursable meal can only be sold a la carte if they meet the nutrition standards for the *Fruits and Vegetables* category. Muffins that are part of a reimbursable meal can only be sold a la carte if they meet the nutrition standards for the *Snacks and Desserts* category.

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

³ 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>.

⁴ 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.

⁵ 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>.