



United States Department of Agriculture

SMART SNACKS IN SCHOOL

The Healthy, Hunger-Free Kids Act of 2010 requires USDA to establish nutrition standards for all foods sold in schools— beyond the federally-supported meals programs. This new rule carefully balances science-based nutrition guidelines with practical and flexible solutions to promote healthier eating on campus. The rule draws on recommendations from the Institute of Medicine, existing voluntary standards already implemented by thousands of schools around the country, and healthy food and beverage offerings already available in the marketplace.

● Equals 1 calorie ○ Shows empty calories*

Before the New Standards



286
TOTAL CALORIES

Chocolate Sandwich Cookies
(6 medium)

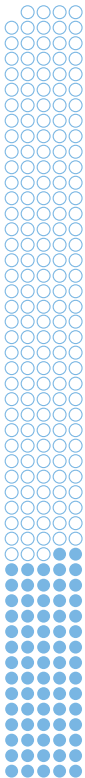
182
Empty Calories



249
TOTAL CALORIES

Fruit Flavored Candies
(2.2 oz. pkg.)

177
Empty Calories



242
TOTAL CALORIES

Donut
(1 large)

147
Empty Calories



235
TOTAL CALORIES

Chocolate Bar
(1 bar-1.6 oz.)

112
Empty Calories



136
TOTAL CALORIES

Regular Cola
(12 fl. oz.)

126
Empty Calories



After the New Standards



170
TOTAL CALORIES

Peanuts
(1 oz.)

0
Empty Calories



161
TOTAL CALORIES

Light Popcorn
(Snack bag)

17
Empty Calories



118
TOTAL CALORIES

Low-Fat Tortilla Chips
(1 oz.)

0
Empty Calories



95
TOTAL CALORIES

Granola Bar (oats, fruit, nuts)
(1 bar-8 oz.)

32
Empty Calories



68
TOTAL CALORIES

Fruit Cup (w/100% Juice)
(Snack cup 4 oz.)

0
Empty Calories



0
TOTAL CALORIES

No-Calorie flavored Water
(12 fl. oz.)

0
Empty Calories

*Calories from food components such as added sugars and solid fats that provide little nutritional value. Empty calories are part of total calories.