

List of Acceptable Foods and Beverages

LIST 10 FROZEN DESSERTS AND ICE CREAM

This list includes frozen desserts and ice cream that meet the Connecticut Nutrition Standards for the *Snacks and Desserts* category. For more information on the Connecticut Nutrition Standards, see <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322422>.

The portion size for acceptable products is an individual serving size or package that does not exceed 200 calories. Products with more than one serving per package are indicated in the "Notes" column. Nutrition information for these products is listed for the entire package, not the single serving size.

Product formulations and packaging can change. The nutrition information below is based on the package label or manufacturer information supplied at the time of product review. If this information does not match your product's label, please provide the Nutrition Facts label and ingredients list to the Connecticut State Department of Education (CSDE) so this information can be updated. The CSDE *List of Acceptable Food and Beverages* is updated regularly and is subject to change. Check online for the most recent version at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322422>. Contact information for listed vendors is available in *Contact Information for Vendors* at <http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/VendorsHealthySnacks.pdf>.

To assist in identifying new items added since the previous edition of this list, the manufacturer and food item (first two columns) of all new items are highlighted in pink.

The nutritional value of products meeting the Connecticut Nutrition Standards varies. For example, popsicles may meet the standards for fat and sugar, but still do not provide any significant nutritional value, e.g., vitamins, minerals and fiber. The CSDE encourages schools to identify the best choices by reviewing nutrition content (fat, saturated fat, sugar, sodium and fiber), and choosing products that meet the following three "better choice" recommendations (see green and white columns on right):

- No hydrogenated or partially hydrogenated oils (Labels can claim "0" trans fat and still contain these sources of trans fat.)
- No artificial flavors or colors
- No high fructose corn syrup

The CSDE strongly encourages schools to ensure that a la carte food choices include a variety of minimally processed and whole foods that are naturally nutrient rich, such as fruits, vegetables, whole grains, low-fat or nonfat dairy, lean meats and legumes.

FROZEN DESSERTS, including ice cream, ice cream novelties, frozen yogurt, Italian ice, sorbets, frozen juice or fruit bars, frozen fruit-based desserts

Connecticut Nutrition Standards for Snacks and Desserts

Frozen desserts containing only 100 percent juice or fruit and no added sugars are exempt from the sugar standards. These foods are identified in the "Notes" column and their sugar content is indicated in blue (see columns for "Total Sugars" and "Percent Sugars by Weight").

No artificial sweeteners, nonnutritive sweeteners or sugar alcohols.
No chemically altered fat substitutes.
No caffeine, except for trace amounts of naturally occurring caffeine-related substances.

Better Choice Recommendations

Choose products that meet all five recommendations.

Manufacturer	Food Item	Package or Serving Size	Weight (g)	Calories	Fat (g)	Percent Calories from Fat	Saturated Fat (g)	Percent Calories from Saturated Fat	Trans Fat (g)	Total Sugars (g)	Percent Sugars by Weight	Sodium (mg)	Fiber (g)	Vendor	Notes	Date Reviewed	Better Choice Recommendations		
																	No more than 200 calories	No more than 35 percent of total calories	Less than 10 percent of total calories
Annie's Frozen Yogurt	Nonfat Frozen Yogurt, Alaskan Vanilla, 3 fl oz	3 fl oz	67	80	0.0	0.0%	0.0	0.0%	0	15	22.4%	65	0	Annie's Frozen Yogurt	Code 0032008. Bulk soft-serve product. Portion size cannot exceed 3 fluid ounces.	6/28/11	X	X	X
Annie's Frozen Yogurt	Nonfat Frozen Yogurt, Chocolate Chill, 3 fl oz	3 fl oz	67	80	0.0	0.0%	0.0	0.0%	0	14	20.9%	45	1	Annie's Frozen Yogurt	Code 0032108. Bulk soft-serve product. Portion size cannot exceed 3 fluid ounces.	6/28/11	X	X	X
Annie's Frozen Yogurt	Nonfat Frozen Yogurt, Strawberry, 3 fl oz	3 fl oz	67	80	0.0	0.0%	0.0	0.0%	0	15	22.4%	55	0	Annie's Frozen Yogurt	Code 0032208. Bulk soft-serve product. Portion size cannot exceed 3 fluid ounces.	6/28/11	X	X	X
Archibald Frozen Desserts	Mountain Berry Berry Sorbet	4.0 fl oz	58	70	0.0	0.0%	0.0	0.0%	0	11	19.0%	45	<1	Garellick, Guida, HPC	UPC 0-75899-882006	8/2/10	X	X	X

FROZEN DESSERTS, including ice cream, ice cream novelties, frozen yogurt, Italian ice, sorbets, frozen juice or fruit bars, frozen fruit-based desserts

Connecticut Nutrition Standards for Snacks and Desserts

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No more than 200 calories		No more than 35 percent of total calories		Less than 10 percent of total calories	Less than 0.5 gram	No more than 15 grams	No more than 35 percent by weight	No more than 480 milligrams	Increase Fiber
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No artificial sweeteners, nonnutritive sweeteners or sugar alcohols. No chemically altered fat substitutes. No caffeine, except for trace amounts of naturally occurring caffeine-related substances.

Better Choice Recommendations
Choose products that meet all five recommendations.

Manufacturer	Food Item	Package or Serving Size	Weight (g)	Calories	Fat (g)	Percent Calories from Fat	Saturated Fat (g)	Percent Calories from Saturated Fat	Trans Fat (g)	Total Sugars (g)	Percent Sugars by Weight	Sodium (mg)	Fiber (g)	Vendor	Notes	Date Reviewed	No hydrogenated or partially hydrogenated oils	No artificial flavors or colors	No high fructose corn syrup
Brothers International Desserts, Inc.	NutriFreeze 100% Juice Bars, Fresh Orange, 2.75 fl oz	2.75 fl oz	78	50	0.0	0.0%	0.0	0.0%	0	11	14.1%	10	0	Wards Ice Cream Co	UPC 09541100471. 100% juice, no added sugars.	11/13/09	X	X	X
Brothers International Desserts, Inc.	NutriFreeze 100% Juice Bars, Sour Cherry, 2.75 fl oz	2.75 fl oz	78	60	0.0	0.0%	0.0	0.0%	0	13	16.7%	5	0	Wards Ice Cream Co	UPC 09541100461. 100% juice, no added sugars.	11/13/09	X	X	X
Brothers International Desserts, Inc.	NutriFreeze 100% Juice Bars, Strawberry, 2.75 fl oz	2.75 fl oz	78	60	0.0	0.0%	0.0	0.0%	0	13	16.7%	5	0	Wards Ice Cream Co	UPC 09541100441. 100% juice, no added sugars.	11/13/09	X	X	X
Brothers International Desserts, Inc.	NutriFreeze 100% Juice Bars, Tropical, 2.75 fl oz	2.75 fl oz	78	70	0.0	0.0%	0.0	0.0%	0	16	20.5%	10	0	Wards Ice Cream Co	UPC 09541100451. 100% juice, no added sugars.	11/13/09	X	X	X
Circus-Man Ice Cream Corp.	Chocolate Fudge Bar, 2.6 fl oz	2.6 fl oz	70	90	0.0	0.0%	0.0	0.0%	0	15	21.4%	65	1	Circus-Man	CM0501	2/5/08	X	X	
Circus-Man Ice Cream Corp.	Natural Cherry Ice Juice-Up, 3.75 fl oz	3.75 fl oz	77	100	0.0	0.0%	0.0	0.0%	0	15	19.5%	0	0	Circus-Man	CMJ101. Contains juice so exempt from water ice definition (food of minimal nutritional value) under federal competitive food services regulation.	2/5/08	X	X	
Circus-Man Ice Cream Corp.	Orange Sherbet Push-Pop, 3 fl oz	3 fl oz	65	90	1.0	10.0%	0.5	5.0%	0	14	21.5%	15	0	Circus-Man	CM7600	2/5/08	X		
Circus-Man Ice Cream Corp.	Vanilla Ice Cream Sandwich, Reduced Fat, 4 fl oz	4 fl oz	70	160	4.0	22.5%	1.5	8.4%	0	15	21.4%	150	0	Circus-Man	Code LF SANDWICH.	2/5/08			
Cool Frootz, LLC	Froozer Frozen Fruit, Berry Good, 1.5 fl oz stick	1.5 fl oz	42.5	50	0.0	0.0%	0.0	0.0%	0	9	21.2%	0	2	JKL Distribution	UPC 108-99385-00039-5. 100% fruit soft serve product.	9/7/07	X	X	X
Cool Frootz, LLC	Froozer Frozen Fruit, Berry Good, 3 fl oz cup	3 fl oz	85	50	0.0	0.0%	0.0	0.0%	0	9	10.6%	0	2	JKL Distribution	UPC 108-99385-00039-5. 100% fruit soft serve product.	9/7/07	X	X	X
Cool Frootz, LLC	Froozer Frozen Fruit, Blue Pineapple Burst, 3 fl oz stick	3 fl oz	85	50	0.0	0.0%	0.0	0.0%	0	10	11.8%	0	<1	JKL Distribution	UPC 108-99385-00039-5. 100% fruit soft serve product.	9/7/07	X	X	X
Cool Frootz, LLC	Froozer Frozen Fruit, Cherry Berry Split, 3 fl oz stick	3 fl oz	85	60	0.0	0.0%	0.0	0.0%	0	14	16.5%	0	1	JKL Distribution	UPC 108-99385-00039-5. 100% fruit soft serve product.	9/7/07	X	X	X

FROZEN DESSERTS, including ice cream, ice cream novelties, frozen yogurt, Italian ice, sorbets, frozen juice or fruit bars, frozen fruit-based desserts

Connecticut Nutrition Standards for Snacks and Desserts

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No artificial sweeteners, nonnutritive sweeteners or sugar alcohols. No chemically altered fat substitutes. No caffeine, except for trace amounts of naturally occurring caffeine-related substances.

Better Choice Recommendations
Choose products that meet all five recommendations.

Manufacturer	Food Item	Package or Serving Size	Weight (g)	Calories		Percent Calories from Fat		Saturated Fat (g)		Percent Sugars by Weight		Sodium (mg)		Fiber (g)		Vendor	Notes	Date Reviewed	No hydrogenated or partially hydrogenated oils	No artificial flavors or colors	No high fructose corn syrup
				No more than 200 calories	No more than 35 percent of total calories	Less than 10 percent of total calories	Less than 0.5 gram	No more than 15 grams	No more than 35 percent by weight	No more than 480 milligrams	Increase Fiber										
Cool Frootz, LLC	Froozer Frozen Fruit, Strawbermana, 1.5 fl oz stick	1.5 fl oz	42.5	30	0.0	0.0%	0.0	0.0%	0	4	9.4%	0	<1	JKL Distribution	UPC 108-99385-00039-5. 100% fruit soft serve product.	9/7/07	X	X	X		
Cool Frootz, LLC	Froozer Frozen Fruit, Strawbermana, 3 fl oz cup	3 fl oz	85	60	0.0	0.0%	0.0	0.0%	0	9	10.6%	0	2	JKL Distribution	UPC 108-99385-00039-5. 100% fruit soft serve product.	9/7/07	X	X	X		
Cool Frootz, LLC	Froozer Frozen Fruit, Strawberry Salad, 3 fl oz stick	3 fl oz	85	50	0.0	0.0%	0.0	0.0%	0	9	10.6%	0	1	JKL Distribution	UPC 108-99385-00039-5. 100% fruit soft serve product.	9/7/07	X	X	X		
Cool Frootz, LLC	Froozer Frozen Fruit, Tropical Tango, 1.5 fl oz stick	1.5 fl oz	42.5	30	0.0	0.0%	0.0	0.0%	0	6	14.1%	0	<1	JKL Distribution	UPC 108-99385-00039-5. 100% fruit soft serve product.	9/7/07	X	X	X		
Cool Frootz, LLC	Froozer Frozen Fruit, Tropical Tango, 3.0 fl oz stick	3 fl oz	85	50	0.0	0.0%	0.0	0.0%	0	11	12.9%	0	1	JKL Distribution	UPC 108-99385-00039-5. 100% fruit soft serve product.	9/7/07	X	X	X		
Dean Foods	Country Fresh Fudge Bar, 2.5 fl oz	2.5 fl oz	65	90	1.0	10.0%	0.5	5.0%	0	12	18.5%	65	<1	Garelick	Item 3822; UPC 76197-00407	5/29/09	X				
Dole	Fruit Flurry, Pineapple Mango, 4.2 oz	4.2 fl oz	119	130	0.0	0.0%	0.0	0.0%	0	27	22.7%	20	<1		Case UPC 71202-28050. Product made with fruit puree and juice concentrate. No added sugars.	7/7/06	X	X	X		
Dole	Fruit Flurry, Pineapple, 4.2 oz	4.2 fl oz	119	120	0.0	0.0%	0.0	0.0%	0	27	22.7%	40	0		Case UPC 71202-28550. Product made with fruit puree and juice concentrate. No added sugars.	7/7/06	X	X	X		
Dole	Fruit Flurry, Strawberry Banana, 4.2 oz	4.2 fl oz	119	130	0.0	0.0%	0.0	0.0%	0	27	22.7%	20	0		Case UPC 71202-29050. Product made with fruit puree and juice concentrate. No added sugars.	7/7/06	X	X	X		
Dolly Madison Ice Cream	Dolly Madison Fat Free Frozen Yogurt, Chocolate, 4 fl oz	4 fl oz	71	90	0.0	0.0%	0.0	0.0%	0.0	15	21.1%	55	0	New England Ice Cream	Code 040	1/20/10	X	X	X		

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Better Choice Recommendations
Choose products that meet all five recommendations.

Manufacturer	Food Item	Package or Serving Size	Weight (g)	Calories	Fat (g)	Percent Calories from Fat	Saturated Fat (g)	Percent Calories from Saturated Fat	Trans Fat (g)	Total Sugars (g)	Percent Sugars by Weight	Sodium (mg)	Fiber (g)	Vendor	Notes	Date Reviewed	Better Choice Recommendations		
																	No more than 200 calories	No more than 35 percent of total calories	Less than 10 percent of total calories
Dolly Madison Ice Cream	Dolly Madison Fat Free Frozen Yogurt, Vanilla, 4 fl oz	4 fl oz	71	90	0.0	0.0%	0.0	0.0%	0.0	14	19.7%	55	0	New England Ice Cream	Code 040	1/20/10	X	X	X
Edy's	Nonfat French Vanilla Frozen Yogurt, 4 fl oz	4 fl oz	74	100	0.0	0.0%	0.0	0.0%	0	14	18.9%	65	0	New England Ice Cream	Item: Nutrition information is for 1/2 cup of prepared product. Can be served in portion of Code 8442. Bulk	6/19/09	X		X
Edy's	Nonfat Strawberry Frozen Yogurt, 4 fl oz	4 fl oz	76	100	0.0	0.0%	0.0	0.0%	0	14	18.4%	70	0	New England Ice Cream	Item: Nutrition information is for 1/2 cup of prepared product. Can be served in portion of 1/2 cup (4 fl oz) or less.	6/19/09	X		X
Emilee's Italian Ice	Italian Ice, Lipsmackin' Lemon, 4 fl oz	4 fl oz	99	70	0	0.0%	0	0.0%	0	14	14.1%	0	2	Sysco	Code W4187	12/3/07	X	X	X
Emilee's Italian Ice	Italian Ice, Watch Hill Watermelon, 4 fl oz	4 fl oz	99	70	0	0.0%	0	0.0%	0	14	14.1%	0	2	Sysco	Code L4163	12/3/07	X	X	X
Gelato Giuliani LLC	Sorbetto, Mango, 4 fl oz	4 fl oz	118	40	0.0	0.0%	0.0	0.0%	0	9	7.6%	5	0	Gelato Giuliani LLC	UPC 94695-00134	8/5/08	X	X	X
Gelato Giuliani LLC	Sorbetto, Mixed Berries, 4 fl oz	4 fl oz	118	30	0.0	0.0%	0.0	0.0%	0	6	5.1%	5	0	Gelato Giuliani LLC	UPC 94695-00133	8/5/08	X	X	X
Gelato Giuliani LLC	Sorbetto, Raspberry, 4 fl oz	4 fl oz	118	35	0.0	0.0%	0.0	0.0%	0	5	4.2%	5	2	Gelato Giuliani LLC	UPC 94695-00136	8/5/08	X	X	X
Gelato Giuliani LLC	Sorbetto, Strawberry, 4 fl oz	4 fl oz	118	30	0.0	0.0%	0.0	0.0%	0	6	5.1%	5	2	Gelato Giuliani LLC	UPC 94695-00135	8/5/08	X	X	X
Good Humor	Popsicle Firecracker Jr Pop, 1.6 fl oz	1.6 fl oz	44	40	0.0	0.0%	0.0	0.0%	0	7	15.9%	0	0	Garelick Farms, New England Ice Cream, Unilever	UPC 0-77567-028105. Contains juice so exempt from water ice definition (food of minimal nutritional value) under federal competitive food services regulation.	8/1/10	X		

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Better Choice Recommendations
Choose products that meet all five recommendations.

Manufacturer	Food Item	Package or Serving Size	Weight (g)	Connecticut Nutrition Standards for Snacks and Desserts										Vendor	Notes	Date Reviewed	No hydrogenated or partially hydrogenated oils	No artificial flavors or colors	No high fructose corn syrup
				Calories	Fat (g)	Percent Calories from Fat	Saturated Fat (g)	Percent Calories from Saturated Fat	Trans Fat (g)	Total Sugars (g)	Percent Sugars by Weight	Sodium (mg)	Fiber (g)						
Good Humor	Popsicle Pop Ups Reckless Rainbow, 2.75 fl oz	2.75 fl oz	60	90	1.0	10.0%	0.0	0.0%	0	10	16.7%	15	0	New England Ice Cream, Guida, Garelick Farms	UPC 77567-00314. Contains milk and juice so exempt from water ice definition (food of minimal nutritional value) under federal competitive food services regulation.	2/1/07	X		
Good Humor	Popsicle Scribblers (2 pieces), 2.4 fl oz	2.4 fl oz	79	60	0.0	0.0%	0.0	0.0%	0	11	13.9%	5	0	New England Ice Cream, Guida, Garelick Farms	UPC 0-77567-028044. Contains juice so exempt from water ice definition (food of minimal nutritional value) under federal competitive food services regulation.	8/3/10	X		
Good Humor	Popsicle Tubular Twist, 2.5 fl oz	2.5 fl oz	63	60	0.0	0.0%	0.0	0.0%	0	8	12.7%	15	0	New England Ice Cream, Guida, Garelick Farms	UPC 77567-0043. Contains juice so exempt from water ice definition (food of minimal nutritional value) under federal competitive food services regulation.	2/1/07	X		
Good Humor	Strawberry & Cream Low Fat Ice Cream Bar, 2.7 fl oz	2.7 fl oz	53	70	0.5	6.4%	0.0	0.0%	0	9	17.0%	25	1	Dan Farms, Garelick Farms, Guida, New England Ice Cream	UPC 77567-00409	8/8/07	X	X	
Good Humor	Vanilla & Chocolate Low Fat Ice Cream Bar, 2.7 fl oz	2.7 fl oz	54	70	1.0	12.9%	0.0	0.0%	0	10	18.5%	30	2	Dan Farms, Garelick Farms, Guida, New England Ice Cream	UPC 77567-00408	8/8/07	X	X	
Good Humor	Vanilla Low Fat Ice Cream Sandwich, 3 fl oz	3 fl oz	49	130	2.0	13.8%	1.0	6.9%	0	12	24.5%	80	2	Berkshire, Garelick Farms, Guida, New England Ice Cream	UPC 0-77567-003942	8/3/10			

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Better Choice Recommendations
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Manufacturer	Food Item	Package or Serving Size	Weight (g)	Calories		Percent Calories from Fat	Saturated Fat (g)	Percent Calories from Saturated Fat		Trans Fat (g)	Total Sugars (g)	Percent Sugars by Weight	Sodium (mg)	Fiber (g)	Vendor	Notes	Date Reviewed	No hydrogenated or partially hydrogenated oils	No artificial flavors or colors	No high fructose corn syrup
				No more than 200 calories	No more than 35 percent of total calories			Less than 10 percent of total calories	Less than 0.5 gram											
Happy & Healthy Products, Inc.	Fruit Goodness Frozen Fruit Bar, Lime	3 fl oz	82.05	60	0	0.0%	0.0	0.0%	0	15	18.3%	10	0	JKL	UPC 7-20380-00305-6	9/27/07	X		X	
Happy & Healthy Products, Inc.	Fruit Goodness Frozen Fruit Bar, Strawberry Cream	3 fl oz	90.93	82	2	22.0%	0.9	9.9%	0	13	14.3%	18	0	JKL	UPC 7-20380-003032	9/27/07	X	X	X	
Happy & Healthy Products, Inc.	Fruit Goodness Frozen Fruit Bar, Strawberry, 3 fl oz	3 fl oz	82.05	53	0	0.0%	0.0	0.0%	0	10	12.2%	18	0	JKL	UPC 7-20380-003049	9/27/07	X	X	X	
Hershey's Ice Cream	Mighty Mini Ice Cream Sandwich, 2.25 fl oz	2.25 fl oz	40	110	2.0	16.4%	1.0	8.2%	0	12	30.0%	85	0	Hershey's Ice Cream	UPC 24682-31317	3/2/07			X	
Hershey's Ice Cream	No Fat Vanilla Yogurt Cup, 4 fl oz	4 fl oz	68.71	80	0.0	0.0%	0.0	0.0%	0	15	21.8%	80	0	Hershey's Ice Cream	UPC 24682-31570	3/2/07	X	X	X	
Hershey's Ice Cream	Polar Blast Fruit Punch Freeze, 2.25 fl oz	2.25 fl oz	73.93	70	0.0	0.0%	0.0	0.0%	0	12	16.2%	5	0	Hershey's Ice Cream	UPC 24682-31000. Contains juice so exempt from water ice definition (food of minimal nutritional value) under federal competitive food services regulation.	3/2/07	X		X	
Hershey's Ice Cream	Strawberry Mini Ice Cream Sandwich, 2.25 fl oz	2.25 fl oz	40	100	2.5	22.5%	1.0	9.0%	0	11	27.5%	85	0	Hershey's Ice Cream	UPC 24682-31316	3/2/07		X		
Hood	Kemp's Nonfat Frozen Yogurt, Chocolate, 4 fl oz cup	4 fl oz	73	100	0.0	0.0%	0.0	0.0%	0	14	19.2%	60	0	New England Ice Cream	UPC0- 41483-034946	2/13/08	X	X	X	
Hood	Kemp's Nonfat Frozen Yogurt, Raspberry 4 fl oz cup	4 fl oz	73	100	0.0	0.0%	0.0	0.0%	0	15	20.5%	60	<1	New England Ice Cream	UPC 0-41483-034939	2/13/08	X	X	X	
Hood	Kemp's Nonfat Raspberry Frozen Yogurt, 4 fl oz	4 fl oz	65	90	0.0	0.0%	0.0	0.0%	0.0	13	20.0%	65	0	New England Ice Cream	UPC 41483-03493	1/20/10	X	X	X	
Hood	Kemp's Orange Cream Bar, 3 fl oz	3 fl oz	66	100	2.0	18.0%	1.0	9.0%	0	13	19.7%	45	0	New England Ice Cream	UPC 41483-03666	1/7/10	X			

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Manufacturer	Food Item	Package or Serving Size	Weight (g)	Calories		Saturated Fat (g)		Trans Fat (g)		Total Sugars (g)		Sodium (mg)		Fiber (g)		Vendor	Notes	Date Reviewed	No hydrogenated or partially hydrogenated oils	No artificial flavors or colors	No high fructose corn syrup
				No more than 200 calories	No more than 35 percent of total calories	Less than 10 percent of total calories	Less than 0.5 gram	No more than 15 grams	No more than 35 percent by weight	No more than 480 milligrams	Increase Fiber										
J&J Snack Foods	Frostar Pudding on a Stick, Vanilla Chocolate Swirl, 1.75 fl oz	1.75 fl oz	59	100	3.0	27.0%	0.0	0.0%	0	13	22.0%	45	0	M&R, Thurston (special order)	Code 3603; UPC 0-07332-10360-3	8/1/10	X	X	X		
J&J Snack Foods	Shape Ups Swirled Frozen Juice Cup, American Flag (Blue Raspberry/Cherry Swirl), 3 fl oz	3 fl oz	79	70	0.0	0.0%	0.0	0.0%	0	15	19.1%	10	0	Guida, M&R, Thurston (special order)	Code 3827; UPC 0-07332-10382-7. Manufacturer has supplied data to verify that added sugar is less than 15 grams.	8/1/10	X		X		
J&J Snack Foods	Whole Fruit 100% Premium Juice Bar, Very Berry, 2 fl oz	2 fl oz	63	40	0.0	0.0%	0.0	0.0%	0	7	11.1%	5	2	M&R	Code 23050210; UPC 0-07258-65021-0. 100% juice, no added sugars.	8/11/08	X	X	X		
J&J Snack Foods	Whole Fruit 100% Premium Juice Bar, Very Berry, 3 fl oz	3 fl oz	95	50	0.0	0.0%	0.0	0.0%	0	11	11.6%	10	3	M&R, Warwick Ice Cream	Code 23050310; UPC 0-07258-65031-0. 100% juice, no added sugars.	8/11/08	X	X	X		
J&J Snack Foods	Whole Fruit 100% Premium Juice Bar, Wild Cherry, 2 fl oz	2 fl oz	64	40	0.0	0.0%	0.0	0.0%	0	7	10.9%	5	2	M&R	Code 23050205; UPC 0-07258-65020-5. 100% juice, no added sugars.	8/11/08	X	X	X		
J&J Snack Foods	Whole Fruit 100% Premium Juice Bar, Wild Cherry, 3 fl oz	3 fl oz	95	50	0.0	0.0%	0.0	0.0%	0	10	10.5%	10	3	M&R, Warwick Ice Cream	Code 23050305; UPC 0-07258-65030-5. 100% juice, no added sugars.	8/11/08	X	X	X		
J&J Snack Foods	Whole Fruit Premium 100% Juice Bar, Outrageous Orange, 2 fl oz	2 fl oz	63	40	0.0	0.0%	0.0	0.0%	0	7	11.1%	5	2	M&R	Code 23050200; UPC 0-07258-65020-0. 100% juice, no added sugars.	8/11/08	X	X	X		
J&J Snack Foods	Whole Fruit Premium 100% Juice Bar, Outrageous Orange, 3 fl oz	3 fl oz	95	50	0.0	0.0%	0.0	0.0%	0	10	10.5%	10	3	M&R	Code 23050300. 100% juice, no added sugars.	8/11/08	X	X	X		

FROZEN DESSERTS, including ice cream, ice cream novelties, frozen yogurt, Italian ice, sorbets, frozen juice or fruit bars, frozen fruit-based desserts

Connecticut Nutrition Standards for Snacks and Desserts

Frozen desserts containing only 100 percent juice or fruit and no added sugars are exempt from the sugar standards. These foods are identified in the "Notes" column and their sugar content is indicated in blue (see columns for "Total Sugars" and "Percent Sugars by Weight").

No artificial sweeteners, nonnutritive sweeteners or sugar alcohols. No chemically altered fat substitutes. No caffeine, except for trace amounts of naturally occurring caffeine-related substances.

Better Choice Recommendations
Choose products that meet all five recommendations.

Manufacturer	Food Item	Package or Serving Size	Weight (g)	No more than 200 calories	Fat (g)	No more than 35 percent of total calories	Saturated Fat (g)	Less than 10 percent of total calories	Less than 0.5 gram	No more than 15 grams	No more than 35 percent by weight	No more than 480 milligrams	Increase Fiber	Vendor	Notes	Date Reviewed	No hydrogenated or partially hydrogenated oils	No artificial flavors or colors	No high fructose corn syrup
				Calories		Percent Calories from Fat		Percent Calories from Saturated Fat	Trans Fat (g)	Total Sugars (g)	Percent Sugars by Weight	Sodium (mg)	Fiber (g)						
J&J Snack Foods	Whole Fruit Premium 100% Juice Bar, Sour Apple, 2 fl oz	2 fl oz	64	40	0.0	0.0%	0.0	0.0%	0	7	10.9%	5	2	M&R	Code 23050215; UPC 0-07258-65021 5. 100% juice, no added sugars.	8/11/08	X	X	X
J&J Snack Foods	Whole Fruit Premium 100% Juice Bar, Sour Apple, 3 fl oz	3 fl oz	95	60	0.0	0.0%	0.0	0.0%	0	11	11.6%	10	3	M&R, Warwick Ice Cream	Code 23050315; UPC 0-07258-65031 5. 100% juice, no added sugars.	8/11/08	X	X	X
J&J Snack Foods	Whole Fruit Premium 100% Juice Cup, Mixed Berry & Lemon, 4 fl oz	4 fl oz	95	70	0.0	0.0%	0.0	0.0%	0	15	15.8%	5	3	M&R	Code 23060025; UPC 0-07258-66025 7; Case UPC 100-72586-66025-4. 100% juice, no added sugars.	8/4/11	X	X	X
J&J Snack Foods	Whole Fruit Premium 100% Juice Cup, Pineapple & Cherry Swirl, 4 fl oz	4 fl oz	95	70	0.0	0.0%	0.0	0.0%	0	15	15.8%	5	3	M&R	Code 23060020; UPC 0-07258-66020 2; Case UPC 000-07258-66020-9. 100% juice, no added sugars.	8/4/11	X	X	X
J&J Snack Foods	Whole Fruit Premium Frozen 100% Juice Cup, Orange Pineapple, 4 fl oz	4 fl oz	102	70	0.0	0.0%	0.0	0.0%	0	15	14.7%	5	3	Key Impact Sales	Code 23060010; UPC 0-07258-66001 0. 100% juice, no added sugars.	8/1/10	X	X	X
J&J Snack Foods	Whole Fruit Premium Frozen 100% Juice Cup, Strawberry Pomegranate, 4 fl oz	4 fl oz	102	70	0.0	0.0%	0.0	0.0%	0	15	14.7%	5	3	Key Impact Sales	Code 23060005; UPC 0-07258-66000 5. 100% juice, no added sugars.	8/1/10	X	X	X
J&J Snack Foods	Whole Fruit Premium Frozen 100% Juice Cup, Watermelon, 4 fl oz	4 fl oz	104	70	0.0	0.0%	0.0	0.0%	0	18	17.3%	10	3	Key Impact Sales	Code 23060015; UPC 0-07258-66001 5. 100% juice, no added sugars.	8/1/10	X	X	X
J&J Snack Foods	Whole Fruit Premium Frozen 100% Juice Cup, Wild Cherry, 4 fl oz	4 fl oz	102	70	0.0	0.0%	0.0	0.0%	0	15	14.7%	10	3	Key Impact Sales	Code 23060000; UPC 0-07258-66000 0. 100% juice, no added sugars.	8/1/10	X	X	X

FROZEN DESSERTS, including ice cream, ice cream novelties, frozen yogurt, Italian ice, sorbets, frozen juice or fruit bars, frozen fruit-based desserts

Connecticut Nutrition Standards for Snacks and Desserts

Frozen desserts containing only 100 percent juice or fruit and no added sugars are exempt from the sugar standards. These foods are identified in the "Notes" column and their sugar content is indicated in blue (see columns for "Total Sugars" and "Percent Sugars by Weight").

No artificial sweeteners, nonnutritive sweeteners or sugar alcohols. No chemically altered fat substitutes. No caffeine, except for trace amounts of naturally occurring caffeine-related substances.

Better Choice Recommendations
Choose products that meet all five recommendations.

Manufacturer	Food Item	Package or Serving Size	Weight (g)	Calories		Saturated Fat (g)	Percent Calories from Saturated Fat	Trans Fat (g)	Total Sugars (g)	Percent Sugars by Weight	Sodium (mg)	Fiber (g)	Vendor	Notes	Date Reviewed	No hydrogenated or partially hydrogenated oils	No artificial flavors or colors	No high fructose corn syrup
				No more than 200 calories	No more than 35 percent of total calories													
Luigi's	Luigi's Real Italian Ice Squeeze-Up Tubes, Cherry, 4 fl oz	4 fl oz	92	70	0.0	0.0	0.0%	0	14	15.2%	15	0	M&R, Thurston (special order)	Code 3880. Contains juice so exempt from water ice definition (food of minimal nutritional value) under federal competitive food services regulation.	8/21/06	X	X	X
Luigi's	Luigi's Real Italian Ice Squeeze-Up Tubes, Lemon, 4 fl oz	4 fl oz	92	70	0.0	0.0	0.0%	0	13	14.1%	15	0	M&R, Thurston (special order)	Code 3881. Contains juice so exempt from water ice definition (food of minimal nutritional value) under federal competitive food services regulation.	8/21/06	X	X	X
Luigi's	Luigi's Real Italian Ice Squeeze-Up Tubes, Strawberry, 4 fl oz	4 fl oz	93	70	0.0	0.0	0.0%	0	14	15.1%	15	0	M&R, Thurston (special order)	Code 3882. Contains juice so exempt from water ice definition (food of minimal nutritional value) under federal competitive food services regulation.	8/21/06	X	X	X
Luigi's	Luigi's Sour Juice Bars, Sour Cherry (CN Label) ¹ , 2.25 fl oz	2.25 fl oz	74	60	0.0	0.0	0.0%	0	14	18.9%	0	0	Guida, HPC, M&R, Thurston	Code 3768; UPC 0-07332-10376-8	6/22/09	X		
Luigi's	Luigi's Sour Juice Bars, Sour Watermelon (CN Label), 2.25 fl oz	2.25 fl oz	74	60	0.0	0.0	0.0%	0	14	18.9%	0	0	Guida, HPC, M&R, New England Ice Cream, Thurston	UPC 0-07332-10376-7. Manufacturer has supplied data to verify that added sugar is less than 15 grams.	8/9/10	X		
M&B Products	Mr. J Frozen Dessert Bars, Blue Raspberry, 2.25 fl oz	2.25 fl oz	72.2	50	0.17	0.0	3.1%	0	6	8.3%	5.46	0.07	New England Ice Cream	UPC 15503-09060	8/9/10	X		
M&B Products	Mr. J Frozen Dessert Bars, Cherry/Apple, 2.25 fl oz	2.25 fl oz	72.2	50	0.17	0.0	3.1%	0	6	8.3%	5.46	0.07	New England Ice Cream	UPC 15503-09056	8/9/10	X		

FROZEN DESSERTS, including ice cream, ice cream novelties, frozen yogurt, Italian ice, sorbets, frozen juice or fruit bars, frozen fruit-based desserts

Connecticut Nutrition Standards for Snacks and Desserts

Frozen desserts containing only 100 percent juice or fruit and no added sugars are exempt from the sugar standards. These foods are identified in the "Notes" column and their sugar content is indicated in blue (see columns for "Total Sugars" and "Percent Sugars by Weight").

No more than 200 calories		No more than 35 percent of total calories		Less than 10 percent of total calories	Less than 0.5 gram	No more than 15 grams	No more than 35 percent by weight	No more than 480 milligrams	Increase Fiber
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No artificial sweeteners, nonnutritive sweeteners or sugar alcohols.
No chemically altered fat substitutes.
No caffeine, except for trace amounts of naturally occurring caffeine-related substances.

Better Choice Recommendations
Choose products that meet all five recommendations.

Manufacturer	Food Item	Package or Serving Size	Weight (g)	Calories	Fat (g)	Percent Calories from Fat	Saturated Fat (g)	Percent Calories from Saturated Fat	Trans Fat (g)	Total Sugars (g)	Percent Sugars by Weight	Sodium (mg)	Fiber (g)	Vendor	Notes	Date Reviewed	No hydrogenated or partially hydrogenated oils	No artificial flavors or colors	No high fructose corn syrup
M&B Products	Mr. J Frozen Dessert Bars, Fruit Punch, 2.25 fl oz	2.25 fl oz	72.2	50	0.17	3.1%	0.0	0.0%	0	6	8.3%	5.39	0.07	New England Ice Cream	UPC 15503-09052	8/9/10	X		
M&B Products	Mr. J Frozen Dessert Bars, Grape, 2.25 fl oz	2.25 fl oz	72.2	50	0.17	3.1%	0.0	0.0%	0	6	8.3%	5.43	0.07	New England Ice Cream	UPC 15503-09054	8/9/10	X		
M&B Products	Mr. J Frozen Dessert Bars, Orange Flavored, 2.25 fl oz	2.25 fl oz	72.2	50	0.17	3.1%	0.0	0.0%	0	6	8.3%	5.46	0.07	New England Ice Cream	UPC 15503-09054	8/9/10	X		
M&B Products	Mr. J Frozen Dessert Bars, Premium Cherry/Apple	3.1 fl oz	99.4	70	0.00	0.0%	0.0	0.0%	0	7	7.0%	7.52	0.1	New England Ice Cream	UPC 15503-09046	8/9/10	X		
M&B Products	Mr. J Frozen Dessert Bars, Premium Fruit Punch, 3.31 fl oz	3.1 fl oz	99.4	70	0.00	0.0%	0.0	0.0%	0	7	7.0%	7.53	0.1	New England Ice Cream	UPC 15503-09042	8/9/10	X		
M&B Products	Mr. J Frozen Dessert Bars, Premium Grape, 3.31 fl oz	3.1 fl oz	99.4	70	0.25	3.2%	0.0	0.0%	0	7	7.0%	7.53	0.1	New England Ice Cream	UPC 15503-09044	8/9/10	X		
M&B Products	Mr. J Frozen Dessert Bars, Premium Orange Flavored, 3.31 fl oz	3.1 fl oz	99.4	70	0.25	3.2%	0.0	0.0%	0	7.48	7.5%	7.53	0.1	New England Ice Cream	UPC 15503-09040	8/9/10	X		
M&B Products	Mr. J Frozen Dessert Bars, Premium Strawberry Flavored, 3.31 fl oz	3.1 fl oz	99.4	70.3	0.00	0.0%	0.0	0.0%	0	7.51	7.6%	21.46	0.34	New England Ice Cream	UPC 15503-09048	10/19/06	X		
M&B Products	Mr. J Frozen Dessert Bars, Strawberry, 3.31 fl oz	2.25 fl oz	72.2	50	0.00	0.0%	0.0	0.0%	0	6	8.3%	5.46	0.07	New England Ice Cream	UPC 15503-09058	8/9/10	X		
Minute Maid	Minute Maid Juice Bars, Blue Raspberry (CN Label), 2.25 fl oz	2.25 fl oz	74	60	0.0	0.0%	0.0	0.0%	0	14	18.9%	10	0	Guida, HPC, M&R, New England Ice Cream, Thurston (special order)	Code 4011; UPC 007332104011	8/1/10	X		

FROZEN DESSERTS, including ice cream, ice cream novelties, frozen yogurt, Italian ice, sorbets, frozen juice or fruit bars, frozen fruit-based desserts

Connecticut Nutrition Standards for Snacks and Desserts

Frozen desserts containing only 100 percent juice or fruit and no added sugars are exempt from the sugar standards. These foods are identified in the "Notes" column and their sugar content is indicated in blue (see columns for "Total Sugars" and "Percent Sugars by Weight").

No artificial sweeteners, nonnutritive sweeteners or sugar alcohols.
No chemically altered fat substitutes.
No caffeine, except for trace amounts of naturally occurring caffeine-related substances.

Better Choice Recommendations
Choose products that meet all five recommendations.

Manufacturer	Food Item	Package or Serving Size	Weight (g)	No more than 200 calories	Fat (g)	No more than 35 percent of total calories	Saturated Fat (g)	Less than 10 percent of total calories	Less than 0.5 gram	No more than 15 grams	No more than 35 percent by weight	No more than 480 milligrams	Increase Fiber	Vendor	Notes	Date Reviewed	No hydrogenated or partially hydrogenated oils	No artificial flavors or colors	No high fructose corn syrup
				Calories		Percent Calories from Fat		Percent Calories from Saturated Fat	Trans Fat (g)	Total Sugars (g)	Percent Sugars by Weight	Sodium (mg)	Fiber (g)						
Minute Maid	Minute Maid Juice Bars, Cherry (CN Label), 2.25 fl oz	2.25 fl oz	74	60	0.0	0.0%	0.0	0.0%	0	14	18.9%	10	0	Guida, M&R, Thurston	Code 3820; UPC 007332103820.	8/1/10	X		
Minute Maid	Minute Maid Juice Bars, Fruit Punch (CN Label), 2.25 fl oz	2.25 fl oz	74	60	0.0	0.0%	0.0	0.0%	0	14	18.9%	10	0	Guida, M&R, Thurston (special order)	Code 3823; UPC 0-07332-10382-3.	8/1/10	X		
Minute Maid	Minute Maid Juice Bars, Grape (CN Label), 2.25 fl oz	2.25 fl oz	74	60	0.0	0.0%	0.0	0.0%	0	14	18.9%	10	0	M&R, Thurston (special order)	Code 3822; UPC 0-07332-10382-2.	8/1/10	X		
Minute Maid	Minute Maid Juice Bars, Green Apple (CN Label), 2.25 fl oz	2.25 fl oz	74	80	0.0	0.0%	0.0	0.0%	0	14	18.9%	10	0	M&R, New England Ice Cream, Thurston	Code 4017; UPC 007332104017.	8/1/10	X		
Minute Maid	Minute Maid Juice Bars, Orange (CN Label), 2.25 fl oz	2.25 fl oz	74	60	0.0	0.0%	0.0	0.0%	0	14	18.9%	10	0	M&R, Thurston	Code 3821; UPC 007332103821.	8/1/10	X		
Minute Maid	Minute Maid Juice Bars, Pink Lemonade (CN Label), 2.25 fl oz	2.25 fl oz	74	60	0.0	0.0%	0.0	0.0%	0	14	18.9%	10	0	M&R, New England Ice Cream, Thurston (special order)	Code 4016; UPC 0-07332-10401-6.	8/1/10	X		
Minute Maid	Minute Maid Juice Bars, Strawberry (CN Label), 2.25 fl oz	2.25 fl oz	74	60	0.0	0.0%	0.0	0.0%	0	14	18.9%	10	0	M&R, Thurston (special order)	Code 3824; UPC 0-07332-10382-4.	8/1/10	X		
Mott's	Ice Bars, 100% Fruit Juice, Berry Delight	2 fl oz	57	40	0.0	0.0%	0.0	0.0%	0	8	14.0%	10	0	Breeze Freeze	Code MIB-100. Case contains all three flavors (Summer Strawberry, Berry Delight and Country Apple)	8/11/08	X	X	X
Mott's	Ice Bars, 100% Fruit Juice, Country Apple	2 fl oz	57	40	0.0	0.0%	0.0	0.0%	0	8	14.0%	10	0	Breeze Freeze	Code MIB-100. Case contains all three flavors (Summer Strawberry, Berry Delight and Country Apple)	8/11/08	X	X	X

FROZEN DESSERTS, including ice cream, ice cream novelties, frozen yogurt, Italian ice, sorbets, frozen juice or fruit bars, frozen fruit-based desserts

Connecticut Nutrition Standards for Snacks and Desserts

Frozen desserts containing only 100 percent juice or fruit and no added sugars are exempt from the sugar standards. These foods are identified in the "Notes" column and their sugar content is indicated in blue (see columns for "Total Sugars" and "Percent Sugars by Weight").

No artificial sweeteners, nonnutritive sweeteners or sugar alcohols. No chemically altered fat substitutes. No caffeine, except for trace amounts of naturally occurring caffeine-related substances.

Better Choice Recommendations
Choose products that meet all five recommendations.

Manufacturer	Food Item	Package or Serving Size	Weight (g)	Calories	Fat (g)	Percent Calories from Fat	Saturated Fat (g)	Percent Calories from Saturated Fat	Trans Fat (g)	Total Sugars (g)	Percent Sugars by Weight	Sodium (mg)	Fiber (g)	Vendor	Notes	Date Reviewed	Better Choice Recommendations		
																	No more than 200 calories	No more than 35 percent of total calories	Less than 10 percent of total calories
Mott's	Ice Bars, 100% Fruit Juice, Summer Strawberry	2 fl oz	57	40	0.0	0.0%	0.0	0.0%	0	8	14.0%	10	0	Breeze Freeze	Code MIB-100. Case contains all three flavors (Summer Strawberry, Berry Delight and Country Apple)	8/11/08	X	X	X
Mott's LLP	Yoo-hoo Chocolate Fudge Bar, 3 fl oz	3 fl oz	55	70	1.0	12.9%	0.5	6.4%	0	12	21.8%	50	2	New England Ice Cream	UPC 75154 43805	9/24/08	X	X	X
Nestle	Fudge Bar, 3 fl oz	3 fl oz	80	110	2.0	16.4%	1.0	8.2%	0	15	18.8%	35	<1	New England Ice Cream	Package UPC 72554-11149	8/21/09	X		X
Park Frozen	Nice Cream, Chocolate, 3 fl oz	3 fl oz	85	110	2.0	16.4%	1.0	8.2%	0.0	15	17.6%	45	3	Park Frozen	UPC 93573-76415	1/20/10	X	X	X
Park Frozen	Nice Cream, Vanilla, 3 fl oz	3 fl oz	85	100	2.0	18.0%	1.0	9.0%	0.0	13	15.3%	45	4	Park Frozen	UPC 93573-76414	1/20/10	X	X	X
Perry's Ice Cream	Raspberry Sherbet Bar, 2.5 fl oz	2.5 fl oz	53	70	1.0	12.9%	0.0	0.0%	0	15	28.3%	10	0	Maple Hill	UPC 0-75767-051015	4/6/11	X		
Rich's Ice Cream	Chocolate Shortcake, 3 fl oz	3 fl oz	70	140	4.5	28.9%	1.5	9.6%	0	15	21.4%	60	<1	Guida, New England Ice Cream	UPC 0-75455-850005	7/26/07			X
Rich's Ice Cream	Crumbled Cookie Cone, 3 fl oz	3 fl oz	70	170	3.5	18.5%	1.5	7.9%	0	15	21.4%	105	<1	Guida, New England Ice Cream	UPC 0-75455-422004	7/26/07			X
Rich's Ice Cream	Fudge Frenzy, 3 fl oz	3 fl oz	75	80	0.5	5.6%	0.0	0.0%	0	7	9.3%	75	3	Guida	UPC 0-75455-862008	7/26/07	X		X
Rich's Ice Cream	Lowfat Ice Cream Sandwich, 4 fl oz	4 fl oz	68	160	3.0	16.9%	1.0	5.6%	0	15	22.1%	95	<1	Guida, New England Ice Cream	UPC 0-75455-440251	7/26/07			
Rich's Ice Cream	Micro Bite Mini Ice Cream Sandwich, 2.5 fl oz	2.5 fl oz	38	90	1.5	15.0%	0.5	5.0%	0	13	34.2%	95	0	Guida	UPC 0-75455-446000	7/26/07			
Rich's Ice Cream	Orange Polar Ice, 2.75 fl oz	2.75 fl oz	58	70	1.0	12.9%	0.5	6.4%	0	12	20.7%	20	0	Guida	UPC 0-75455-425401. Contains milk so exempt from water ice definition (food of minimal nutritional value) under federal competitive food services regulation.	7/26/07	X		X

FROZEN DESSERTS, including ice cream, ice cream novelties, frozen yogurt, Italian ice, sorbets, frozen juice or fruit bars, frozen fruit-based desserts

Connecticut Nutrition Standards for Snacks and Desserts

Frozen desserts containing only 100 percent juice or fruit and no added sugars are exempt from the sugar standards. These foods are identified in the "Notes" column and their sugar content is indicated in blue (see columns for "Total Sugars" and "Percent Sugars by Weight").

No more than 200 calories		No more than 35 percent of total calories		Less than 10 percent of total calories	Less than 0.5 gram	No more than 15 grams	No more than 35 percent by weight	No more than 480 milligrams	Increase Fiber
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No artificial sweeteners, nonnutritive sweeteners or sugar alcohols. No chemically altered fat substitutes. No caffeine, except for trace amounts of naturally occurring caffeine-related substances.

Better Choice Recommendations
Choose products that meet all five recommendations.

Manufacturer	Food Item	Package or Serving Size	Weight (g)	Calories	Fat (g)	Percent Calories from Fat	Saturated Fat (g)	Percent Calories from Saturated Fat	Trans Fat (g)	Total Sugars (g)	Percent Sugars by Weight	Sodium (mg)	Fiber (g)	Vendor	Notes	Date Reviewed	No hydrogenated or partially hydrogenated oils	No artificial flavors or colors	No high fructose corn syrup
Rich's Ice Cream	Rainbow Polar Ice, 2.75 fl oz	2.75 fl oz	58	70	1.0	12.9%	0.5	6.4%	0	12	20.7%	20	0	Guida	UPC 0-75455-42570-8. Contains milk so exempt from water ice definition (food of minimal nutritional value) under federal competitive food services regulation.	7/26/07	X		X
Rich's Ice Cream	Strawberry Shortcake, 3 fl oz	3 fl oz	70	130	3.5	24.2%	1.0	6.9%	0	15	21.4%	45	0	Guida, New England Ice Cream	UPC 0-75455-85050-0	7/26/07			X
Rosati	Rosati Italian Ice Cups with 100% Fruit Juice, Casper the Friendly Ghost Cherry, 4 fl oz	4 fl oz	118	98	0.0	0.0%	0.0	0.0%	0	24.5	20.8%	15	0	New England Ice Cream	UPC 0-7722235466-2. No sugar added, 100% juice.	7/15/10	X		X
Rosati	Rosati Italian Ice Cups with 100% Fruit Juice, Crybaby Sour Apple, 4 fl oz	4 fl oz	118	96	0.0	0.0%	0.0	0.0%	0	24.5	20.8%	15	0	New England Ice Cream	UPC 0-77222-35463-7. No sugar added, 100% juice.	7/15/10	X		X
Rosati	Rosati Italian Ice Cups with 100% Fruit Juice, Crybaby Sour Cherry, 4 fl oz	4 fl oz	118	96	0.0	0.0%	0.0	0.0%	0	24.5	20.8%	15	0	New England Ice Cream	UPC 0-77222-35463-7. No sugar added, 100% juice.	7/15/10	X		X
Rosati	Rosati Italian Ice Cups with 100% Fruit Juice, Peter Cottontail, 4 fl oz	4 fl oz	118	96	0.0	0.0%	0.0	0.0%	0	24.5	20.8%	15	0	New England Ice Cream	UPC 0-77222-35461-7. No sugar added, 100% juice.	7/15/10	X		X
Rosati	Rosati Italian Ice Cups with 100% Fruit Juice, Sno' Joe Sweet Apple, 4 fl oz	4 fl oz	118	98	0.0	0.0%	0.0	0.0%	0	24.5	20.8%	15	0	New England Ice Cream	UPC 0-7722235468-6. No sugar added, 100% juice.	7/15/10	X		X
Rosati	Rosati Italian Ice Cups with 100% Fruit Juice, Sweet Heart Cherry, 4 fl oz	4 fl oz	118	98	0.0	0.0%	0.0	0.0%	0	24.5	20.8%	15	0	New England Ice Cream	UPC 0-7722235469-3. No sugar added, 100% juice.	7/15/10	X		X

FROZEN DESSERTS, including ice cream, ice cream novelties, frozen yogurt, Italian ice, sorbets, frozen juice or fruit bars, frozen fruit-based desserts

Connecticut Nutrition Standards for Snacks and Desserts

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No artificial sweeteners, nonnutritive sweeteners or sugar alcohols.
No chemically altered fat substitutes.
No caffeine, except for trace amounts of naturally occurring caffeine-related substances.

Better Choice Recommendations
Choose products that meet all five recommendations.

Manufacturer	Food Item	Package or Serving Size	Weight (g)	No more than 200 calories	Fat (g)	No more than 35 percent of total calories	Saturated Fat (g)	Less than 10 percent of total calories	Less than 0.5 gram	No more than 15 grams	No more than 35 percent by weight	No more than 480 milligrams	Increase Fiber	Vendor	Notes	Date Reviewed	No hydrogenated or partially hydrogenated oils	No artificial flavors or colors	No high fructose corn syrup
				Calories		Percent Calories from Fat		Percent Calories from Saturated Fat	Trans Fat (g)	Total Sugars (g)	Percent Sugars by Weight	Sodium (mg)	Fiber (g)						
Rosati	Rosati Italian Ice Cups with 100% Fruit Juice, Typhoon Blue Raz/Lemonade, 4 fl oz	4 fl oz	118	98	0.0	0.0%	0.0	0.0%	0	24.5	20.8%	15	0	New England Ice Cream	UPC 0-1297124295-2. No sugar added, 100% juice.	7/15/10	X		X
Tabatchnick	X Coolers Mango Mania Apricot, 2.5 oz wt	oz 2.5 wt	71	70	0.0	0.0%	0.0	0.0%	0	13	18.3%	15	0	Tabatchnick	Code 99707	9/21/10	X	X	X
The Power of Fruit, Inc.	Power of Fruit Banana Berry Fruit Bar, 1.75 fl oz	1.75 fl oz	49	27	0.1	4.0%	0.0	0.0%	0	5	10.2%	1.75	0.9	The Power of Fruit, Inc.	UPC 8-92167-001057; PKg UPC 8-92167-00106-0. 100% fruit, no added sugars.	8/1/10	X	X	X
The Power of Fruit, Inc.	Power of Fruit Original Fruit Bar, 1.75 fl oz	1.75 fl oz	49	28	0.1	3.9%	0.0	0.0%	0	5	10.2%	0.78	1	The Power of Fruit, Inc.	UPC 8-92167-001019; Pkg UPC 8-92167-00102-6. 100% fruit, no added sugars.	8/1/10	X	X	X
The Power of Fruit, Inc.	Power of Fruit Tropical Fruit Bar, 1.75 fl oz	1.75 fl oz	49	30	0.1	3.3%	0.0	0.0%	0	6	12.2%	0.66	0.7	The Power of Fruit, Inc.	UPC 8-92167-001033; Pkg UPC 8-92167-00104-0	8/1/10	X	X	X
Trauth Dairy	Frozen Yogurt Cup, Chocolate, 4 fl oz	4 fl oz	68	90	0.5	5.0%	0.0	0.0%	0	14	20.6%	50	0	Garelick	Item 2310	5/29/09	X		X
Trauth Dairy	Frozen Yogurt Cup, Vanilla, 4 fl oz	4 fl oz	68	90	0.0	0.0%	0.0	0.0%	0	14	20.6%	55	0	Garelick	Item 2309	5/29/09	X		X
Washburn Dairy	Reduced Fat Chocolate Cone, 3 fl oz	3 fl oz	61	148	3.4	20.7%	1.5	9.1%	0	10	16.4%	40	0	Dari-Farms, Garelick Farms, Guida, New England Ice Cream, Sysco	Item 134.4VC	8/10/10			X
Washburn Dairy	Reduced Fat Ice Cream Sandwich, 3 fl oz	3 fl oz	70	160	4.0	22.5%	1.5	8.4%	0	15	21.4%	150	0	Dari-Farms, Garelick Farms, Guida, New England Ice Cream, Sysco	Item 0273.4; UPC 0-70438-07072-9	8/10/10		X	

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																	No more than 200 calories	No more than 35 percent of total calories	Less than 10 percent of total calories
Washburn Dairy	Reduced Fat Vanilla Cone, 3 fl oz	3 fl oz	61	148	3.4	20.7%	1.5	9.1%	0	10	16.4%	40	0	Dari-Farms, Garelick Farms, Guida, New England Ice Cream, Sysco	Item 134.4V	8/10/10			X
Wells Dairy Inc.	Blue Bunny Cool Daze Birthday Cake Flavored Low Fat Ice Cream Cup, 3 fl oz	3 fl oz	48	70	1.0	12.9%	0.5	6.4%	0	8	16.7%	40	0	Guida, Maple Hill, New England Ice Cream, Sysco, US Foodservice, Vistar	Code 779628	2/3/09	X		X
Wells Dairy Inc.	Blue Bunny Cool Daze Cotton Candy Low Fat Ice Cream Cup, 3 fl oz	3 fl oz	48	70	1.0	12.9%	0.0	0.0%	0	8	16.7%	40	0	Guida, Maple Hill, New England Ice Cream, Sysco, US Foodservice, Vistar	Code 837704; UPC 0-70640-32298; Case UPC 200-70640-32298-9	2/3/09	X		X
Wells Dairy Inc.	Blue Bunny Cool Daze Vanilla Ice Cream Sandwich, 3 fl oz	3 fl oz	64	130	2.5	17.3%	1.0	6.9%	0	12	18.8%	105	<1	Guida, Maple Hill, New England Ice Cream, Sysco, US Foodservice, Vistar	Item 779838; UPC 0-70640-32299-2; Case UPC 100-70640-32299-9.	1/26/08	X		
Wells Dairy Inc.	Blue Bunny Cool Tubes Orange Sherbet, 3 fl oz	3 fl oz	62	80	1.0	11.3%	0.5	5.6%	0	15	24.2%	25	0	Guida, Maple Hill, New England Ice Cream, Sysco, US Foodservice, Vistar	Code 748682; UPC 70640-30500; Case UPC 200-70640-30500-5	8/1/10	X		
Wells Dairy Inc.	Blue Bunny Cool Tubes Rainbow Sherbet, 3 fl oz	3 fl oz	64	80	1.0	11.3%	0.5	5.6%	0	15	23.4%	25	0	Guida, Maple Hill, New England Ice Cream, Sysco, US Foodservice, Vistar	Code 736662; UPC 70640-30505; Case UPC 100-70640-30505-3	8/1/10	X		

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				Calories	Percent Calories from Fat		Percent Calories from Saturated Fat	Trans Fat (g)	Total Sugars (g)	Percent Sugars by Weight	Sodium (mg)	Fiber (g)						
Yolato	Yogurt Bar Naturalato, 3 fl oz	3 fl oz	64	80	0.0%	0.0	0.0%	0	13	20.3%	40	0	Fischer Foods	Retail UPC 77651-00801	4/29/09	X	X	X
Yolato	Yogurt Bar Pomegranato, 3 fl oz	3 fl oz	64	80	0.0%	0.0	0.0%	0	14	21.9%	30	0	Fischer Foods	UPC 77651-00803; Retail UPC 77651-00802	4/29/09	X	X	X