

# Maryland Nutrition Standards for All Foods Sold in School

from 12:01am through 30 minutes after the end of the school day

Other than foods offered as part of the National School Lunch Program & School Breakfast Program

Effective July 1, 2014

**#1: Foods** must fall into **one** of these categories:

- Be whole grain-rich (*at least 50% whole grain by weight, or listed as first ingredient*)
- First ingredient must be: fruit, vegetable, dairy product or protein food
- Be a combination of food that consists of at least ¼ cup of fruit and/or vegetable

**#2:** If the food qualifies as one of the above, it must also meet **all** of these standards:

| Calories          |           | Sodium            |         | Fats              |                   |            | Sugar                              |
|-------------------|-----------|-------------------|---------|-------------------|-------------------|------------|------------------------------------|
| Snack / Side Dish | Entrees   | Snack / Side Dish | Entrees | Total Fat         | Saturated Fat     | Trans Fat  | <i>weight sugar ÷ total weight</i> |
| ≤ 200 cal         | ≤ 350 cal | ≤ 200mg           | ≤ 480mg | ≤ 35% of calories | < 10% of calories | Zero grams | ≤ 35% of total weight from sugar   |

**Beverages** must meet these standards:

|  | Elementary  | Middle      | High School  |
|--|-------------|-------------|--|
| <b>Plain Water or Plain Carbonated Water</b>   | Any Size    | Any Size    | Any Size   |
| <b>Low-fat Milk<sup>▲</sup>, Flavored or Unflavored</b><br><b>Non-fat Milk, Flavored or Unflavored</b>               | ≤ 8 fl oz   | ≤ 12 fl oz  | ≤ 12 fl oz   |
| <b>100% Fruit/Vegetable Juice</b>  | ≤ 8 fl oz   | ≤ 12 fl oz  | ≤ 12 fl oz   |
| <b>100% Fruit/Vegetable Juice</b><br>- diluted with water, with or without carbonation<br>- with no added sweeteners | ≤ 8 fl oz   | ≤ 12 fl oz  | ≤ 12 fl oz   |
| <b>Other Flavored and/or Carbonated Beverages</b><br>- soda is not allowed   | Not Allowed | Not Allowed | ≤ 12 oz:<br>≤ 40 calories/8 oz<br>or ≤ 60 calories/12 oz         |
|  |             |             | > 12 and ≤ 20 oz:<br>≤ 5 calories/8oz*<br>or ≤ 10 calories/20 oz |
| <b>Caffeine</b> , beyond naturally-occurring trace amounts   | Not Allowed | Not Allowed | Not Allowed  |

\* Revised December 2017 to correct typo. Previous versions allowed ≤ 5 calories/8 oz.

▲ Revised June 2018 to reflect USDA flexibilities for the 2018/19 School Year to allow flavored, low-fat (1%) milk.