

Worksheet for Determining Whether Cooked Grains Meet the Connecticut Nutrition Standards

This worksheet applies only to the *Cooked Grains* category of the Connecticut Nutrition Standards. Worksheets for the other four categories (Entrees, Fruits and Vegetables, 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 1-7: 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 1-7 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? Determine Percent of Calories from Fat 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
3. Saturated Fats: Does the product contain less than 10 percent of total calories from saturated fat? Determine Percent of Calories from Saturated Fat 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
4. Trans Fats: Does the product contain zero trans fats (less than 0.5 gram) per serving or package? ^{1, 2, 3}	Trans fats (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	Sugars (grams):	<input type="checkbox"/> yes <input type="checkbox"/> no
6. Sodium: Does the product contain 480 milligrams or less per serving or package? ¹	Sodium (milligrams):	<input type="checkbox"/> yes <input type="checkbox"/> no
7. Condiments: Is the product packaged without any condiments? ► If a condiment is packaged with or is part of the cooked grain being sold (e.g., rice with duck sauce or pasta with butter), 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 cooked grain (e.g., the student has a choice whether to take it), then the cooked grain is evaluated separately and the condiment is not included. ³	List condiments in package:	<input type="checkbox"/> yes <input type="checkbox"/> no

Worksheet for Cooked Grains, continued

COLUMN 1	COLUMN 2	COLUMN 3
STANDARDS 8-12: 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 8-12 must be "no"
8. 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)? ³	List artificial and nonnutritive sweeteners or sugar alcohols or indicate "NONE":	<input type="checkbox"/> yes <input type="checkbox"/> no
9. Chemically Altered Fat Substitutes. Does the product 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
10. 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)? ³	List caffeine ingredients or indicate "NONE":	<input type="checkbox"/> yes <input type="checkbox"/> no
11. 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)? ^{3,4}	List nutrition supplements or indicate "NONE":	<input type="checkbox"/> yes <input type="checkbox"/> no
12. Significant fortification: Is the product significantly fortified without being naturally nutrient rich? ^{3,5}	List significant fortification or indicate "NONE":	<input type="checkbox"/> yes <input type="checkbox"/> no
This food meets the Connecticut Nutrition Standards if the answers to standards 1-7 are "yes" and the answers to standards 8-12 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). | <input type="checkbox"/> |
| • 100 percent whole grain (all grains are whole) or contains only whole grains with bran, germ or fiber (see ingredients list). ³ | <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 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.flore@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>.