

Nutrition Standards for Competitive Foods and Beverages

A Comparison of USDA's Smart Snacks in School vs. Iowa's Healthy Kids Act

The Iowa Healthy Kids Act (HKA), which established nutrition standards for foods and beverages sold to students in a la carte, vending, and regulated fundraising (competitive foods) during the school day has been in effect since July 1, 2010. USDA has released new nutrition standards for competitive foods that will go into effect July 1, 2014. Below is a comparison of Iowa Healthy Kids Act and the USDA Smart Snacks in School nutrition standards.

CATEGORY	Iowa Healthy Kids Act 	USDA Smart Snacks in School Interim Final Rule 	Differences
GENERAL STANDARDS	Ensure that a la carte, vending, and regulated fundraising offerings include at least two fruits or non-fried vegetables, with no more than one being a juice option.	A competitive food item must meet all of the competitive food standards and be a "whole grain-rich" grain product; or have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or be a combination food that contains at least ¼ cup of fruit and/or vegetables; or contain 10% of the Daily Value (DV) of one of the nutrients of public concern (calcium, potassium, vitamin D, or dietary fiber).	All food items offered must be a "whole grain-rich" product or have as the first ingredient a fruit, vegetable, dairy product, protein food, or a combination food; or contain 10% DV of a nutrient of concern.
NSLP/SBP ENTREES SOLD A LA CARTE	NSLP menu items offered in the same portion size and frequency per week as they appear on the NSLP menu are exempt.	Any entrée item offered as part of the lunch program or the breakfast program is exempt from all competitive food standards if it is sold as a competitive food on the day of service and the day after service in the lunch or breakfast program.	Additional entrees sold on the day or the day after service in the lunch/breakfast programs are exempt.
CALORIES	Snack Item ≤ 200 calories Entrée item ≤ 400 calories	Snack Item ≤ 200 calories Entrée item ≤ 350 calories	Entrée item must be ≤ 350 calories.
SODIUM	Snack item ≤ 400 mg/serving (≤ 200 mg/serving in 2014) Entrée item ≤ 600 mg/serving (≤ 480 mg/serving in 2014)	Snack item ≤ 230 mg/portion (≤ 200 mg/portion as of July 1, 2016) Entrée item ≤ 480 mg/portion	Entrée item ≤ 480 mg/portion; Snack item ≤ 230 mg/portion
FAT	Total Fat ≤ 35% of calories (excludes nuts, seeds, nut butters, and reduced-fat cheese) Saturated Fat ≤ 10% of calories (excludes reduced-fat cheese) Trans Fat ≤ 0.5gram/serving	Total Fat ≤ 35% of calories (excludes reduced-fat cheese, including part-skim mozzarella; nuts, seeds, nut/seed butters; products consisting of dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats; seafood with no added fat) Combination products are not exempt. Saturated Fat < 10% of calories (excludes reduced-fat cheese including part-skim mozzarella; nuts, seeds, nut/seed butters; products consisting of dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats). Combination products are not exempt. Trans Fat - zero grams of trans fat as served (≤ 0.5gram/serving)	Products consisting of dried fruit with nuts and/or seeds with no added nutritive sweeteners and seafood with no added fat are exempt. Combination products are not exempt.

SUGAR	≤ 35% of calories (excludes fruits, vegetables, and yogurt)	Food items must have ≤35% of weight from total sugars. (Excludes dried fruits and vegetables with no added nutritive sweetener and dried fruits with nutritive sweeteners that are required for processing and/or palatability purposes).	≤35% of weight from total sugars. Yogurt is not exempt.
GRAIN ITEMS	50% of grains offered must be whole grain (primary ingredient by weight).	Grain products must include 50% or more whole grains by weight or have whole grains as the first ingredient.	All grain offerings must be whole grain.
SUGAR-FREE CHEWING GUM		Sugar-free chewing gum is exempt from all competitive food standards.	Sugar-free chewing gum is exempt.
ACCOMPAN-IMENTS	Does not regulate condiments separately. Condiments are considered part of the item that they are served with and should be incorporated into the nutritional analysis.	All accompaniments must be included in the nutrient profile as a part of the item served and meet all nutrition standards (includes items commonly served with foods, such as cream cheese, salad dressing, and butter).	No Change
BEVERAGES SOLD	No portion sizes for beverages. Water with no non-nutritive sweeteners, low-fat or non-fat regular and flavored milk with no non-nutritive sweeteners, and 100% fruit/vegetable juice with no added sweeteners. In addition for milk: ≤ 27 grams sugar/8 oz (2014); ≤ 24 grams sugar/8 oz (2017); and ≤ 22 grams sugar/8 oz (2020). In middle and high school sports drinks, flavored water, caffeinated beverages are allowed. Sodas and carbonated beverages are not allowed.	<u>Elementary (portion size: < 8 oz)</u> No caffeinated beverages. Plain or carbonated water (no size limit), low fat milk, non fat milk (plain or flavored), 100% fruit/vegetable juice, and 100% fruit/vegetable juice diluted with water with no added sweeteners. <u>Middle School (portion size: < 12 oz)</u> No caffeinated beverages. Plain or carbonated water (no size limit), low fat milk, non fat milk (plain or flavored), 100% fruit/vegetable juice, and 100% fruit/vegetable juice diluted with water with no added sweeteners. <u>High School (portion size: < 12 oz)</u> Caffeinated beverages allowed. Plain or carbonated water (no size limit), low fat milk, non fat milk (plain or flavored), 100% fruit/vegetable juice, 100% fruit/vegetable juice diluted with water with no added sweeteners, other flavored and/or carbonated beverages (≤20 oz) (labeled to contain ≤ 5 calories per 8 fl oz or ≤ 10 calories per 20 fl oz), and other flavored and/or carbonated beverages (≤12 oz) (labeled to contain ≤ 40 calories per 8 fl oz or ≤ 60 calories per 12 fl oz).	<u>Elementary:</u> - Portion size of ≤ 8 oz for milk and juice <u>Middle School:</u> - Portion size of ≤ 12 oz for milk and juice - Sports drinks and flavored water are not allowed -Caffeinated beverages are not allowed. <u>High School:</u> - Portion sizes of ≤ 12oz for milk and juice - Carbonated beverages that meet calorie requirements are allowed -Sports drinks may be allowed if they meet calorie requirements
SCHOOL DAY DEFINITION	From first bell to last bell of the school day.	From midnight before, to 30 minutes after the end of the official school day.	Extends the school day

- The HKA nutrition advisory panel is scheduled to review the IHKA nutrition standards in 2013 and make recommendations for change as appropriate.
- The USDA Smart Snacks in School interim final rule is available at <http://www.fns.usda.gov/cnd/Governance/Legislation/allfoods.htm>.
- USDA is seeking comments on these standards, which is open through October 28, 2013. The standards are available at <http://www.regulations.gov>; search by typing in the name of the rule, "Nutrition Standards for All Foods Sold in School".

12/4/13